

Beginner Embroidery Starter Pack

25 traceable patterns · 8 essential stitches · everything to begin

What's inside

- **The Four-Stitch Method**
learn just four stitches and you can make every design
- **8 essential beginner stitches**
a clear, illustrated one-page reference
- **25 traceable patterns**
each with a built-in stitch legend — no guessing
- **Materials checklist**
exactly what to buy before you start
- **Difficulty guide**
which design to stitch first, and what to save for later
- **3 ways to transfer a pattern**
free window-tracing method included

Print · Trace · Stitch

How to use this pack

Every pattern in this pack is drawn as a clean outline inside a hoop circle, with a built-in legend so you always know which stitch to use. Read the legend once and the patterns teach themselves.

Pattern legend

-  solid line = backstitch (outlines)
-  open dot = French knot (dots, centres, stars)
-  teardrop = lazy-daisy or satin petal

3 easy ways to transfer a pattern onto fabric

1. Window tracing (free & easiest)

Tape the printed pattern to a sunny window, tape your fabric over it, and trace the lines with a water-soluble pen.

2. Tracing paper / carbon

Best for dark fabric. Lay dressmaker's carbon between the pattern and fabric and draw over every line.

3. Stick-and-stitch stabiliser

Print onto printable water-soluble stabiliser, peel, stick it on, stitch through it, then rinse it away.

8 essential beginner stitches

Learn these and you can stitch anything in this pack



Running stitch

The simplest of all: in, out, in, out, evenly spaced. Great for dotted lines and outlines.



Backstitch

A solid, unbroken line — the outline workhorse. Come up ahead, go back into the previous stitch.



Stem stitch

A smooth, rope-like line for stems and curves. Keep the thread to one side as you go.



Split stitch

Like backstitch, but the needle splits the previous stitch. A soft, textured line.



Satin stitch

Parallel stitches laid close together to fill a shape solid. Keep shapes small.



French knot

Wrap the thread twice around the needle and pull through for a neat raised dot.



Lazy-daisy

A single looped chain — one instant petal or leaf. Anchor the loop with a tiny stitch.



Chain stitch

Looped stitches linked in a row for a bold, braided outline. Lovely for lettering.

Materials checklist

- ☐ Embroidery hoop, 15–20 cm (6–8 in)
- ☐ Plain cotton or linen fabric (light colour)
- ☐ 6-strand embroidery floss (a few colours)
- ☐ Embroidery needles (size 5–9 crewel)
- ☐ Small sharp scissors
- ☐ Water-soluble fabric pen or printer
- ☐ Optional: printable stabiliser for stick-and-stitch

Difficulty guide — which to stitch first

● Start here (easiest)

Flower Growth Stages · Bee and Sunflower Heart Trail · Rainbow with Cloud
Bloom Lettering · Hand Holding Flower · Mountain Sunrise · Candle with Eucalyptus
Teacup with Heart Steam & Flower

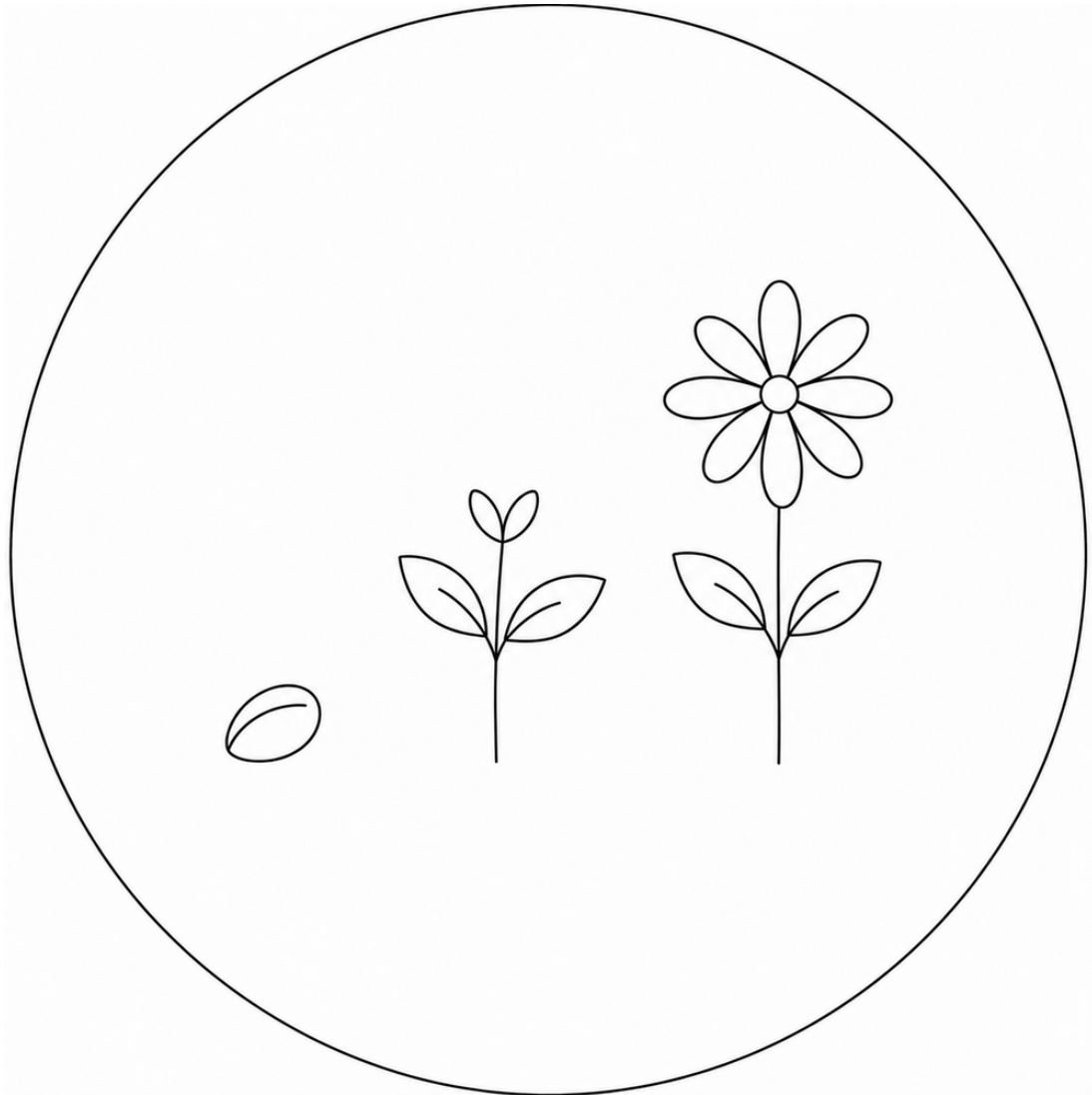
● Build confidence (medium)

