

Difficulty rating: medium

Length of time it will take: around 2 hours

# Crafty bear in mind

Have fun with friends and family making a 'bear in mind', which make great gifts. Follow the instructions and get crafting! Remember it's not about being perfect – its about having fun!



## Crafty shopping list

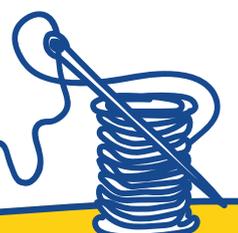
- Felt or thick fabric
- Embroidery thread
- **Stuffing:** (recycle old pillows, old wool or scraps or material or buy polyester fibre fill or natural fibre toy filling from craft stores)
- **Ribbon**
- See our suggested shopping list online at [mind.org.uk/craftcupboard](http://mind.org.uk/craftcupboard)

## Crafty checklist

- Scissors
- Needle
- Pins



Crafternoon



“Crafting gives me a chance to do something that is productive whilst offering me the space in my mind to think things through clearly.”

## How to make

1. Carefully cut round the ----- lines on your bear template shapes.
2. Pin the bear templates to your felt or thick fabric.
3. Carefully cut round the templates.
4. Begin to blanket stitch the pieces together.
5. 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 (have a look at our stitch guide at [mind.org.uk/craftcupboard](http://mind.org.uk/craftcupboard) for more detail).
6. Leave a small opening at the bottom of a foot for stuffing.
7. Poke the stuffing in through the foot (you can use a pen to help push the stuffing into the ears and arms!) and then finish stitching it closed.
8. Use a pencil to mark onto your fabric where you would like the eyes and mouth to be. Create the eyes by sewing over the same spot repeatedly, until the eyes are prominent. Create the mouth by using a running stitch
9. Cut out the heart shape and use running stitch to sew onto the bears left hand side (position marked on the template).
10. Admire your crafty bear in mind creation.
11. Take a photograph of your bear in mind and let us know by posting with the hashtag **#crafternoon** onto Twitter, or Facebook **@MindCharity**.



## Crafty variations

If you are feeling adventurous you could personalise your bear in mind for example:

- Experiment with different stitch types:
  - Running stitch:** This is the most simple and commonly used hand stitch. Pass your needle in and out of the fabric, keeping the length and space between the stitches the same each time.
  - Backstitch:** Take a backward stitch and then bring the needle through in front of the first stitch. Good for drawing or writing words with thread.
  - Whipstitch:** This stitch is used on edges. 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.
- Use recycled materials or scraps instead of felt or thick fabric.
- Decorate with beads and buttons.
- Stitch initials onto your bear.
- Make different faces and accessories like hats and waistcoats.
- Check out Mind's Pinterest board for more ideas.

Thank you for taking part in Crafternoon. We hope that it has been enjoyable! If you have raised money at your Crafternoon thank you. You have helped to make a difference for people with mental health problems.

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.  
Email: [community@mind.org.uk](mailto:community@mind.org.uk)  
Telephone: 0300 999 3887