

Difficulty rating: medium

Length of time it will take: around 2 hours

Be Mindful Bee

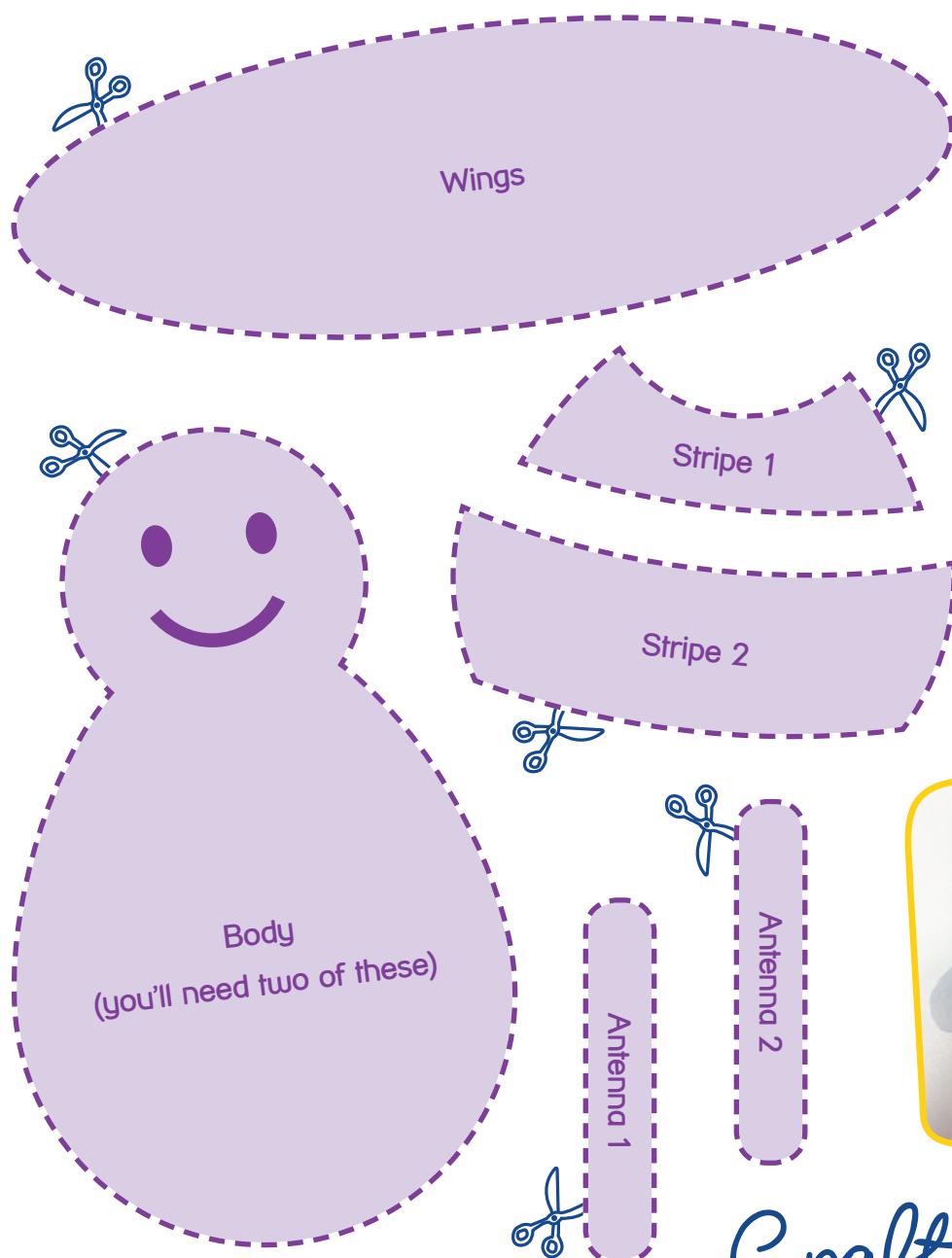
Make a buzz at your Crafternoon and make some time to 'bee' mindful to stitch and stuff this busy bee. It could make a bee-autiful hanging decoration for your home or maybe even a sweet gift for a member of your hive.

Crafty shopping list

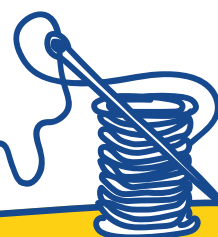
- Black, yellow and white felt or thick fabric
- Embroidery thread
- **Stuffing:** (recycle old pillows, old wool or scraps of material or buy polyester fibre fill or natural fibre toy filling from craft stores)
- See our suggested shopping list online at mind.org.uk/craftcupboard

Crafty checklist

- Scissors
- Needle
- Pins



Crafternoon



People often talk about the mindfulness of crafting – for me, the delight and mental health benefits come from using another part of my brain to achieve something... and embrace mistakes!

1. Carefully cut round the ----- lines on your bee template shapes.
2. Pin the bee templates to your felt or thick fabric.
3. Carefully cut round the templates, doing the body template twice.
4. Pin the black stripes onto one of the yellow pieces of fabric and stitch on with a running stitch (have a look at our stitch guide at mind.org.uk/craftcupboard for more detail).
5. Use a pencil to mark where you would like the eyes and mouth to be, do this on the same piece of fabric as the black stripes. Create the eyes by sewing one stitch on the yellow fabric. Create the mouth by using a back stitch.
6. On the other piece of yellow fabric stitch the wings to the back of the bee with a single line of back stitch where the shape is narrowest – this will mean the wings can flap!
7. Stitch the antenna on to the same piece of the fabric as the wings, about half a cm from the top of the fabric.
8. Begin to blanket stitch the two pieces of yellow felt together, with the one with the black stripes on the top. To do a blanket stitch work from left to right. Insert the needle in the upper line and stitch straight down, keeping the thread under the point of the needle. Gently pull up the stitch to form a loop and repeat (or have a look at the stitch guide as above).
9. Leave a small opening at the bottom of the yellow felt for stuffing.
10. Poke the stuffing in through the hole (you can use a pen to help push the stuffing in and then finish stitching it closed).
11. Take a short piece of embroidery thread and poke it through the top of the bee's head, tie it in a knot to form a loop.
12. Admire your crafty be mindful bee!
13. Take a photograph of your Be Mindful Bee and let us know by posting with the hashtag #crafternoon onto Twitter, or Facebook @MindCharity.

Crafty variations

If you are feeling adventurous you could try some of these ideas:

- Make a hive of be mindful bees and hang them on some unwound coat hangers in a mobile.
- Use recycled materials or scraps instead of felt or thick fabric to make funky coloured bees.
- Use red and black felt to make a lady bird friend for your bee.
- Check out Mind's Pinterest boards for more craftspiration.



Thank you for taking part in Crafternoon, by fundraising at your Crafternoon you're making sure no one has to face a mental health problem alone.

If you have any feedback about your Crafternoon, what went well or ideas on how we can make it better, we'd love to hear from you.

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