

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 or decorations to hang on your Christmas tree. 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)
- See our suggested shopping list online at mind.org.uk/craftcupboard

Crafty checklist

- Scissors
- Needle
- Pins



Crafternoon





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 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. With some of your left over thread stitch a loop at the top of your bear.
10. Cut out the heart shape and use running stitch to sew onto the bears left hand side.
11. Admire your crafty bear in mind creation.
12. Take a photograph of your bear in mind and let us know by posting with the hashtag **#crafternoon** onto Twitter, or Facebook **@MindCharity**.
13. Why not give your bear in mind to a friend or family member, which they can hang on their tree as a reminder that you are thinking of them this Christmas.



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 Christmas accessories, like stars and tinsel.
- Stitch initials onto your bear.
- Make different faces and accessories like hats and waistcoats.
- Check out Mind's Pinterest board for more ideas.

Thanks so much for holding a Crafternoon - have fun! And remember, your fundraising will let us give advice and support to even more people and help make 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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