

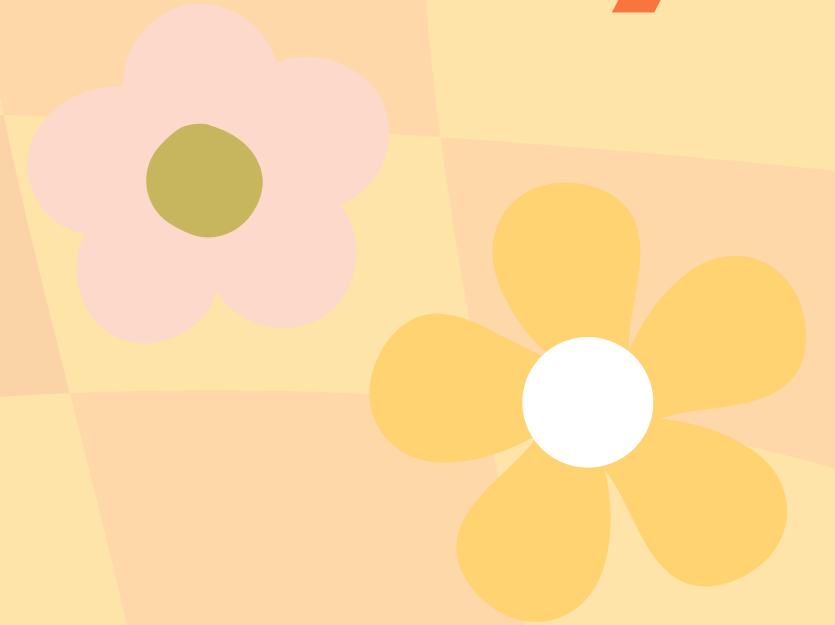


**An Activity: Turning Daily Emotions into Embroidered Data Visuals!**

# Mood Tracking with Embroidery!

We are going to:

- pick 6 colours of threads to represent 6 feelings
- track our moods for 5 weeks using a worksheet and embroidery
- create an embroidered flower that represents how we've felt over 5 weeks!



# Materials

Each of you will need:

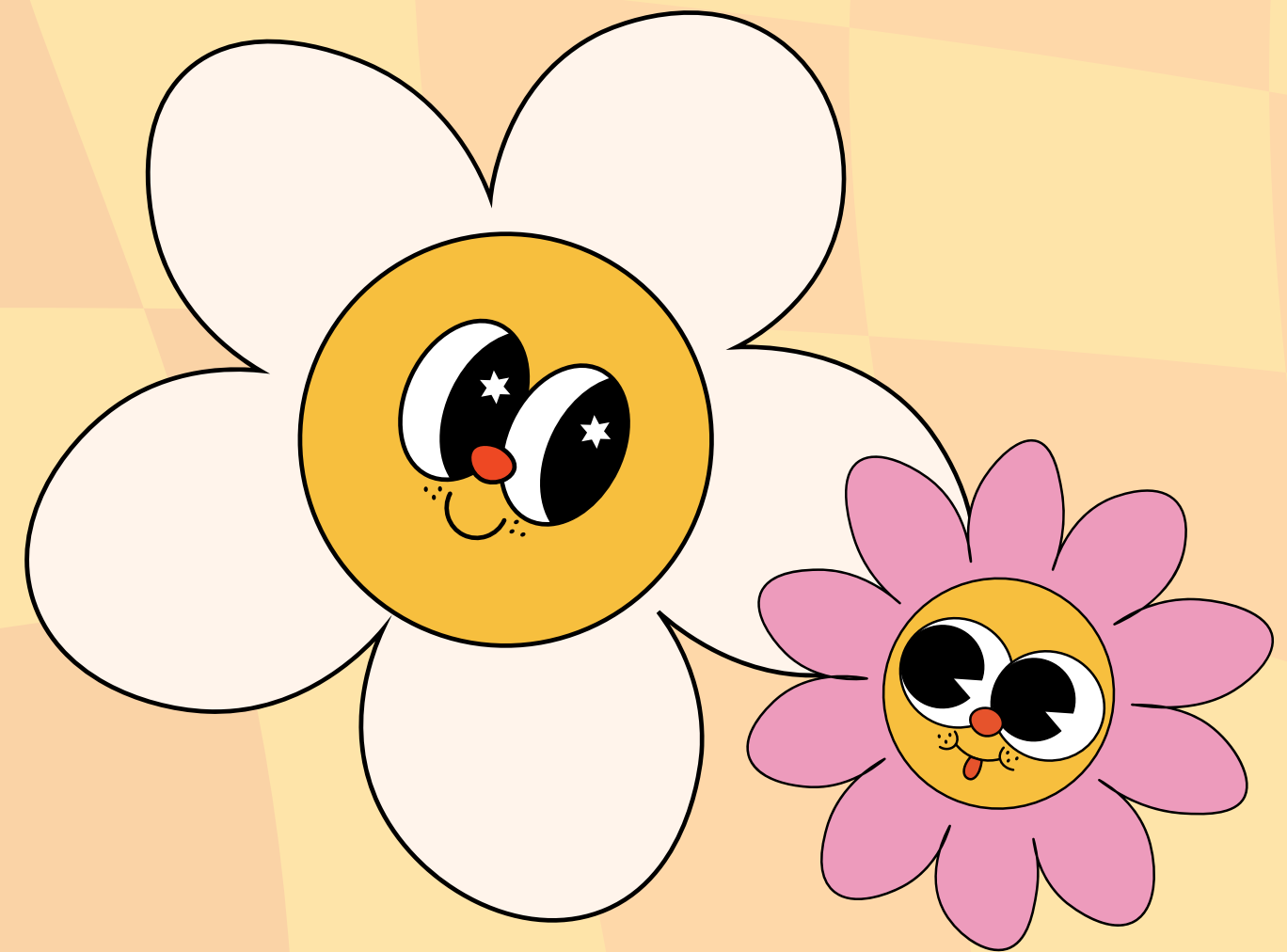
- A Feelings Threads worksheet
- 6 colours of thread
- A thread cutter
- Felt tip pens / colouring pencils
- A needle
- A felt square
- An embroidery hoop
- A thread-keeping card



