



Supplies  
Thread  
Fabric

Tools  
Needle

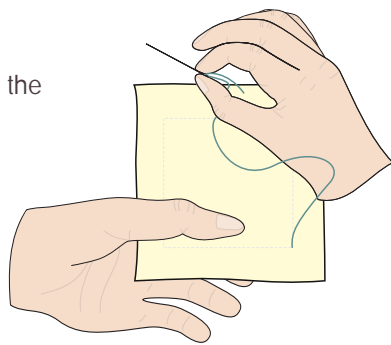
Running stitch is one of the easiest sewing stitches to do. It is also very useful! We use it a lot because it is quick and easy, so you will find it used in many of our hand sewing instructions and patterns.

### Before You Start

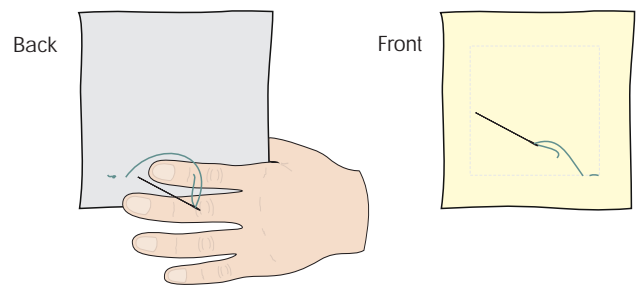
- Have a threaded needle in the starting position on the fabric. Instructions for starting a thread can be found at [imagine.makebelieve.com](http://imagine.makebelieve.com).
- If you are using more than one thread, use them all at the same time using the instructions below.
- When stitching or sewing, have the needle in the hand that you normally write or draw with and hold the fabric with your other hand.
- When doing running stitch - if you are right handed, stitch towards the left of the fabric as you sew. If you are left handed, stitch towards the right of the fabric as you sew.

### Instructions

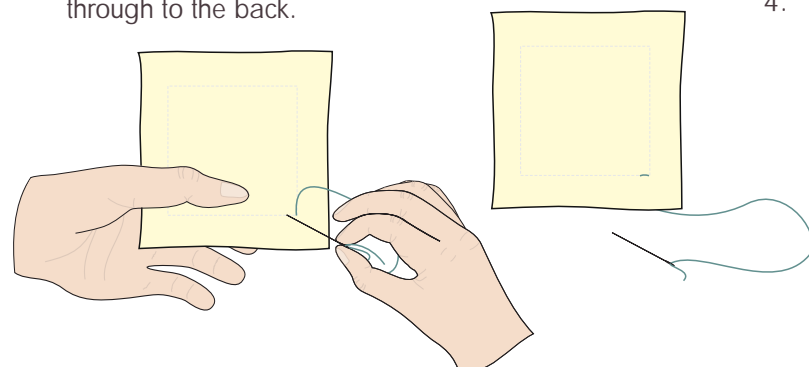
1. Have the needle at the starting position.



3. Leave a small space on the back of the fabric, and bring the needle back up through the fabric to the front.



2. Leave a small space next to the starting position and poke the needle into the fabric and pull through to the back.



4. Repeat steps 2 and 3 until you have finished stitching the area or run out of thread. Try to keep the stitches the same distance (space) apart, and the same size, as this will look neater.

