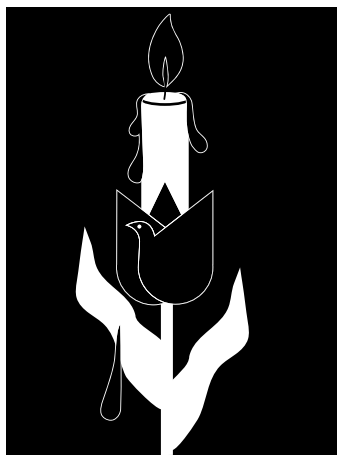
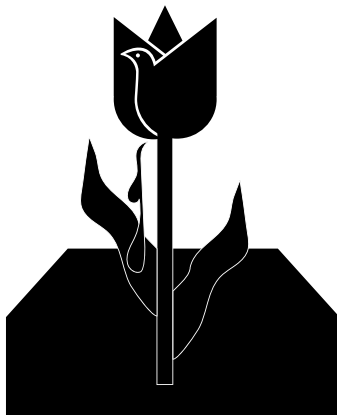


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Printed Canvas 14hpi + Thread + Needle

4 *Simple Steps Instruction*

Each stitch is a quiet step away from the screen,
a thread of calm in chaos.
Stitching slows the mind, steadies the hands,
and reconnects to the joy of making something tactile.
Let it be your little pause, your peaceful practice.

1. Gather Materials

Your kit includes:

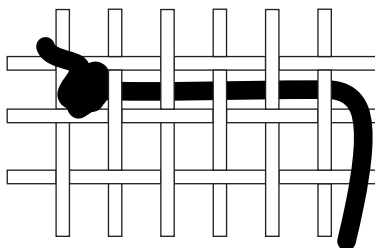
- Printed needlepoint canvas
- Tapestry needle
- Embroidery floss

You'll also need:

- Small scissors (not included)

2. Prepare to Stitch

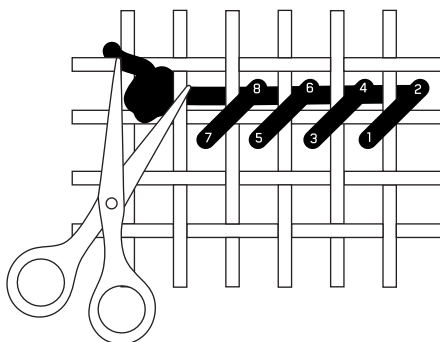
Push the needle down into the canvas from front to back, placing the knot on the surface—about 1" away from where you'll begin stitching.



Start stitching in the correct color area, working toward the knot.

As you stitch, you'll cover the tail of the thread on the back, securing it in place.

Once you've stitched past the knot, snip it off the front carefully.



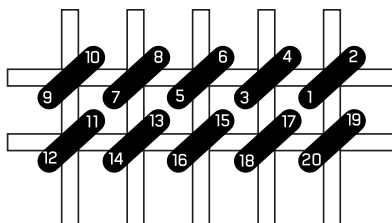
3. Start Stitching!

– *Continental Stitch*

Bring the needle up at the bottom left of a square.

Insert it down at the top right.
(from 1 to 2 in the image)

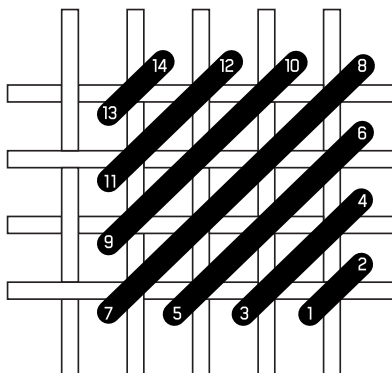
Repeat in rows, keeping stitches neat and even.



Best for: small, detailed areas of your design.

– *Mosaic Stitch*

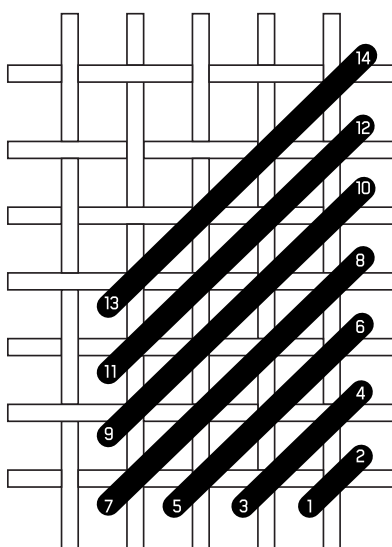
A flat, structured stitch that adds texture and pattern to background areas. It pairs well with bold foreground designs and gives subtle character to your piece.



– *Stripes Stitch (Long Stitch)*

A simplified version of the Corduroy Stitch, this dense, diagonal stitch is ideal for covering large areas and backgrounds with a clean, modern feel.

***Tip:** Stitch in the same direction throughout for a smooth, polished look.



4. Start Another Thread or Finish Up

When your thread runs low, flip your canvas over.

Slide the needle under 5-6 stitches on the back to anchor the thread.

Trim the end neatly.

To start a new thread in an already-stitched area, slide your needle under a few stitches on the back to anchor it—then continue stitching.

Repeat this anchoring motion twice to lock it in.

Once your piece is complete, you can frame it, sew it onto fabric, or turn it into a keepsake!

Tip: To even out your stitches and correct any skewing, gently steam-iron the back of the canvas on medium heat. Keep the iron moving — do not press in one spot.

*** There are countless stitching styles to explore! Search online for inspiration and tutorials to learn new techniques and expand your needlepoint skills.