# Safety

To keep safe, make sure to:

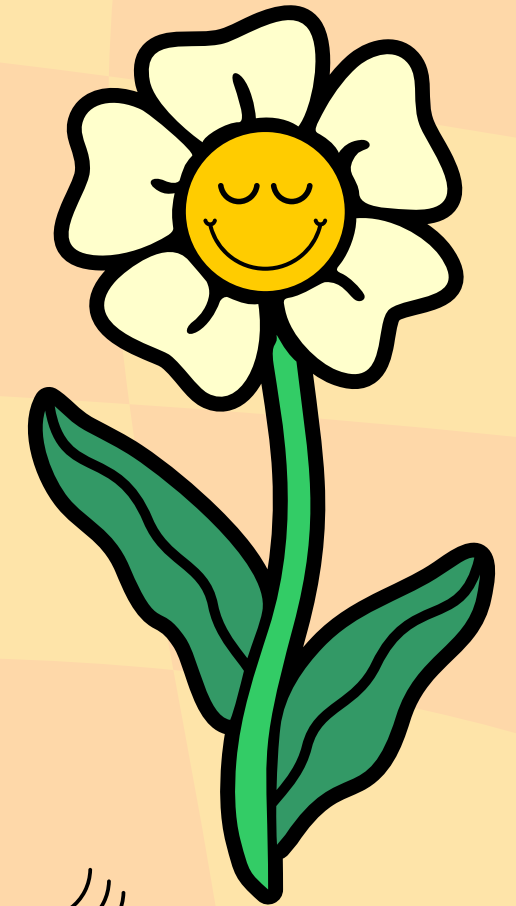
- Take care when cutting thread.
- Handle needles with care (they are sharp!)
- When you're finished working, store your needles safely.
- If a needle breaks, carefully check the area for any needle parts and remove them.



