

---

# HOW TO SEW THE HELP UKRAINE BABY YETI PROJECT

---

Another cool project for the 'Me Made' life



APRIL 1, 2022

SEW IT! WORKSHOP

[www.SewItWorkshop.com](http://www.SewItWorkshop.com) All Rights Reserved

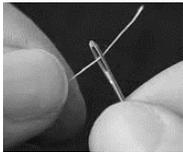
# Help Ukraine Baby Yeti Hand Sewing Project

You Will Need:

- 1 sheet of fuzzy felt 9x12"
- small scraps of felt for the features
- small scrap of yellow and blue felt for the flag
- Embroidery Floss
- One large eye needle
- Regular thread
- DIY stuffing or polyfil

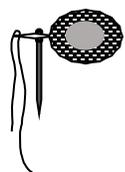
*You'll need to thread a needle and sew the Running Stitch to make this Project:*

## Threading Your Needle



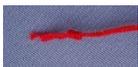
This very first step in sewing can be a little intimidating - the eye of the needle looks so small! But it's easy, especially if you begin with a needle with an elongated eye like an embroidery or chenille needle. Make sure you have good light. Use black all-purpose thread and a piece of white paper to act as a background. Cut a piece of thread that is about as long as your arm. Remove any frayed thread by snipping a fresh tip on the end. Dampen the tip of the thread with water or saliva to seal and stiffen as you guide it into the eye of the needle. Now, hold the thread between your forefinger and thumb with about 1/2 inch of thread showing. Hold the needle in your other hand near the eye. Then, gently push the thread through the eye of the needle. It may take a couple of tries. Once the thread goes through, pull it so that you have two equal lengths of thread.

## How to Use a Needle Threader



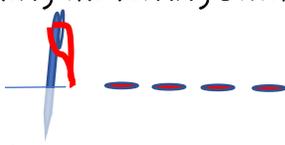
The needle threader is a cool little tool. Just push the flexible wire loop through the eye of the needle. This is very easy to do because the wire and the holder give you plenty of stability. Put your thread through the wire loop and pull it back through the eye of the needle and presto! Your needle is threaded

## How to Make a Knot



To secure your hand stitching just make a simple knot at the end of one or two strands of thread by making a loop around your index finger and bring the thread ends through the loop and pull gently to form the knot.

## Sewing the Running Stitch



You may already know this stitch even if you don't know it by name.

Make a Stitch Practice Line: Draw a straight line on a piece of paper with the pencil and ruler. On top of that line, draw about 10 dashes that are  $\frac{1}{4}$  inch long and  $\frac{1}{4}$  inch apart. Thread your needle. Push the needle from underneath the paper and pull gently until the knot catches beneath. Push the needle down at the end of the dash and pull again until the stitch is nice and flat. Continue for the remaining dashes.

## Knotting Off - How to Finish a line of Hand Sewing

When you are just beginning, always make sure you have at least 5 inches of thread on your needle as you sew. This will make it easy to secure your sewing with a knot at the end of your stitches. To make the knot, take a tiny stitch and pull slowly until you have a small loop. Feed the needle through the loop and pull gently to create the knot. Make a second knot over the first one for extra security.

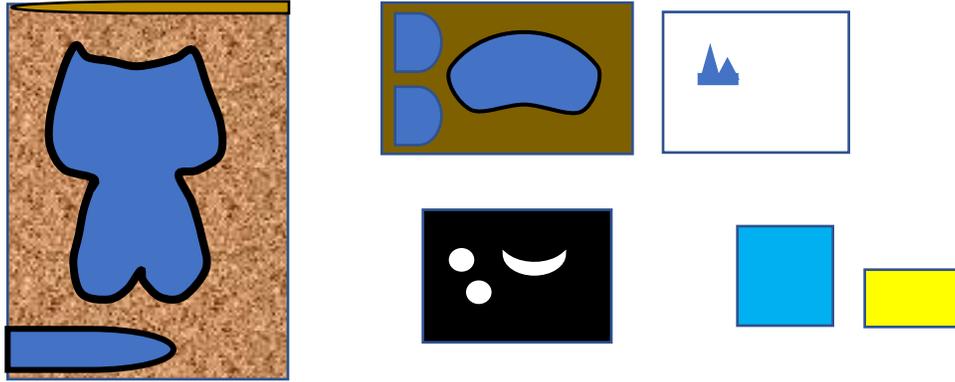
Try making stitches on a small piece of fabric just like you did on paper. Now you are ready to sew by hand!



