



Supplies  
Thread

Tools  
Needle

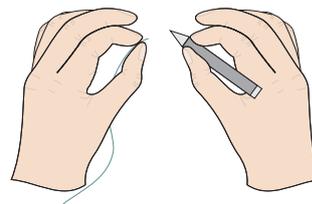
If you have ever used a needle and thread, you may already know that it can be really tricky to thread a needle. We hope these instructions help you get your needle threaded!

### Before You Start

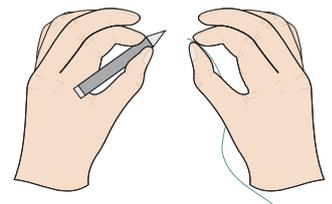
- Make sure the end of your thread is smooth and sharp, not scruffy and fluffy. If you cut the end of the thread with sharp scissors, you should have a nice smooth end to thread through your needle. If the end gets fluffy while you are trying to thread the needle, you can cut that little bit off and start again.
- Sometimes a little moisture can be helpful to smooth the end of your thread.
- The bigger the eye (the hole) in the needle, the easier it will be to thread.
- If you are using more than one thread in your needle, thread them all at the same time using the instructions below. Make sure all the ends are lined up and smooth before threading.

### Instructions

1. Place the very end of the thread that you are using between your thumb and first finger on the opposite hand to the one you write or draw with.

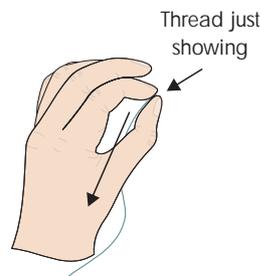


If you write with your right hand, put the thread in your left hand.

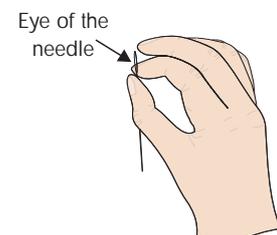


If you write with your left hand, put the thread in your right hand.

2. Pull the end of the thread down between your thumb and finger until it is just showing.



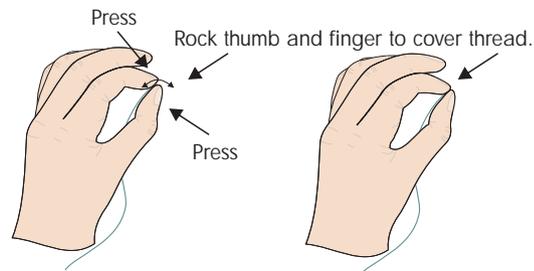
3. Hold the needle between your thumb and first finger in your other hand. Make sure the eye (the hole) of the needle is close to your thumb and finger.



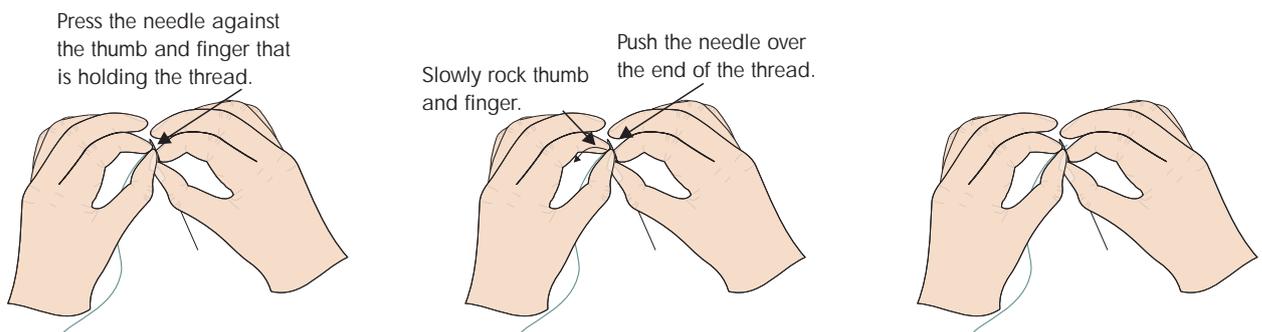
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4. Press your thumb and finger (the ones holding the thread) together and rock them so you can't see the thread.



5. Press the eye (the hole) of the needle against your thumb and finger near where the thread is, slowly rocking your finger and thumb back to show the thread, and push the needle at the same time, forcing the end to go into the eye of the needle. You may have to try a few times to get the needle threaded, but with practice it should get quicker and easier.



6. Once the end of the thread is through the eye (the hole) of the needle, gently pull it further through the hole until it is approximately (about) 8 to 10 cm (3 to 4 inches) long. This is called the tail and will not be used for stitching. The long piece of thread will be used, and if needed the long piece will be the end you tie a knot in. Instructions for [tying a knot](http://www.imagemakebelieve.com) in the end of the thread can be found at [imagemakebelieve.com](http://www.imagemakebelieve.com).