**Let's make sure to follow these instructions in order to keep safe!**

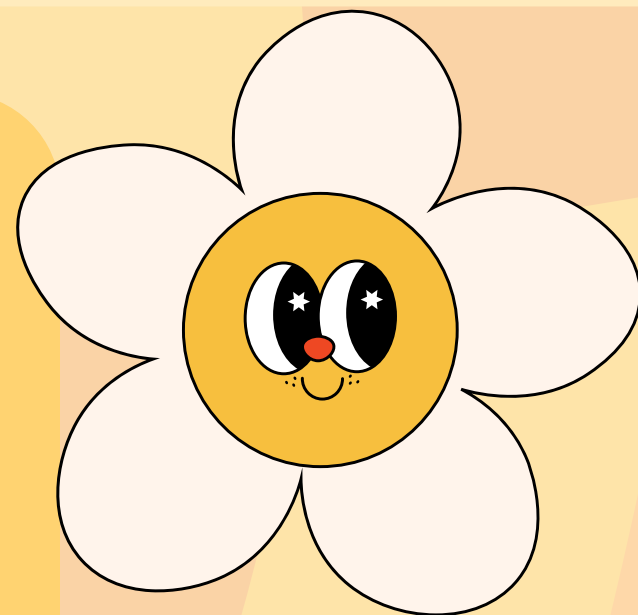
# 1) Picking our moods

- The first thing we'll do is select six different moods that we will track over the next five weeks.
- On your worksheet, write the moods that you've picked in the "Mood Title" section.
- You can draw faces that represent the mood in the circles if you like.



- Some examples of moods you might like to pick are:

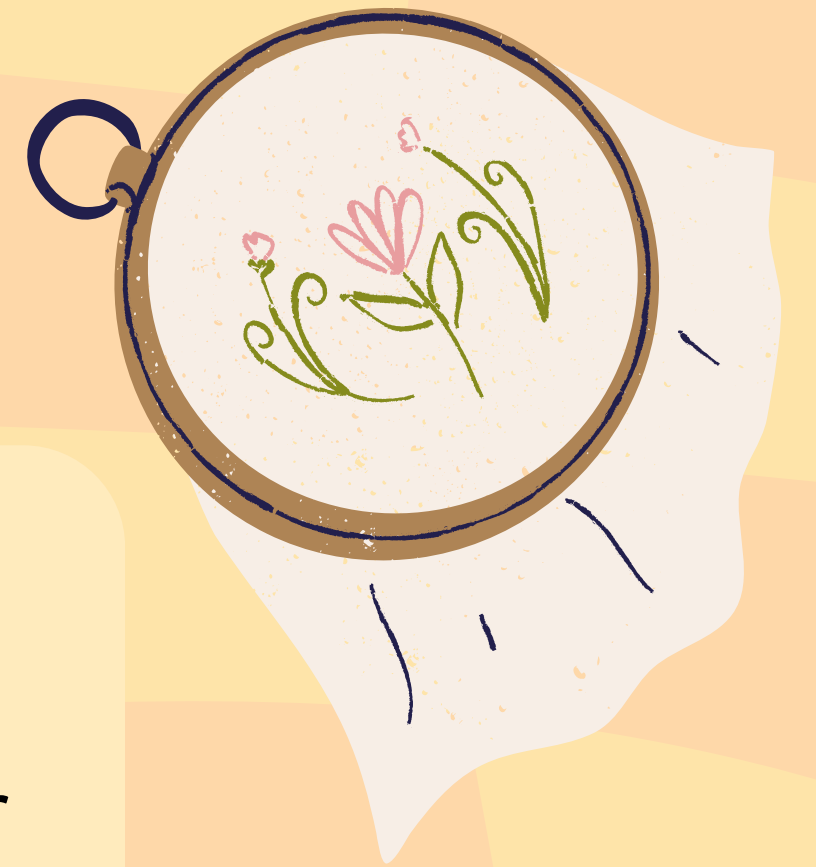
**Calm, Cheeful, Bored,  
Comfortable, Joyful, Happy,  
Confident, Curious, Excited,  
Sad, Grateful, Kind, Loved,  
Tired, Relaxed, Shy, Silly**