## Let's Get Started!

### How to Sew the Baby Yeti and Help Ukraine

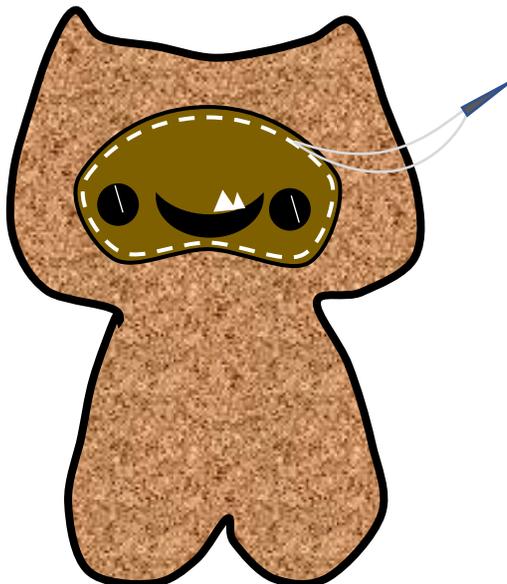
1. Cut out the front, back, face, ears, eyes, mouth, teeth (optional), and arm pieces. Cut the flag pieces.



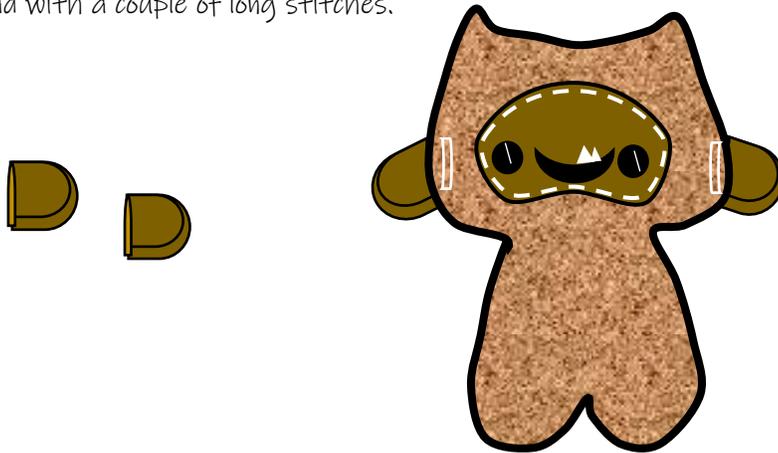
2. Make the face. Sew the eyes on the face. Sew the tooth on the face. Sew the mouth covering the bottom of the teeth. Use a black pen or sharpie to 'dye' the stitches in the mouth so they won't show.



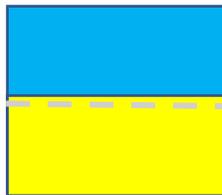
3. Position the face on the front of the yeti. Sew in place stitching near the edge with the running stitch.



4. Make the ears. Fold the ears in half as shown. Sew the ears to the wrong side of the yeti head with a couple of long stitches.



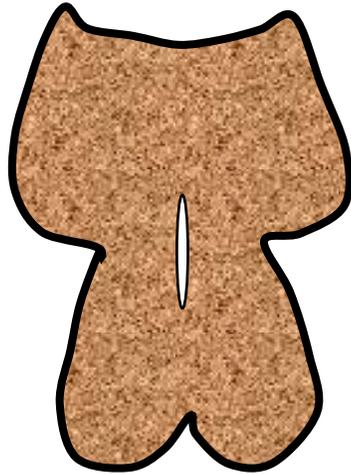
5. Make the flag. Position the yellow felt on top of the blue felt. Sew together along the middle line as shown in the video.



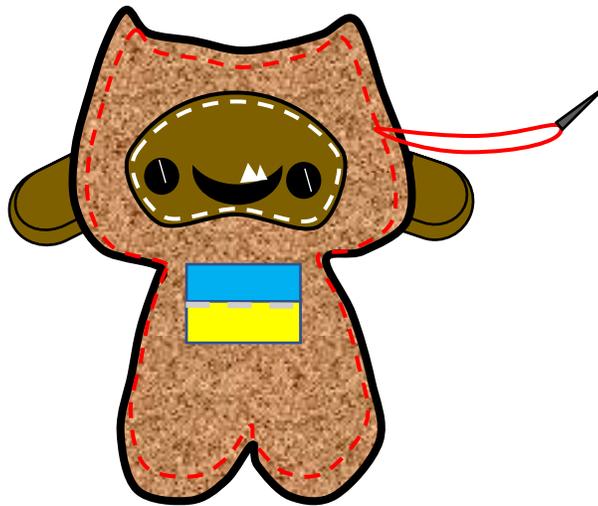
6. Position the flag as marked on the pattern. Sew in place with a couple of long stitches on two edges as shown.



