

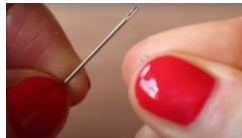
### Technical knowledge

Cushions date back many centuries. Cushions were also used as a status symbol, the more cushions you owned the wealthier you were. Today, cushions have many uses including for cosy Reading Corners in schools. Cushions can be made by sewing around two pieces of fabric and stuffing them with cotton wool or another soft material.

#### How to thread a needle

To sew two pieces of fabric together you can use a needle and thread.

1. Grab the end of your string and carefully poke it through the eye of the needle. It may take a few practices.



2. Take your two ends together, even them out and tie a knot at the end.



3. You are ready to hand sew.

#### How to do a running stitch

1. Begin the running stitch by poking your threaded needle up through the fabric.



2. Poke the needle back down through the fabric next to where you just came up, and pull the thread down into your first stitch.



3. Now poke your needle back up through the fabric, leaving a space from the previous stitch. Then poke the needle back down through the fabric again making your second stitch.

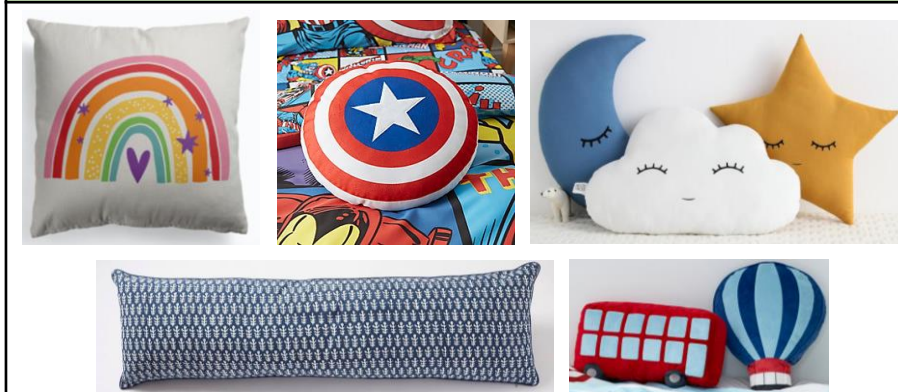


4. Now just continue this and you are on your way.

### Key Vocabulary

evaluate	Thinking about how well something has been made, how it be improved?
joining	To fasten something together
needle	A small slender pointed tool used for sewing
thread	A thin fine cord, sometimes called a string
fabric	A soft material used for clothing and soft furnishings.
running stitch	A quick style of sewing.
Sewing	Using a needle to weave in and out of material to join materials together.
stuff	To fill a space using another item or material

### Types of cushions



### Keeping safe

Take care when pointing the needle and avoid pushing the point into your hand or skin.