Crescent Moon with Flowers · Sun Face with Lavender · Whale with Floral Spout
Cat Sleeping on Moon · Book with Flowers · Teapot Pouring Flowers
Triple Moon with Rose · Daisy Constellation · Hands Reaching for the Moon
Floral Heart Wreath · Window with Moon & Potted Plant
Woman's Profile with Flower in Hair

● Take your time (statement)

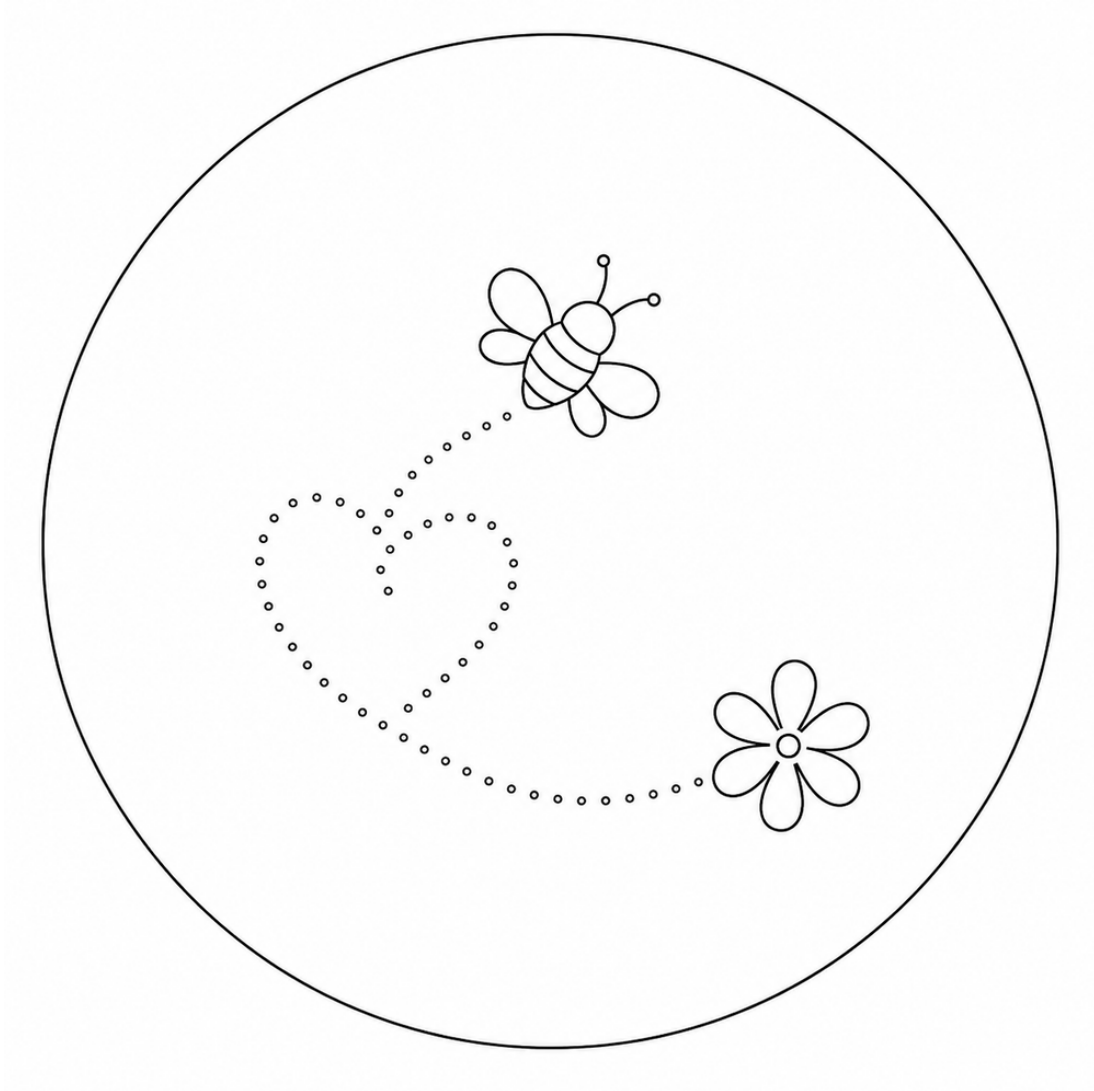
Sleeping Fox with Mushrooms · Floral Snail · Sleeping Cat with Books & Plant
Woman's Profile with Floral Hair · Floral Silhouette Figure

Flower Growth Stages



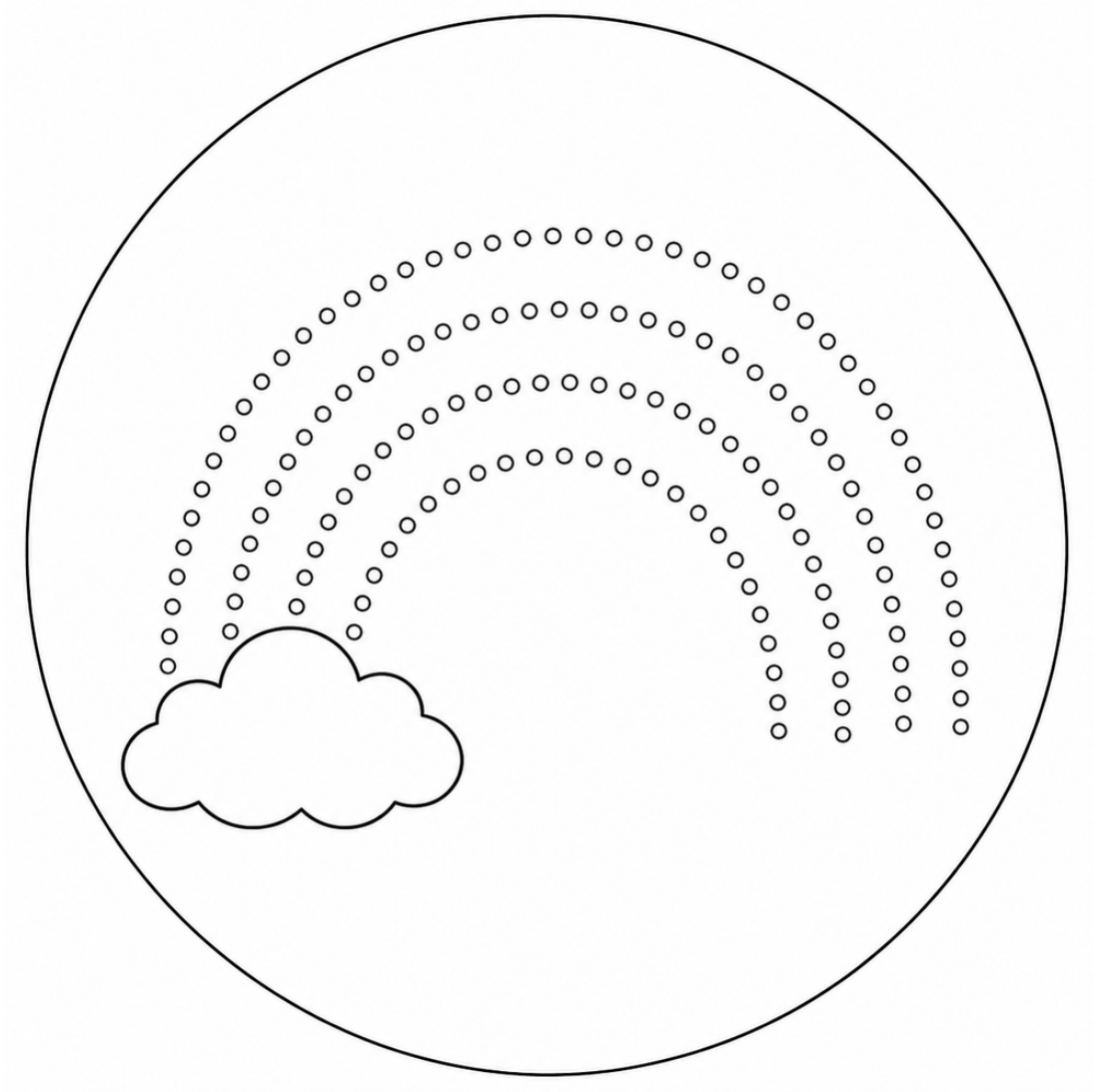
Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Bee and Sunflower Heart Trail