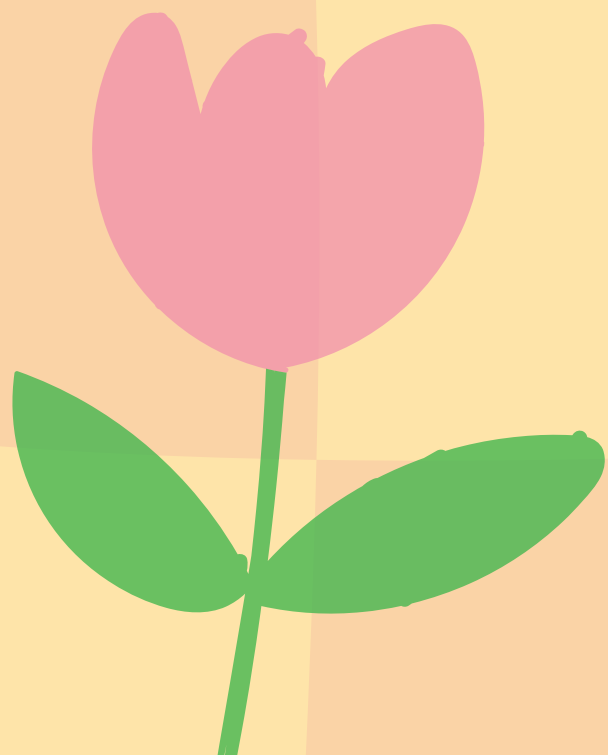
**COLOUR**

**FEELING**


# 1) Feelings Key



- Now let's decide on the colours we will use for our different moods.
- Let's each choose 6 thread colours that will represent our daily emotions over the next 5 weeks.
- Then, let's fill in the key section of our worksheets.



**COLOUR**

**FEELING**


# 2) Tracking Moods



- We can use our worksheet to track our moods so that we remember how we felt even if we don't embroider some days.
- Fill in today's mood now in the first box in the top left! Use the colour you chose to represent the mood.

