

Knitting

Materials

- ☐ Any Yarn
- ☐ Knitting Needles
- ☐ Scissors

Thumb Cast-On

Wrap yarn around left thumb

Insert right needle into the loop

Knit Stitch

Insert right needle into the first stitch on the left needle

Wrap the yarn around and down the right needle

Push the stitch off the left needle

Materials

- ☐ Loom [can make a DIY one from a picture frame or cardboard]
- ☐ Warp Thread [vertical]
- ☐ Scissors

Under/Over Weave

Stretch warp thread vertically. Tie securely on ends. Keep evenly spaced.

Warp Thread

Go under the first warp, over the next. Continue all the way across. At end, loop around edge & start next row reversing the pattern.

Weft Thread

Use a comb to push weft down, tightening it. Knot ends & weave back into your piece.

Weaving

Get Involved

If you want to get involved in Sew Psyched, create your own 1x1ft textile and submit it to NASA. All submissions will be put together to create one big representation of Psyche.

1x1ft

Cross Stitches

Materials

- ☐ Aida Fabric
- ☐ Embroidery Thread
- ☐ Needles

Make an X by stitching one diagonal

Cross over it with the opposite diagonal

Materials

- ☐ Fabric [cotton or linen works best]
- ☐ Embroidery Thread
- ☐ Needles

Back Stitch

Bring needle up, go down one stitch length ahead, come back up through the end of the last stitch

Satin Stitch

Fill shape with closely spaced straight stitches side by side

Whipstitch

Loop thread over edge of fabric or applique, spacing stitches evenly

Embroidery

Learn Textile Art

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This is not a fully comprehensive guide, just something to get you started

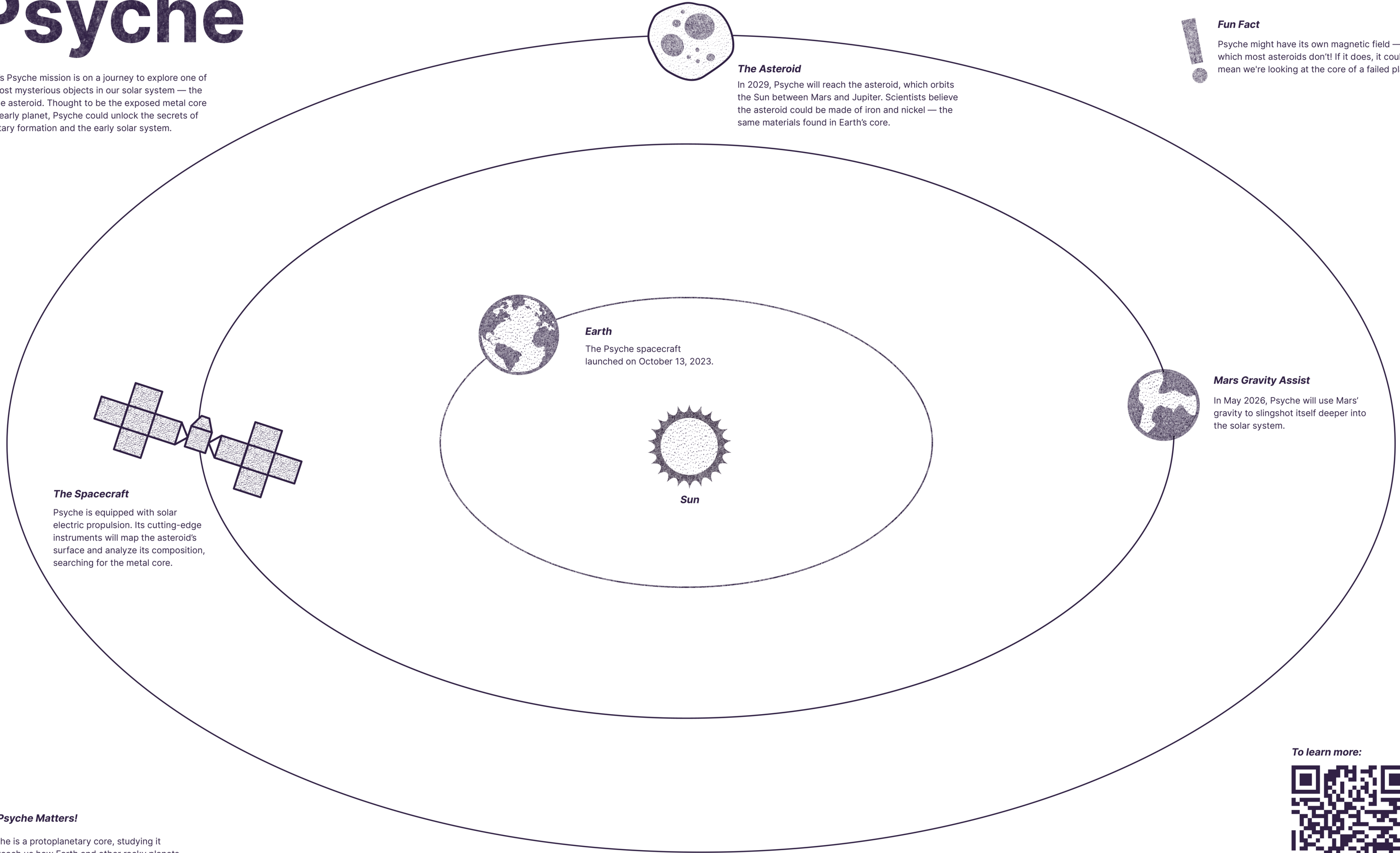
Unfold to learn about the Psyche mission on the back

A campaign based around the idea of imagination inspiring engagement. Join us on this mission of space exploration.

Sew Psyche'd

Psyche

NASA's Psyche mission is on a journey to explore one of the most mysterious objects in our solar system — the Psyche asteroid. Thought to be the exposed metal core of an early planet, Psyche could unlock the secrets of planetary formation and the early solar system.



Fun Fact

Psyche might have its own magnetic field — which most asteroids don't! If it does, it could mean we're looking at the core of a failed planet.

Why Psyche Matters!

If Psyche is a protoplanetary core, studying it could teach us how Earth and other rocky planets formed — and offer a rare look into the building blocks of planetary interiors.

To learn more:



<https://psyche.asu.edu/>