i heart stitch art

FRESH EMBROIDERY KITS & PATTERNS

Free practice pattern!

Fits 6" hoop!

Inside you'll find:

- Printable version of my RAINBOW embroidery pattern (regular and reversed versions)
- Instructions specific to this pattern
- My recommendations for fabric, thread, and transfer methods
- Beauty, relaxation, satisfaction, and fun!

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Hello and welcome!

Please enjoy this free pattern, my gift to you. I hope you feel free to customize it according to your liking, and that it helps you practice these simple stitches.

Please reach out if you have any questions or just want to say hello!

Happy Stitching!

~ Sarah

Of course, this must be said:

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In other words: this is my design - please use it for your own creative joy but don't copy or sell it. Now, go have fun!

Questions? Get in touch with us here: >>>>>>>>

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My tips:

- Selecting your fabric: you can stitch on almost any type of fabric, but some are much easier to work on than others. If you're new to stitching, look for a fabric that is not too thin, not too thick, and not stretchy. Cotton canvas, linen blends, and quilting cotton are good choices.

- Selecting your thread: I love embroidery floss, which has six strands and is designed to be adjustable, meaning you can use less threads at once for a finer thread line. I also enjoy working with pearl cotton, which has two strands twisted together - meant to be used as one. DMC and Anchor are both excellent brands. Just make sure you choose a high quality thread and your stitching will be so much more enjoyable!

- Selecting your needle: I prefer a #22 tapestry needle for embroidery like this, because the rounded tip slips easily through the linen - and the wide eye is easy to thread. The fabric you choose will determine which needle you need - for a more densely woven fabric, a sharper embroidery or crewel needle would be best. The needle size is determined by the number - lower meaning thicker. So a #26 needle (sometimes the packaging will show it as 'size 26) will be much thinner than a size 18.

- Transferring your pattern: My go-to method is also the simplest - backlit tracing. Tape the pattern on the window or light surface, secure your chosen fabric overtop, and trace with a heat- or water-soluble pen designed for fabric. Or you can use a regular, fine-tipped pen with ink in a similar colour to the thread you plan on using. For dark fabric, use an opaque white pen. Alternatively, carbon paper and a ballpoint pen is a great transfer method - though in my experience the success depends on the fabric you're using. Finally, try printable sticky stabilizer - this allows you to print your design on the stabilizer, then stick it right on to your fabric, and stitch through it; it washes away when you're done. This one is great for more complex designs.

- Framing your finished work: When you're finished stitching, display your piece in the hoop (with the backside finished) or in a frame. The design in this size fits nicely in a FIVE- by SEVEN-inch opening. If you'd like a tutorial or two on framing, please visit my website.

I would love to see your finished work! Please email me or tag your photos on Instagram with #iheartstitchartdotcom. I look forward to seeing what you create! And please let me know if you have questions this file doesn't cover. I am here to help you any way I can!

DMC COLOURS *used in this example:*

Red- 304
Orange - 352
Yellow - 743
Light grn - 15
Dark grn - 3815
Purple - 3836
Dk Purple (french knots) - 30
Blue - 798

RAINBOW *Instructions:*

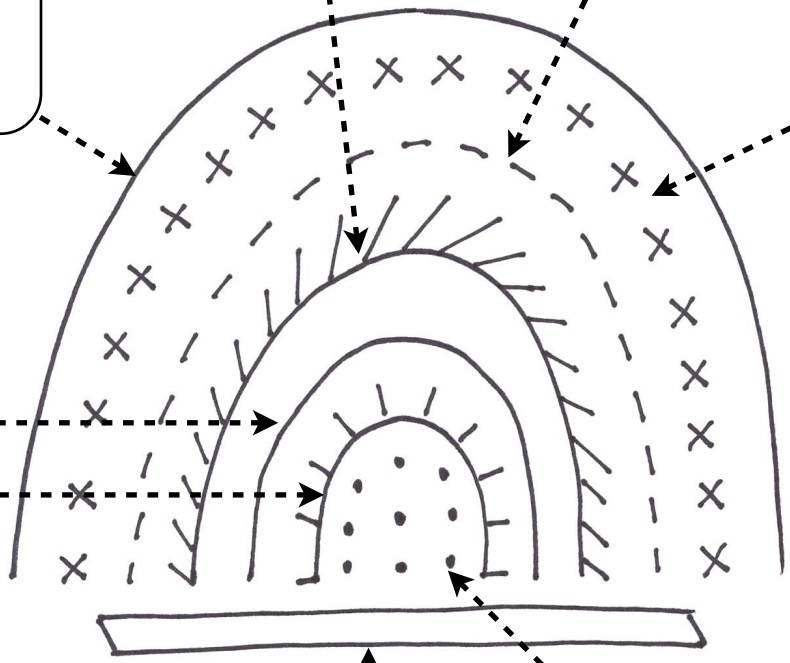
Use this fun sampler to practice and perfect some basic embroidery stitches!