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Rainbow with Cloud



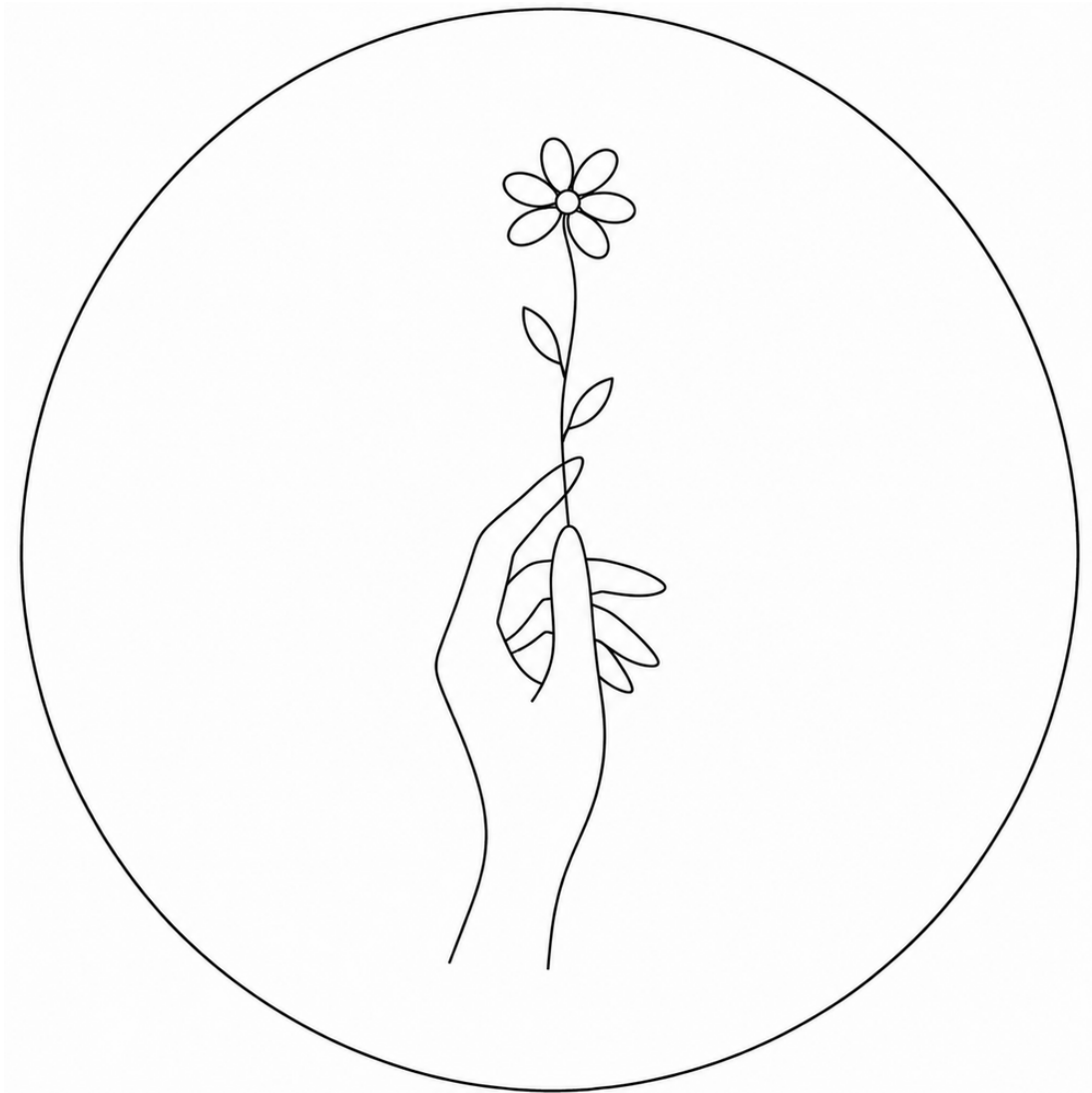
Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Bloom Lettering



