





Sew Psyche'd

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.

Learn Textile Art

Embroidery 4

Cross Stitch 5

Knitting 6

Weaving 7



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

Embroidery

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



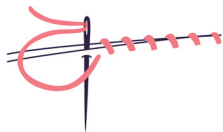
Satin Stitch

Fill shape with closely spaced straight stitches side by side



Whipstitch

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



- ☐ Scissors
- ☐ Embroidery Hoop
- ☐ Pencil [to sketch design]

Materials

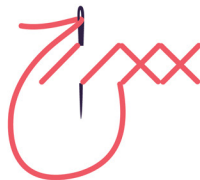
- ☐ Aida Fabric
- ☐ Embroidery Thread
- ☐ Needles

- ☐ Scissors
- ☐ Embroidery Hoop
- ☐ Pencil [to sketch design]

Make an X by stitching one diagonal



Cross over it with the opposite diagonal



Cross Stitch

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



Bring the loop through the stitch

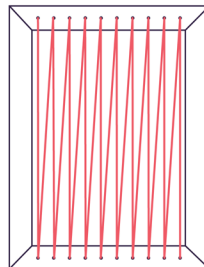


Push the stitch off the left needle

Materials

- ☐ Loom [can make a DIY one from a picture frame or cardboard]
- ☐ Warp Thread [vertical]
- ☐ Weft Thread [horizontal]
- ☐ Comb or Fork [to push rows down]
- ☐ Scissors

Under/Over Weave



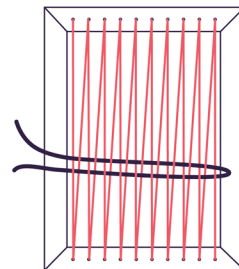
Warp Thread

Stretch warp thread vertically
Tie securely on ends
Keep evenly spaced

Weft 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



Use a comb to push weft down, tightening it

Knott ends & weave back into your piece

Weaving



1×1ft

Get Involved

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

