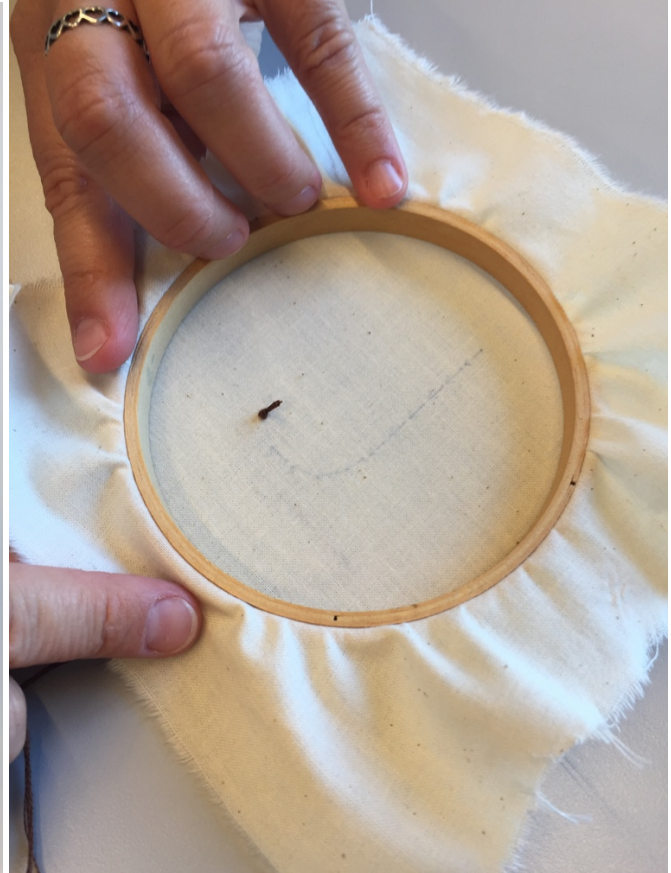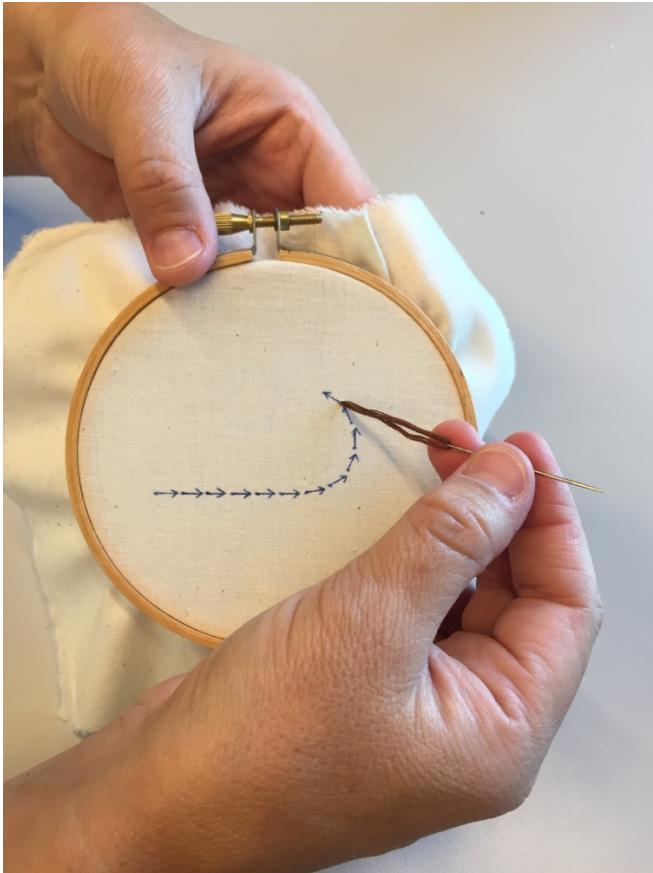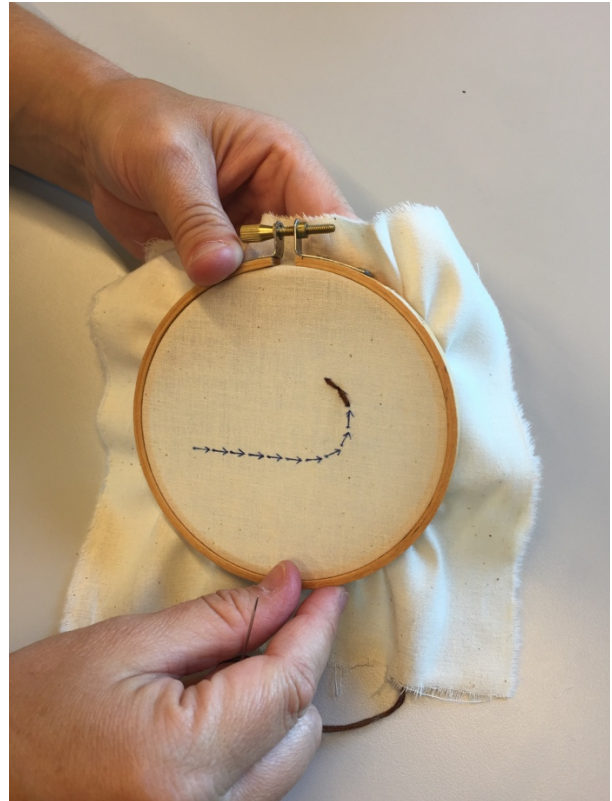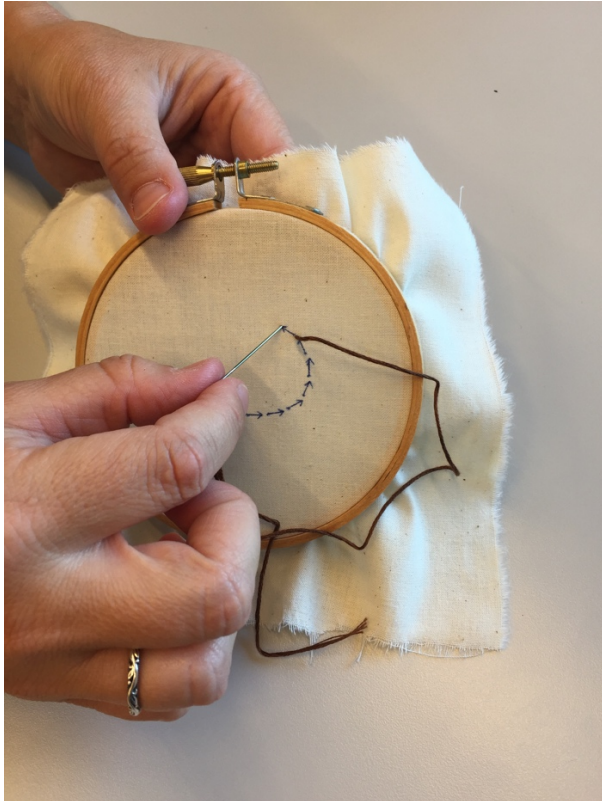## EMBROIDERY: RUNNING STITCH

A straight embroidery stitch that creates a solid line that can be straight or curved. The example has the stitched marked with pen; if this makes sewing easier for the students, the stitches could be lightly marked on the fabric with pencil or chalk.

1. Follow the Sewing Set-Up Instructions to prepare your needle and thread for sewing.
2. In the first image below, the stitch direction is marked with arrows for clarity. To start stitching, pull the needle up through the beginning of the arrow. The second image shows the backside, with the knot holding the first stitch in place.

3. Next, push the needle down through the end of the arrow and pull the thread through.

4. Repeat pulling the needle up through the beginning of the stitch, then stitching back towards your previous stitch, pushing the needling back down through the fabric.

5. At the end of your stitch, knot the end as shown in the Sewing Finishing instructions.

Back side of finished stitch.