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Hand Holding Flower



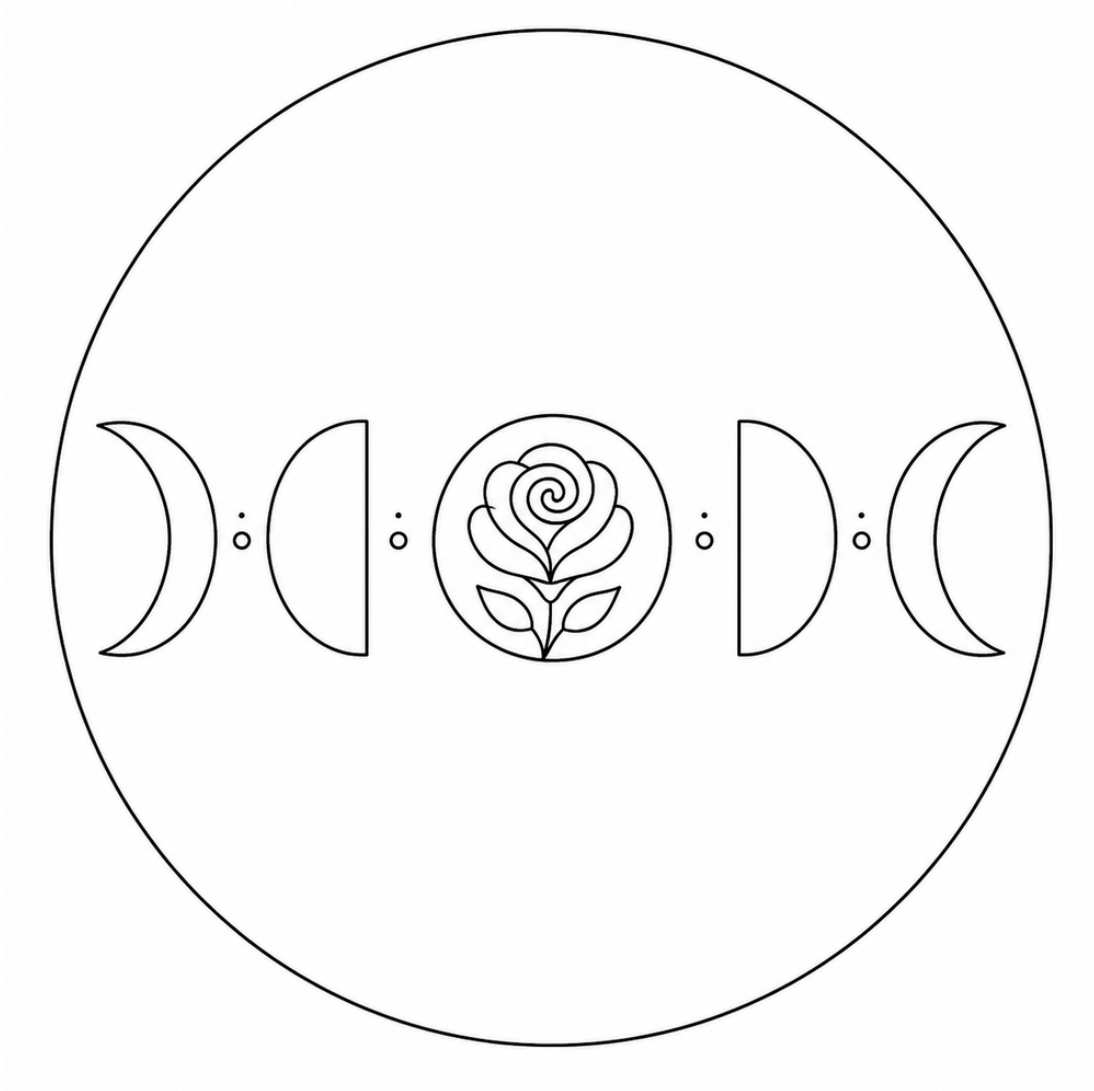
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Crescent Moon with Flowers



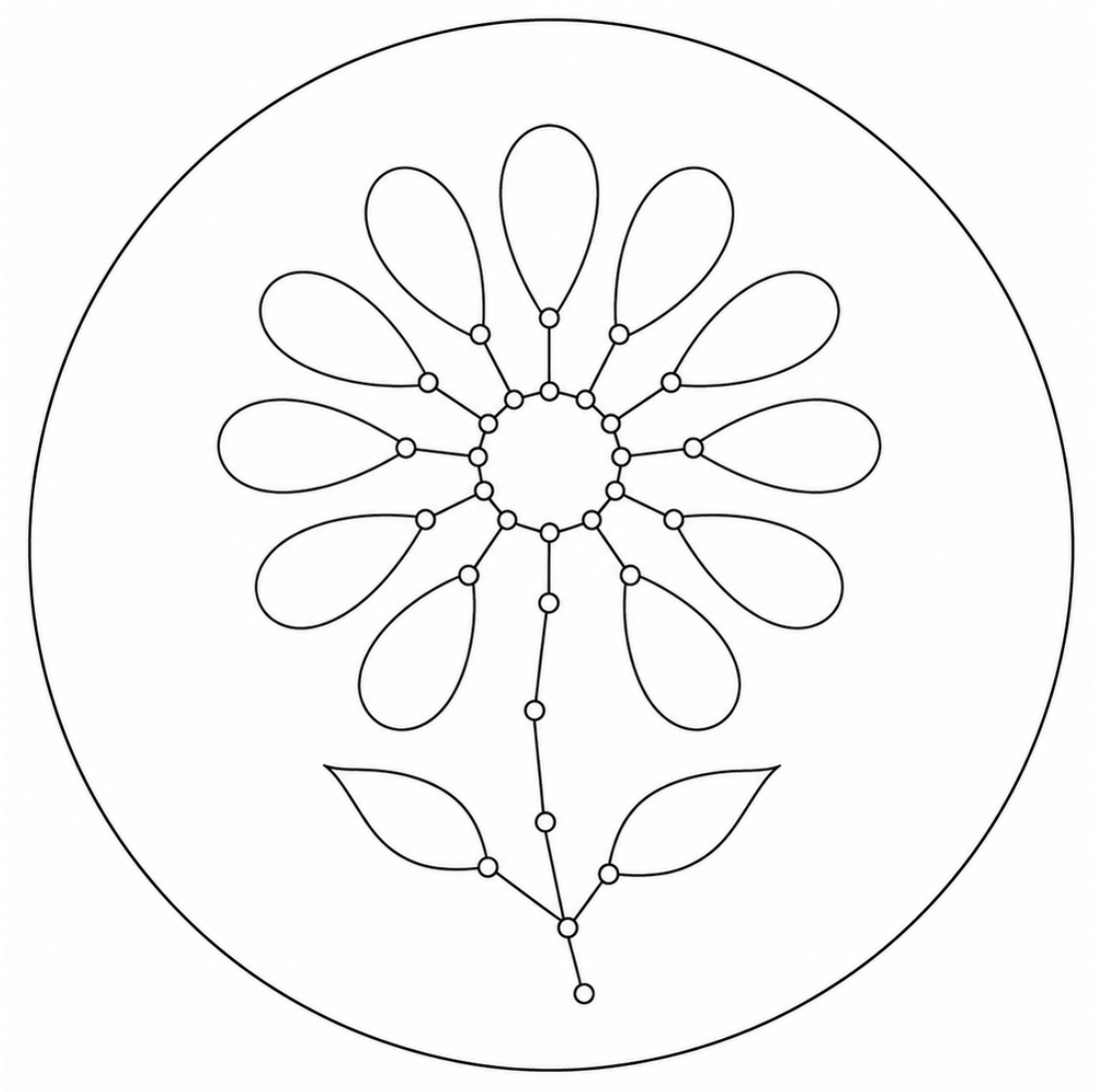
Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Triple Moon with Rose