Stem stitch and straight stitches

Running stitch

Chain stitch

X stitch



Backstitch

Satin stitch (on the diagonal)

French Knot

You can use any colour arrangement you like for this. I typically do it in a rainbow of jewel tones, but you could try a pastel version - or keep it simple in shades of grey!

These are my recommendations to give you ideas and help you get started. Of course, feel free to do whatever you like! Feel free to substitute stitches and play with colour, if you want to; or, you can make your version just like this. Either way, have fun with it and enjoy the process. This pattern is WHIMSICAL and doesn't have to be perfect. Happy stitching!

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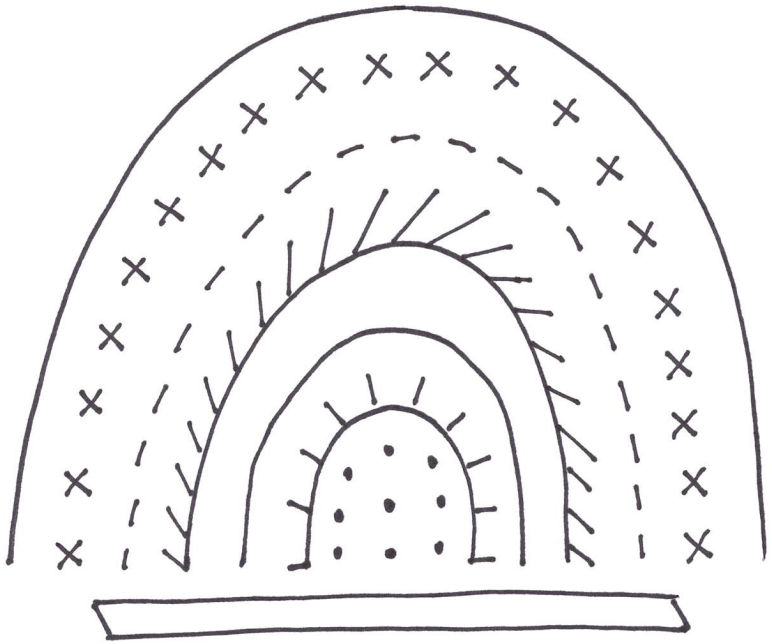

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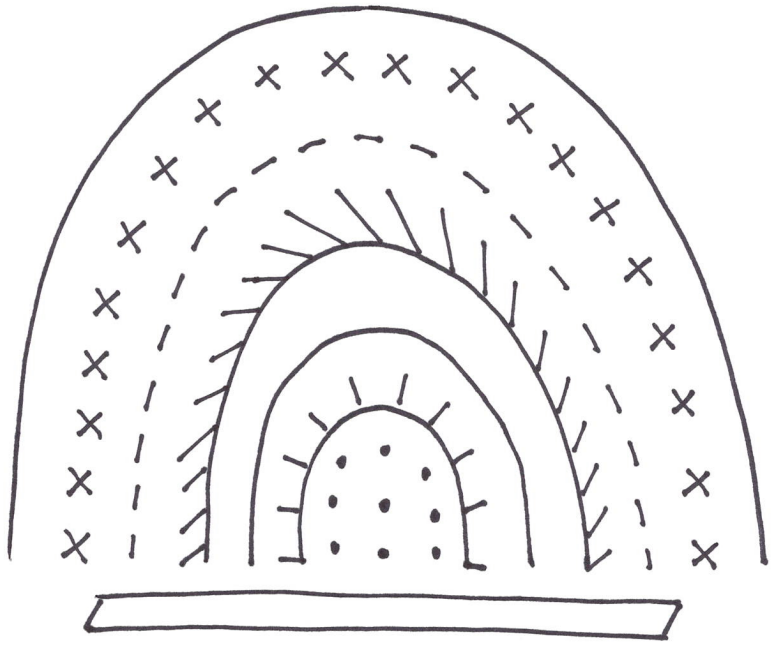

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