

# Little Bird SOS



## Traditional Red Poppy for Remembrance and White for Peace

In this pack you will find the following:

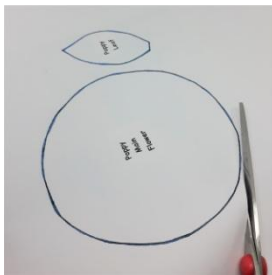
- Set of instructions
- Pattern for the Poppy
- Sew on brooch pin
- Red, white fabric and green felt
- Button
- Needle and thread

You will need to provide the following:

- Scissors
- Pins
- Glue stick (optional)
- Patience!

### Instructions

1.



Cut out the round poppy main flower and leaf pattern, from this sheet, below.

2.



Pin out then cut out the poppy top and bottom using the red or white felt and the leaf using the green felt.

3.



Thread a needle with black thread. Tie a knot at the end of the thread. Use a running stitch, as illustrated in the picture, around the outer edge of your fabric circle.

4.



When you have completed the full circle of stitches, start to pull your threads so that the fabric turns inwards as illustrated.

5.



Keep pulling, until it is tightly bunched in the middle. Knot by making an additional stitch, and threading the needle through the loop made by the extra stitch.

6.



Using the same thread, stitch on a button over the bunched up middle section. Next thread the needle through the button so the thread is at the back

7.



Now stitch the green leaf to the back. Traditionally the leaf should be stitched in the 11 o'clock position. This is in the 1 o'clock on the back.

8.



Finally, stitch on the brooch pin. If you would like, you can glue a piece of felt over the stitches to neaten the back.

- please consider making a donation to the Royal British Legion and Peace Pledge Union in support of remembrance and peace. To give is one of the Five Ways to Wellbeing.



Congratulations, you have completed your traditional poppy. The poppy should be worn on left hand side with the leaf pointing to your heart

## Poppy Pattern