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Daisy Constellation



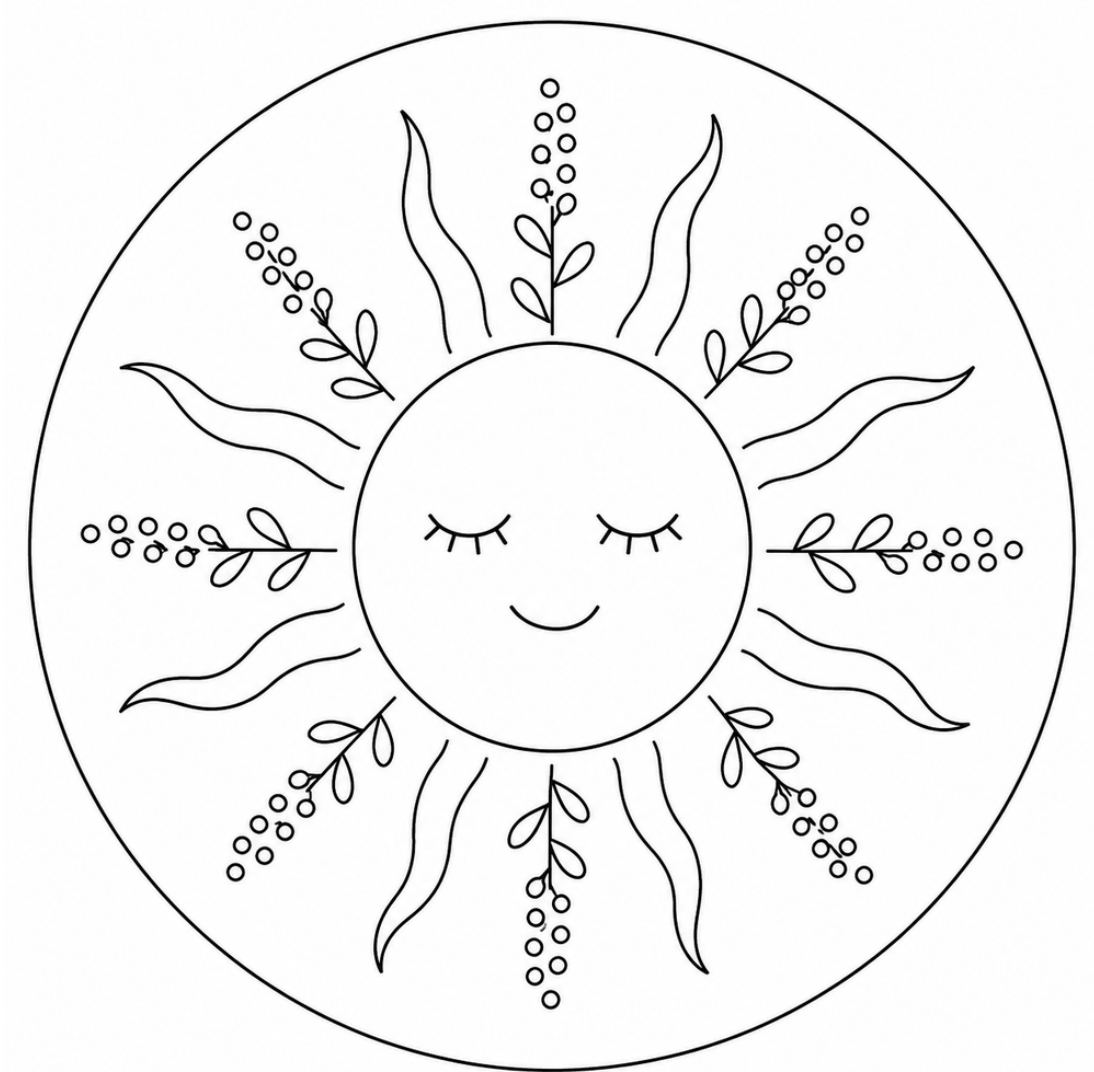
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Hands Reaching for the Moon



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Sun Face with Lavender



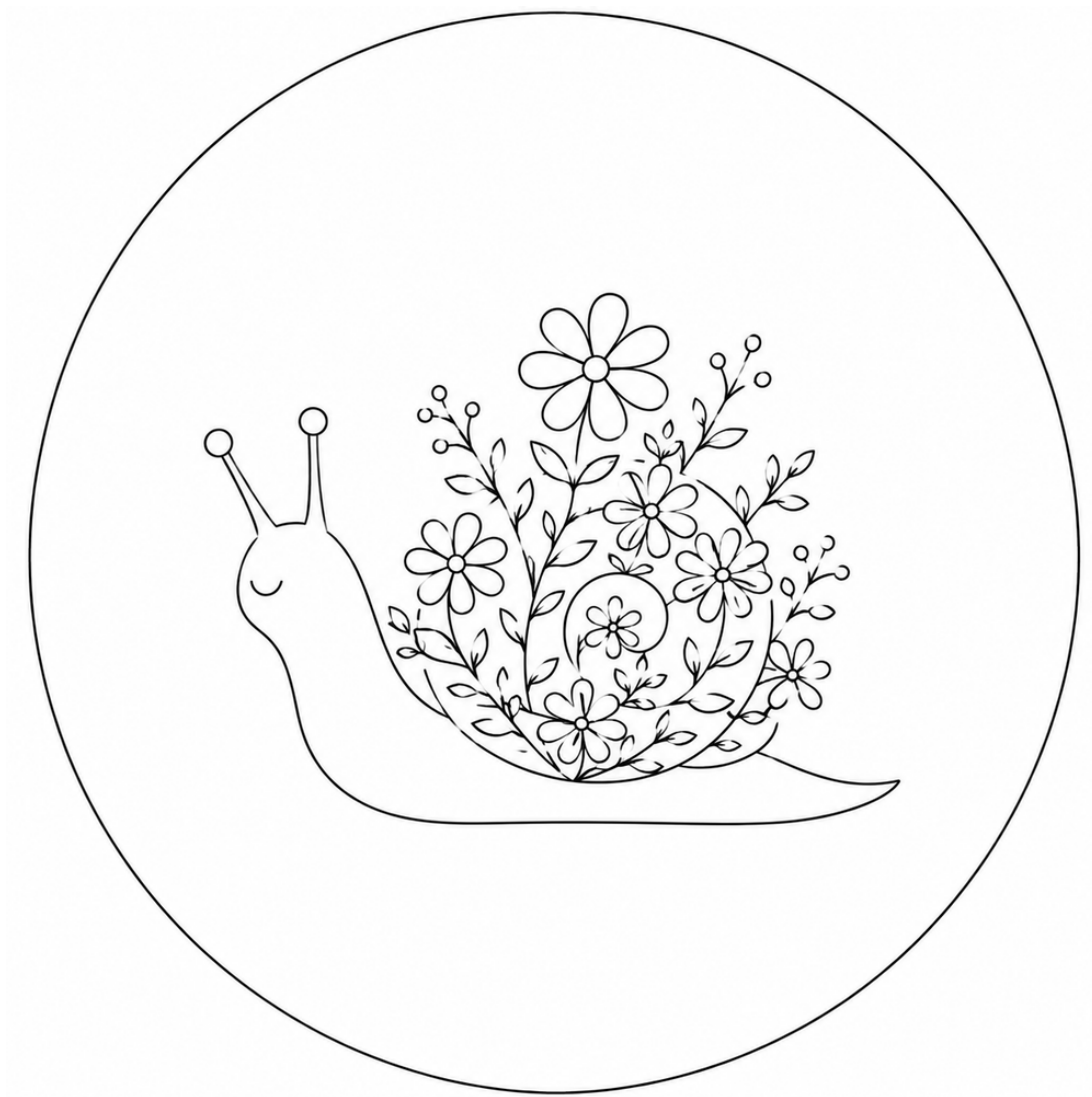
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Sleeping Fox with Mushrooms