	MON	TUE	WED	THU	FRI
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					

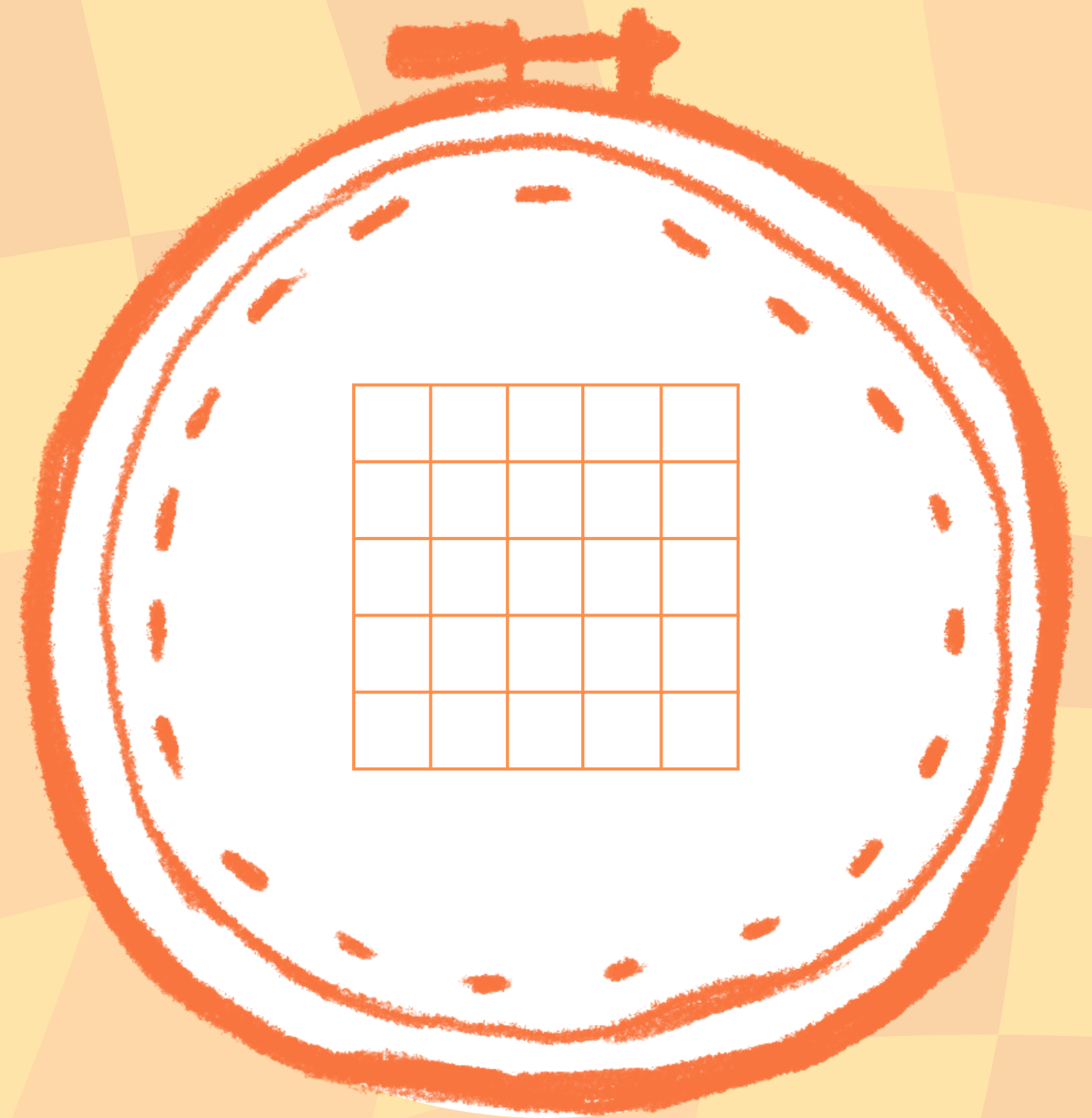
# 3) Putting fabric in the hoop





# 4) Draw a grid on your fabric

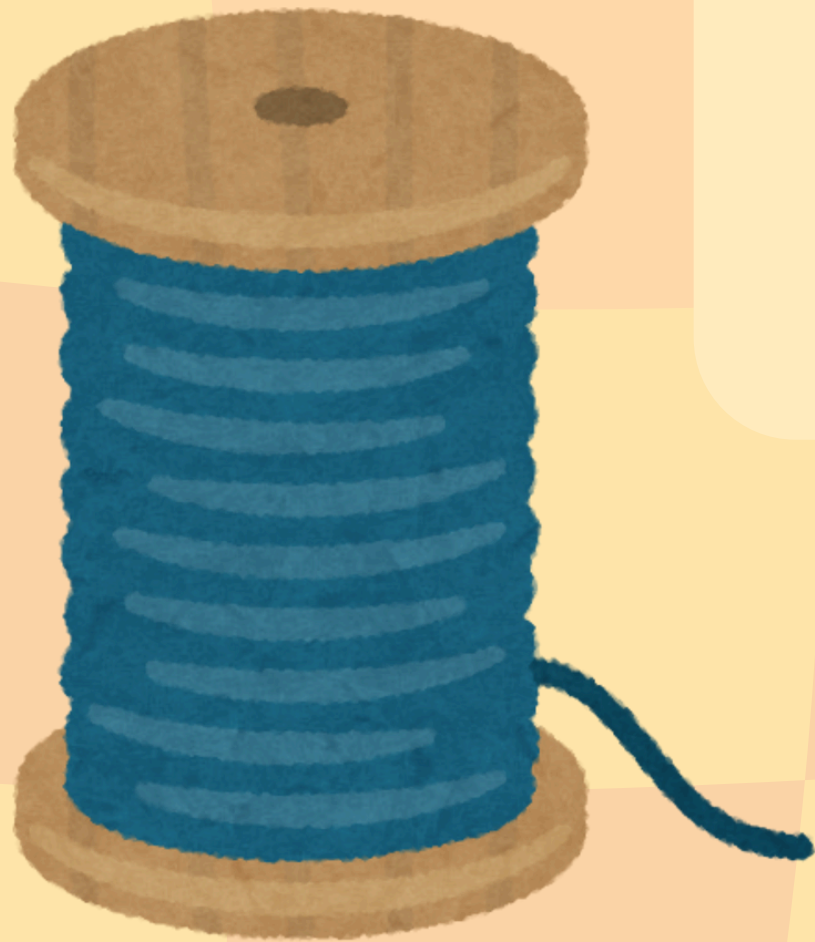
- We will be embroidering a total of 25 mood squares.
- Before we can begin, let's draw a 5 by 5 grid onto our fabric so that we know where to embroider each mood.
- Use a ruler to make each square 1cm by 1cm.