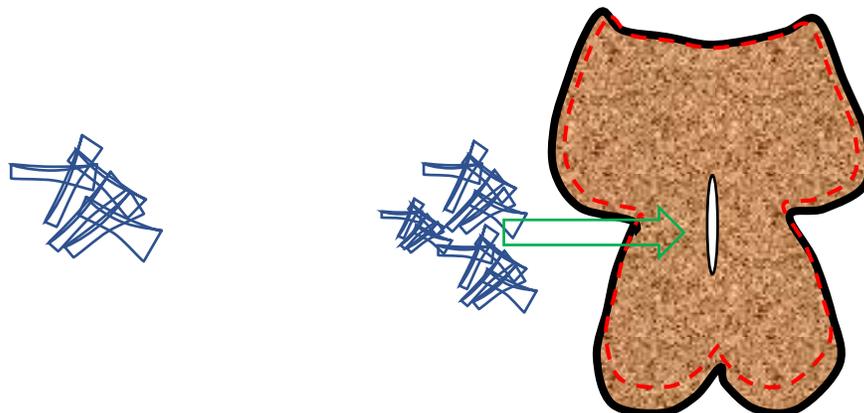
7. Grab the back of the yeti. Cut a 1" slit in the back of the yeti.



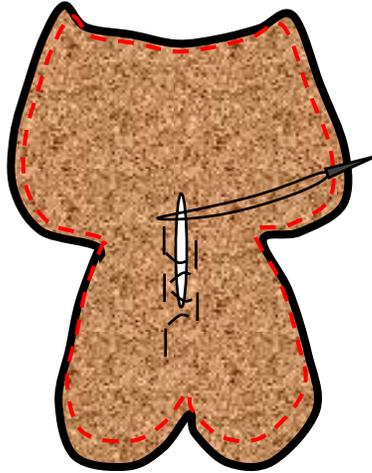
8. Sew the back and front together. Stack the front and back of the yeti with the wrong sides together. Sew all the way around making sure to sew a couple of stitches at each ear to make it nice and secure.



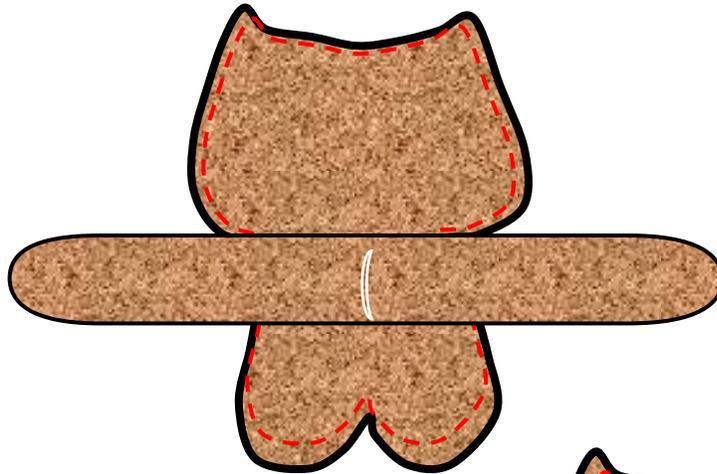
9. Stuff the yeti. This is a perfect opportunity to make some DIY stuffing by shredding old plastic bags. Just cut bags into 1/4 inch strips or narrower. Here is a short video that demonstrates how to do it. Stuff the yeti lightly through the back opening.



10. Close the back opening. Use the ladder or running stitch – both are demonstrated in the video.



11. Grab the arm. Position the arm in the middle of the back covering the opening. Sew in place with the running stitch. Bring to the front of the yeti covering a bit of the flag. Stitch in place – watch the video for how to make an invisible knot.