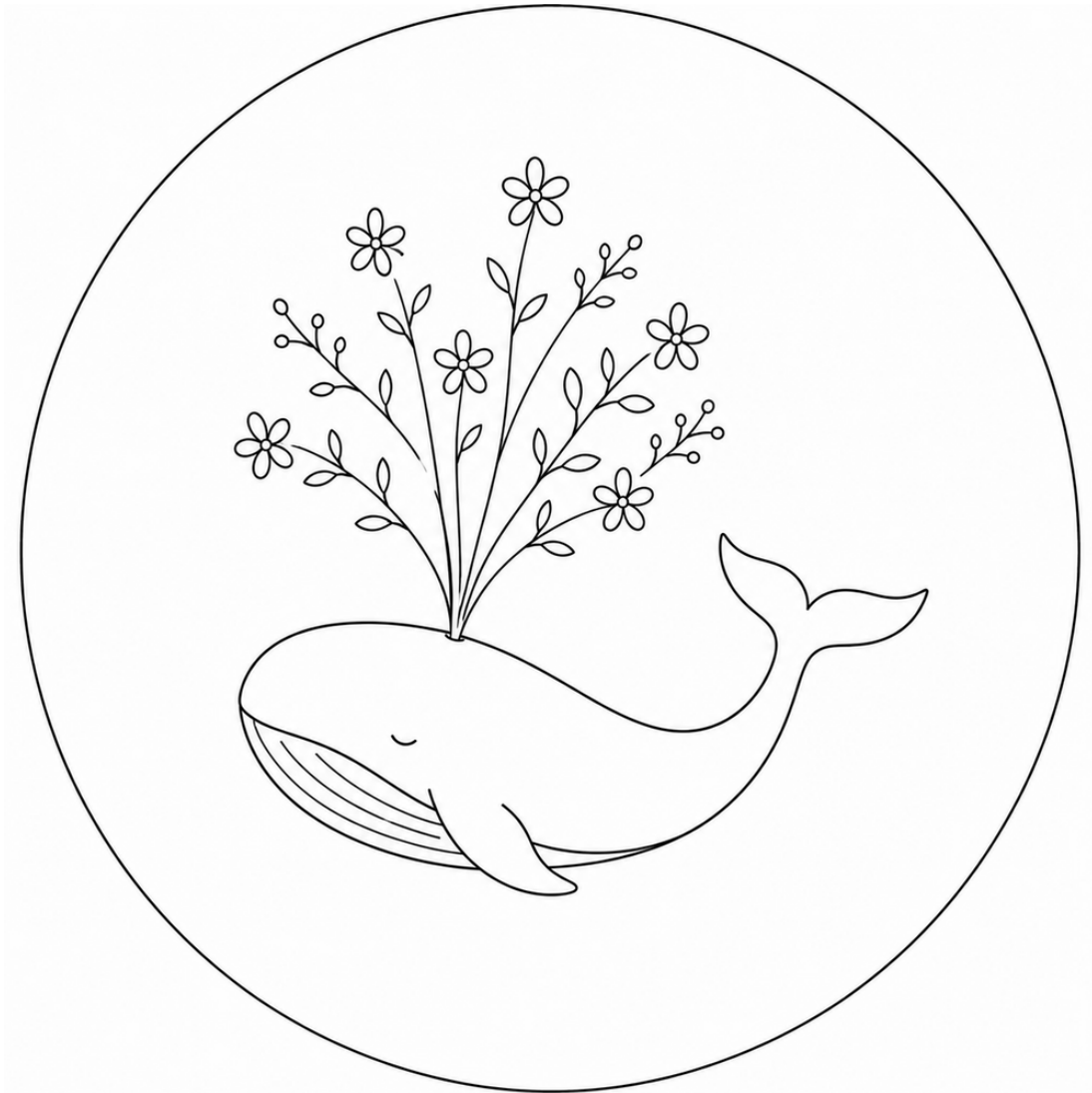
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Floral Snail



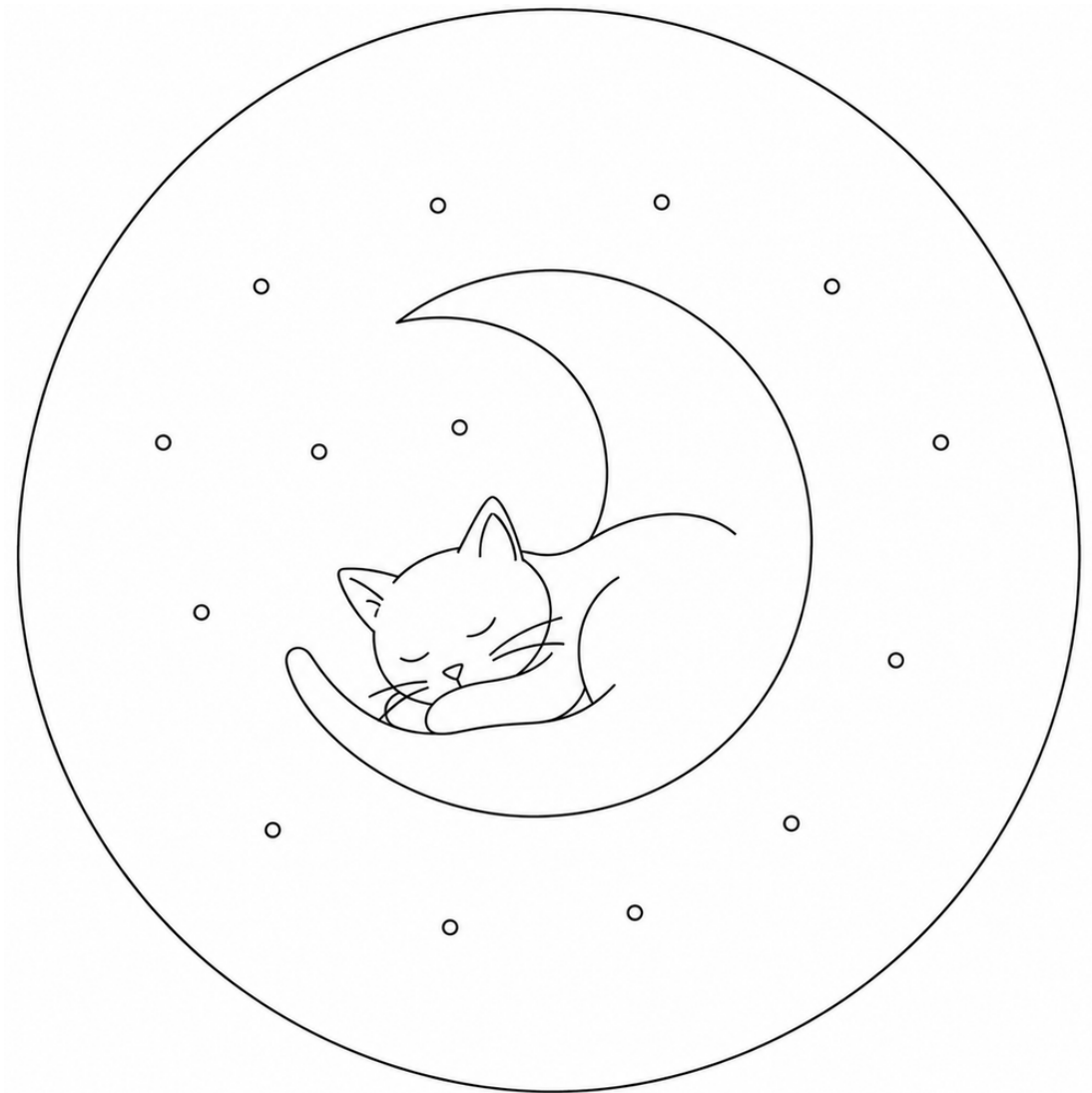
Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Whale with Floral Spout