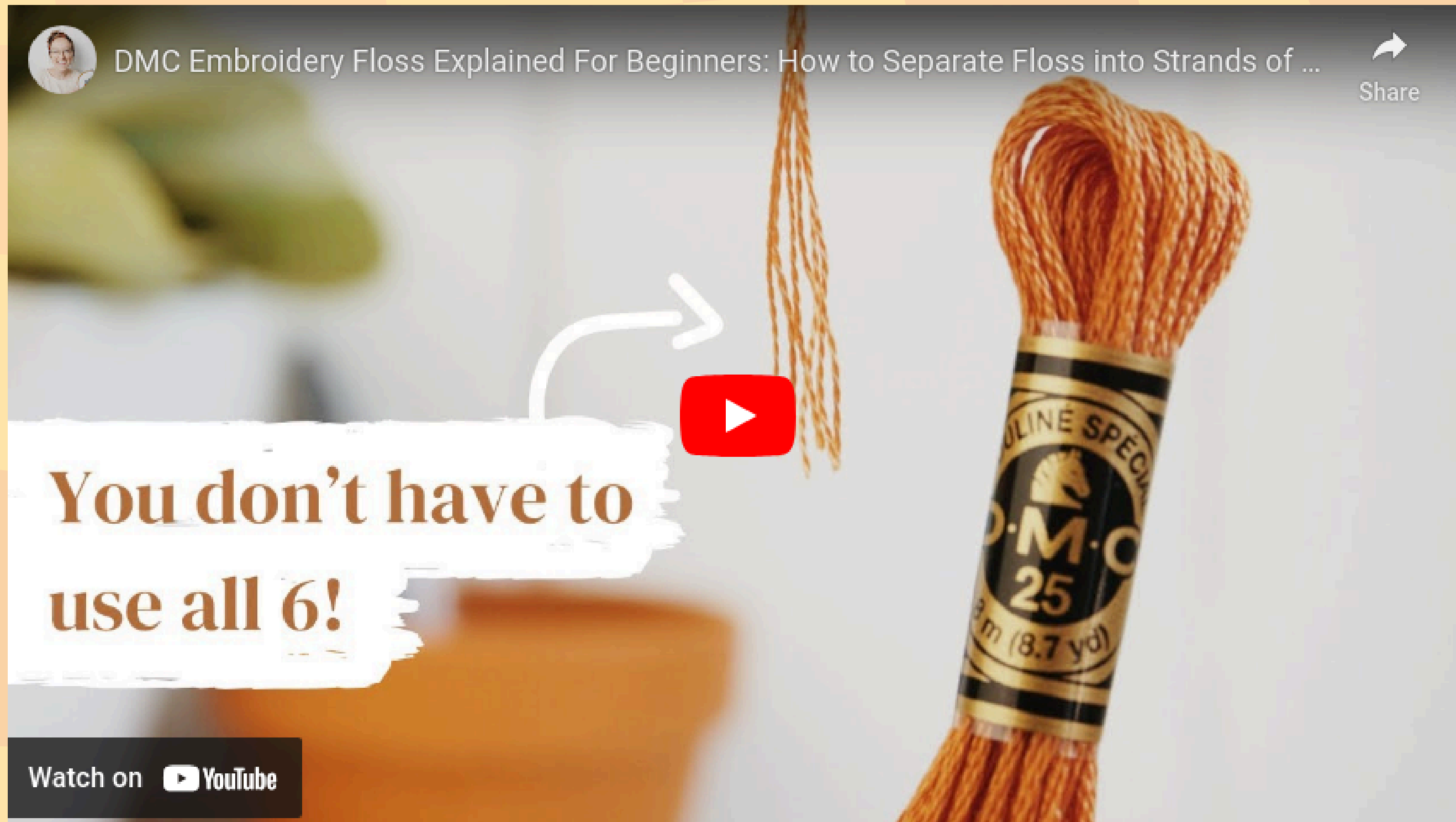
# 5) Cut and attach thread




- We will be embroidering using 3 strands of thread.
- Cut off a section of thread about 14 inches long.