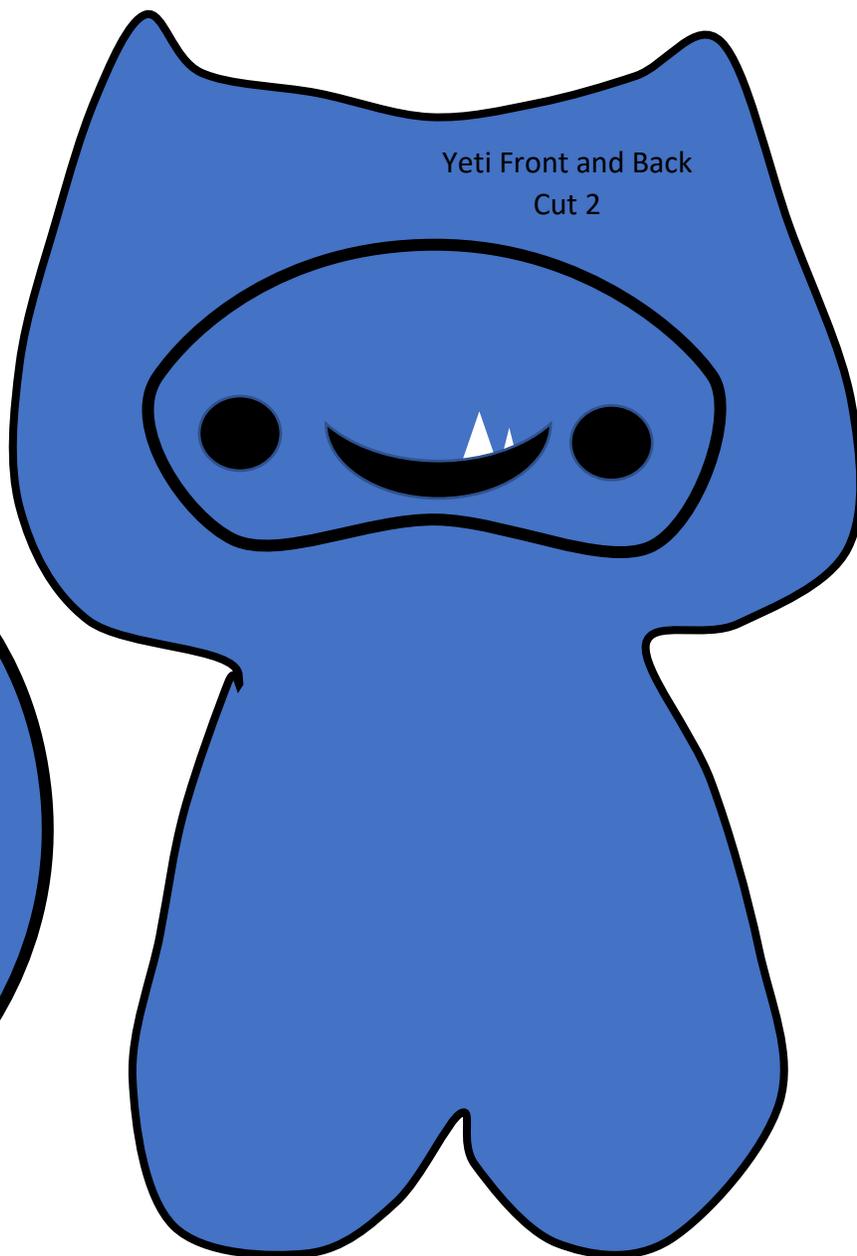
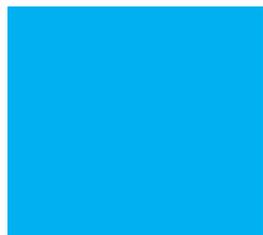


**That's It!**

A portion of the proceeds from this project will be donated to organizations in Ukraine helping first responders and children.

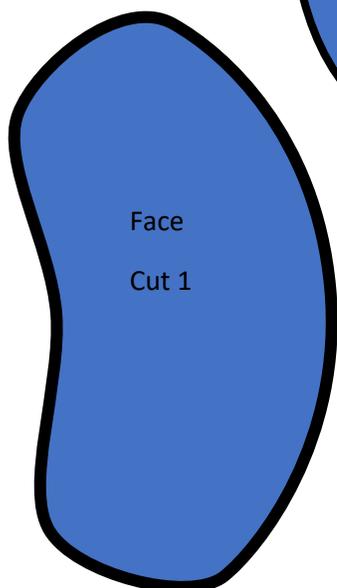


# Help Ukraine Baby Yeti Pattern Pieces

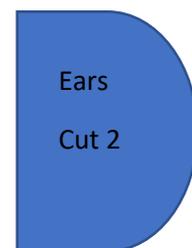


Yeti Front and Back  
Cut 2

Put Ear on Here



Face  
Cut 1



Ears  
Cut 2



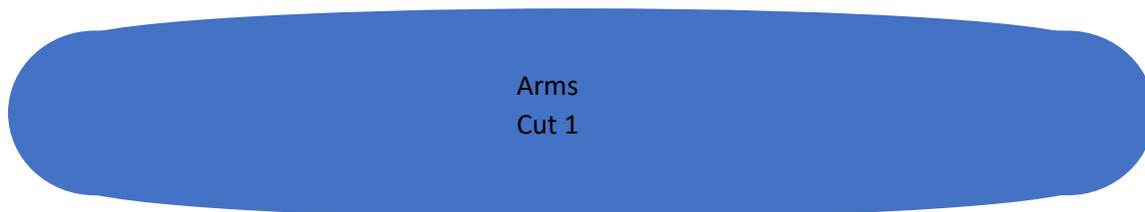
Eyes  
Cut 2



Teeth  
Cut 1



Mouth  
Cut 1



Arms  
Cut 1