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Cat Sleeping on Moon



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Sleeping Cat with Books and Plant



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Book with Flowers



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Teapot Pouring Flowers



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Candle with Eucalyptus



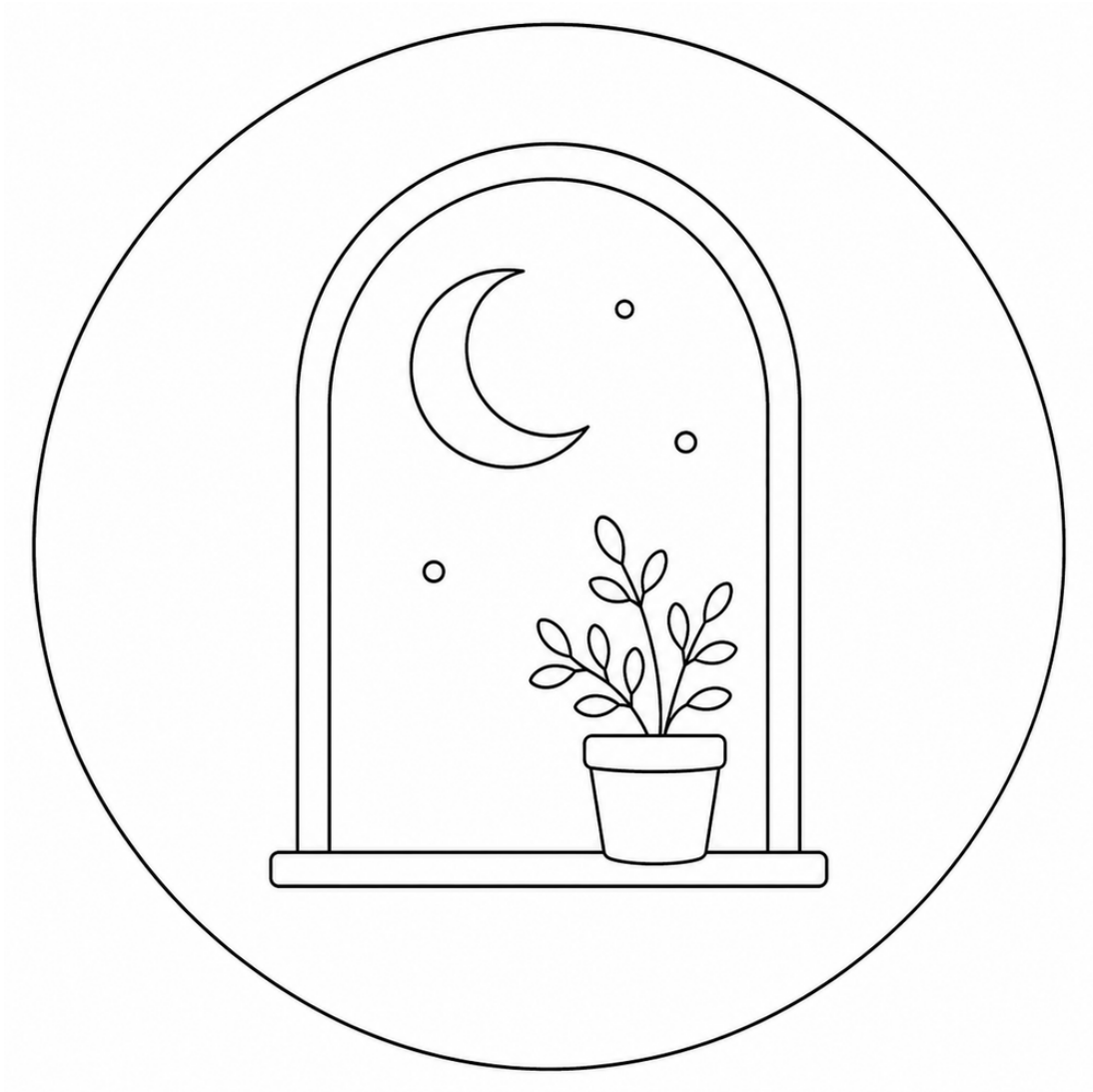
Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Teacup with Heart Steam and Flower



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Window with Moon and Potted Plant



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Woman's Profile with Flower in Hair



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Woman's Profile with Floral Hair