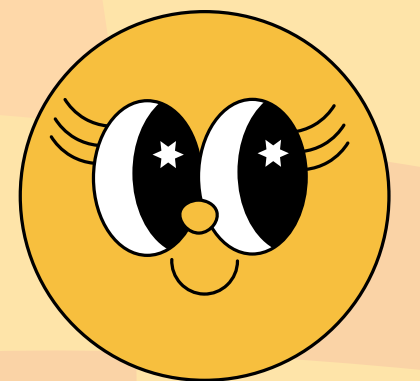
# 6) Separate thread



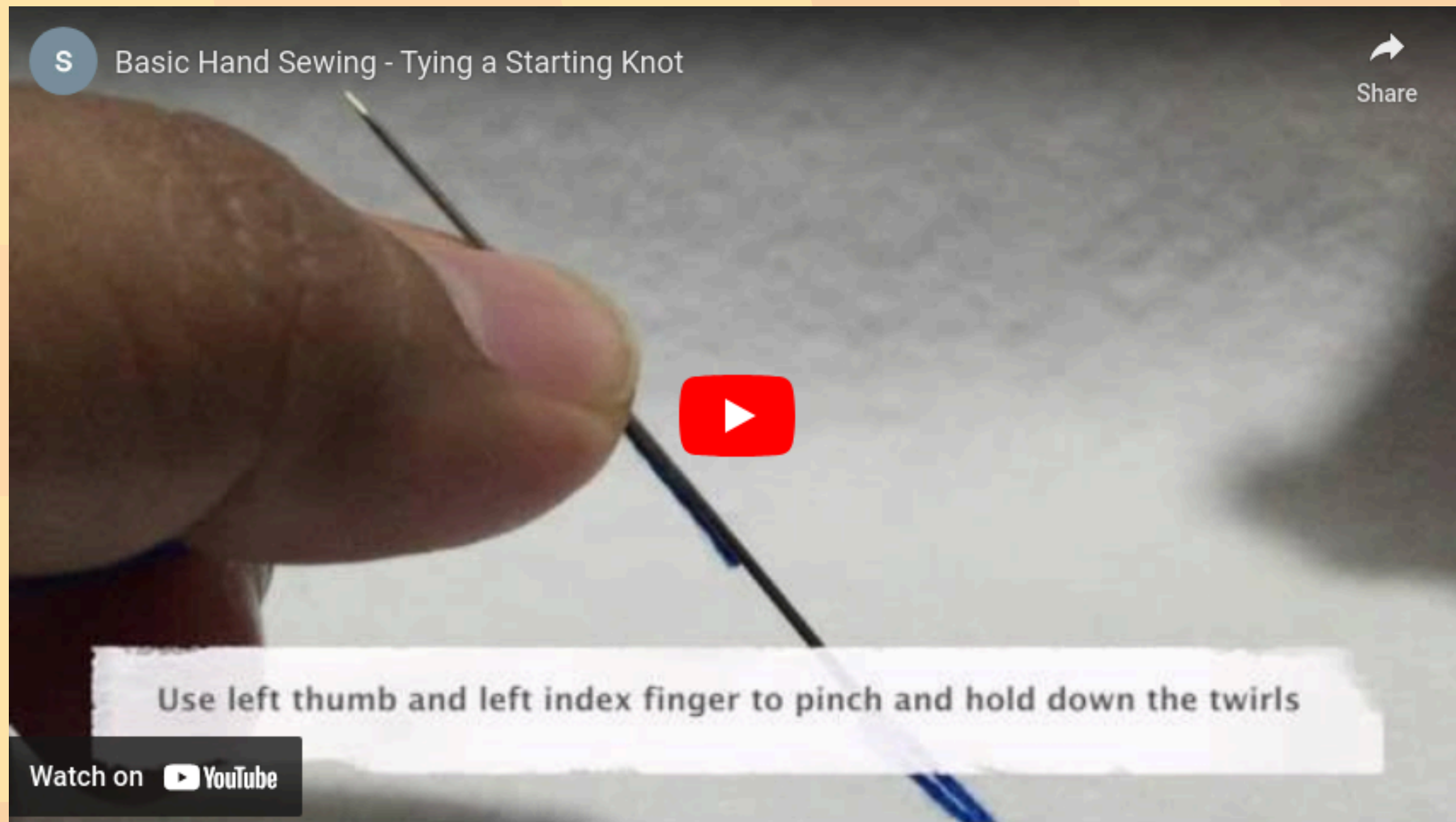
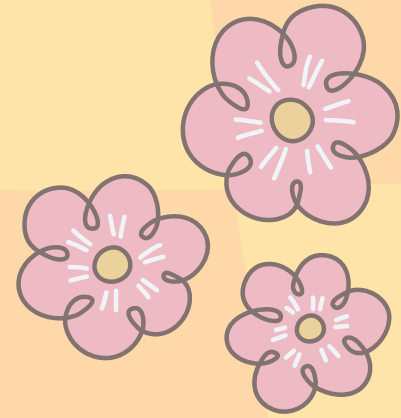
You don't have to use all 6!

Watch on  YouTube

you will be using 2 strands together



# 7) Tie a starting knot



# 8) Threading the needle

1. Pick up the end of the floss without the knot.
2. Twist the end of the floss into a point. Hold the needle in one hand, and push the pointy end of the thread through the loop (also known as the eye) of the needle.
3. You're ready to sew!





# 9) Learning the Satin Stitch

We will be using a type of embroidery stitch called the “Satin Stitch” for our mood tracking flower. Watch this helpful video on how to do this stitch!



# 10) Sew your first mood!

- Now we have everything we need to sew our first mood!
- Fill in the first square of your embroidery flower!

