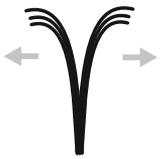
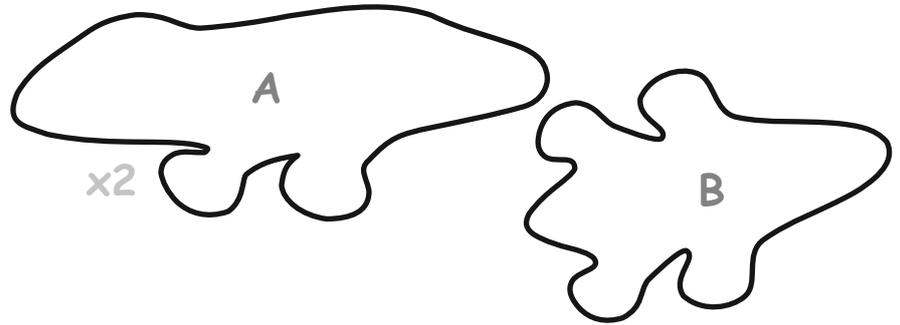


A STITCH IN TIME

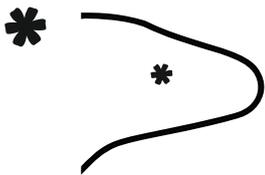
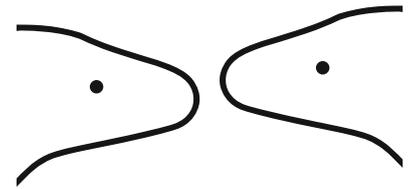
Sew your own tetrapod

1. Carefully cut out two body shapes (A) and one belly shape (B) from the felt



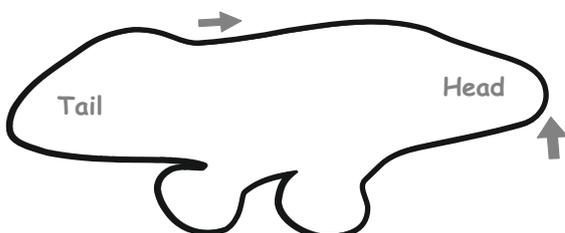
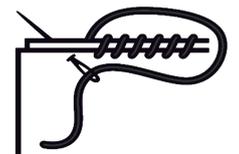
2. Separate the six-strand black embroidery thread into two lengths of three strands (*this is easier if someone else holds the bottom for you*)

3. Using the template as a guide, decide where you want the eyes to be (*remember that the narrower end is the head*), and make a dot



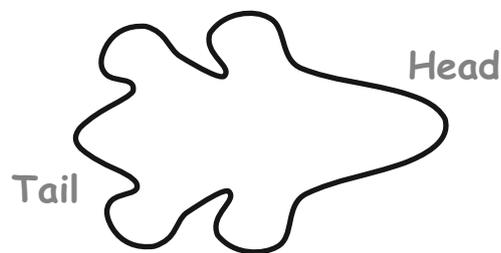
4. Thread the needle with 3-strands of black embroidery thread and use three long stitches to make a star with the dot at the centre; sew another star on the second body, making sure that the heads are facing each other

5. Cut 40-50 cm of six-strand green embroidery thread and separate into two lengths of three strands



6. Pin the two shapes together (*with the eyes facing out*). Use the green three strand thread to over-sew from the start of the tail to the tip of the mouth

7. Open out the bodies and pin the feet to the matching feet of the belly shape (*the pointed end is the tail end*)



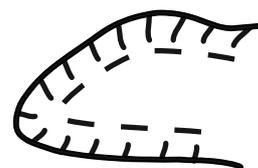
8. Using green three strand thread, over-sew all the way around the belly, fitting the tail to the felt as you sew. Carefully trim the felt around the feet if necessary. You will need to cut more thread; remember to separate it into three strands before you re-thread your needle and secure the end of the stitch by looping the needle through it a couple of times. Take extra care to over-sew securely where the feet join the body

9. Use the opening at the tail to carefully stuff the body of the tetrapod, pushing a little bit into the feet and into the tail



10. Use long stitches to make a zig-zag pattern on each foot to represent the toes, stitching through the stuffing (*you can use black or green thread for this*)

11. Using the green thread and small short stitches, sew the two pieces of tail together about 1 cm from the edge to stop the stuffing coming out. Use either black or green thread to make long over-stitches to finish the tail piece



12. Make sure that you put the needle and pins somewhere safe and tidy up any bits of left-over felt and thread

Don't forget to give your new tetrapod a name!