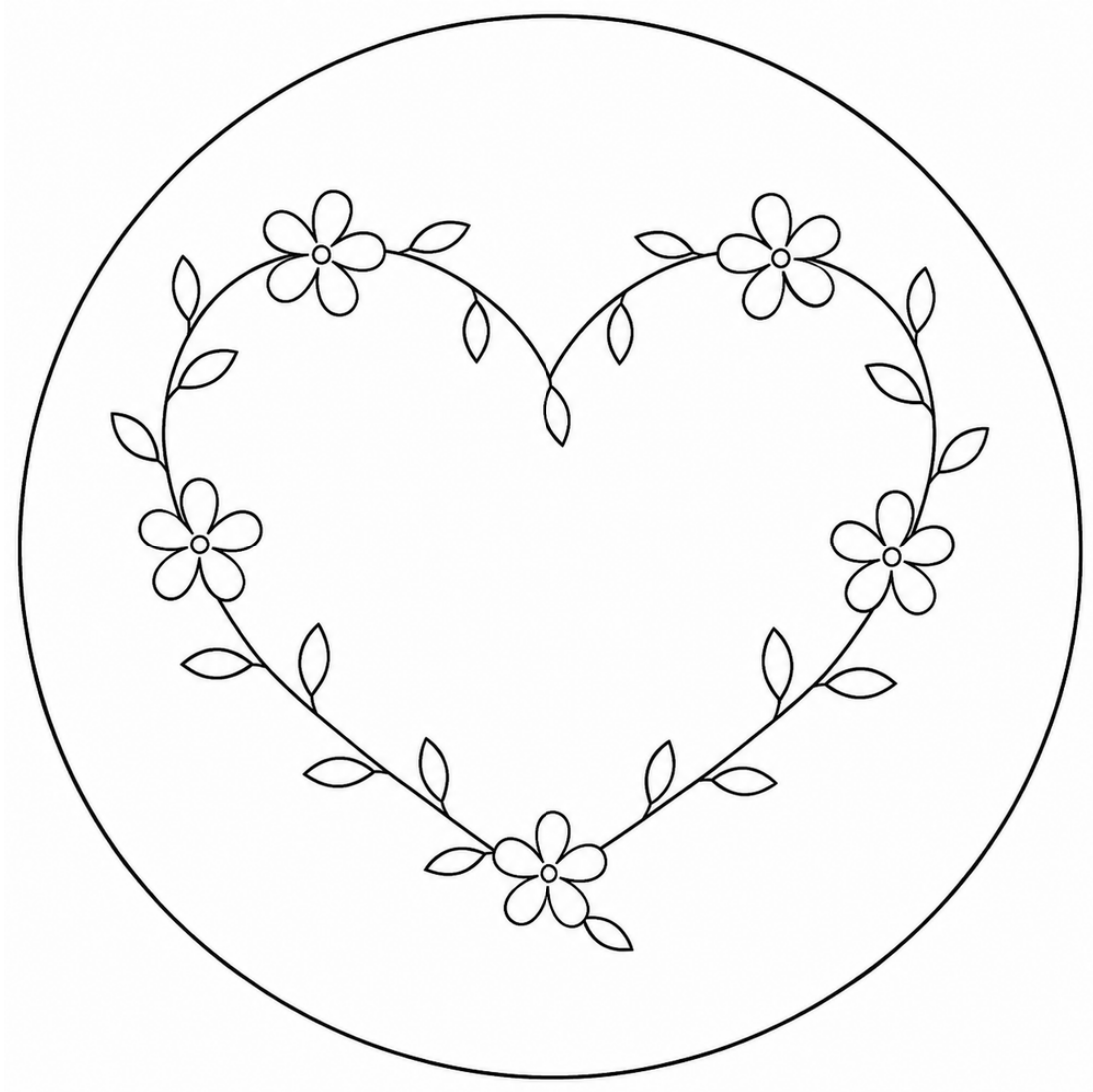
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Floral Silhouette Figure



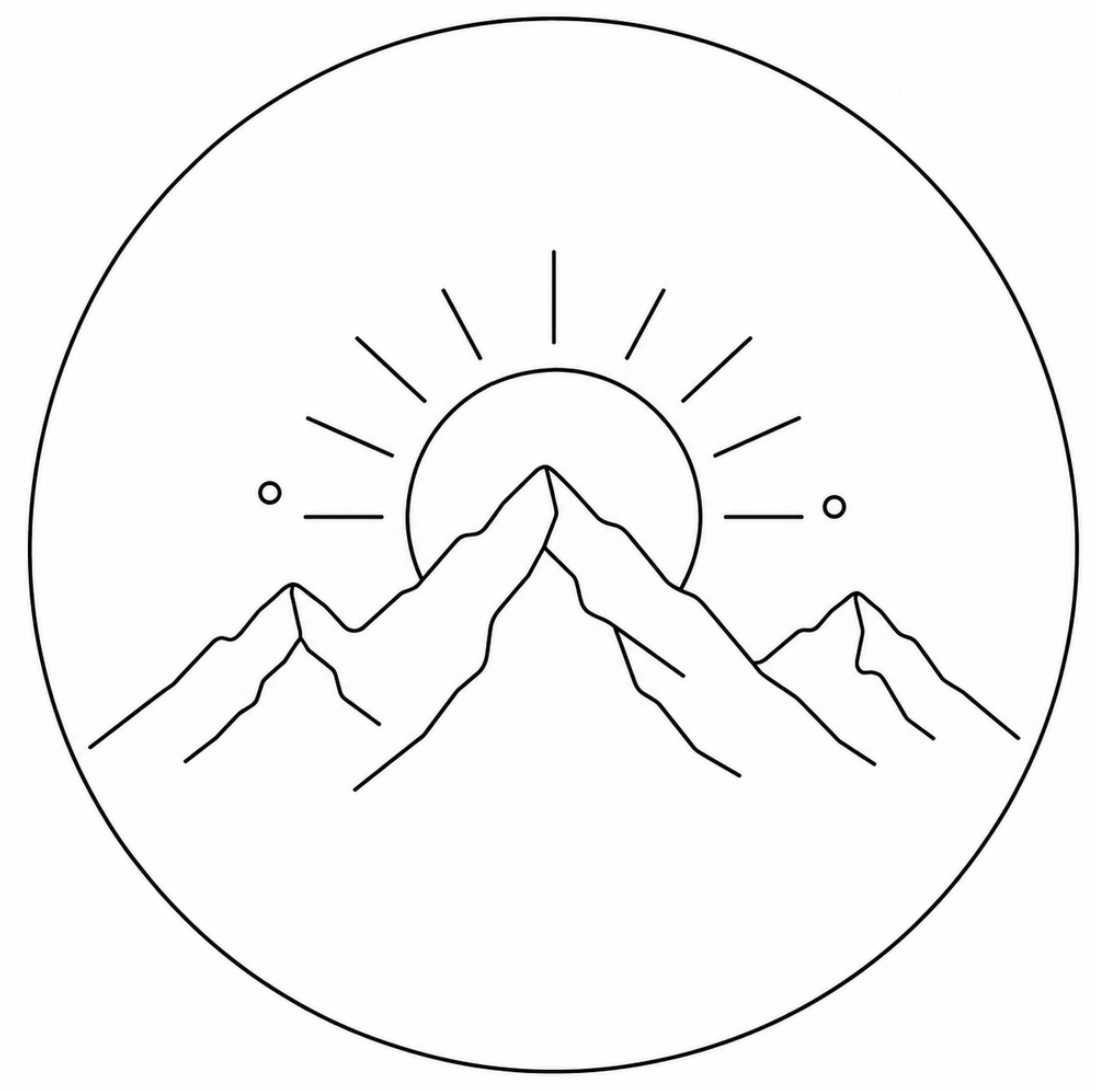
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Floral Heart Wreath



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal

Mountain Sunrise



Legend: solid line = backstitch · open dot = French knot · teardrop = lazy-daisy / satin petal