



Somerset Wellbeing Framework

Schools Wellbeing and Arts Project

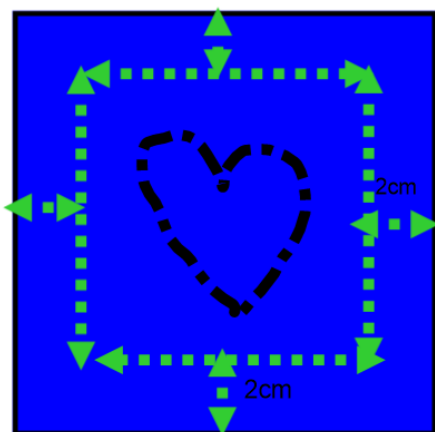


In an effort to support children and young people through their experiences of the pandemic, Somerset County Council launched an initiative called the Somerset Wellbeing Framework. This centres around three main values (or pillars) - Relationships, Belonging and Healthy Lifestyles. Schools can apply for funding to go towards an arts-based project concerning one of these pillars, in which the children will participate.

Preston Primary School have been awarded the pillar of 'belonging'. We are now working towards completing an art project based on 'Relationships' and we would like your help!

At Preston Primary School, we have four house teams- Sharman, Cook, Fiennes and Livingstone. Every child and member of staff has been assigned a house. To represent these houses, we have commissioned four patchwork quilt wall hangings to be made in the colours of the houses. We are asking that each child takes a square of fabric home in their house colour and, with an adult's help, decorate them using needle and thread **only**. The decoration could be simply a few stitches, a simple pattern, their initials, or a shape such as a heart.

We need each child's submission back to create the quilts, so we would really appreciate if you could help us with this. The artworks will be displayed for a long time and your child will be proud to say that they were a part of making them. We would ask that you send these back into school **by the end of January at the latest please.**



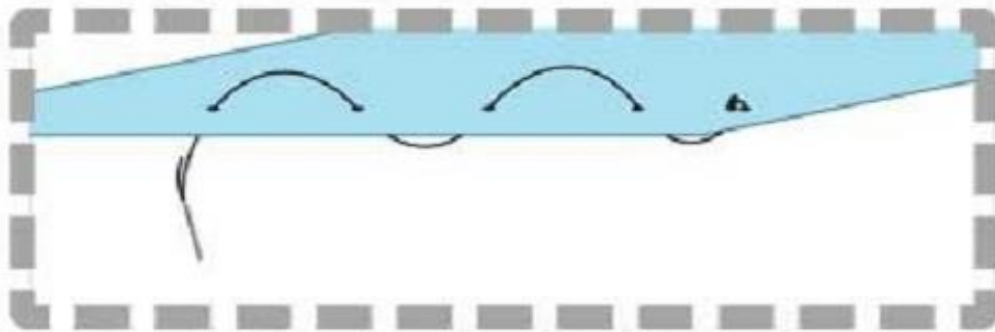
You have been given a 12 cm x 12cm piece of fabric. Please leave a 2cm x 2cm border free as this will be folded over when it is made into a quilt.

Please see the example on the left.

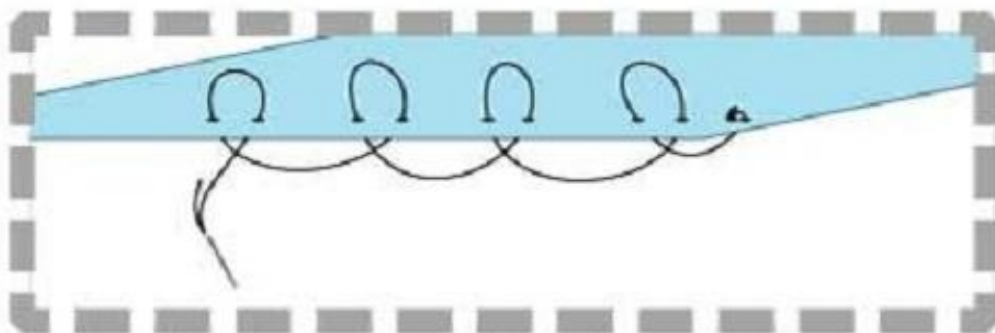
Please only use needle and thread to decorate, as other embellishments might fall off.

Thank you for supporting us in this exciting project and we look forward to sharing the end design with you all!

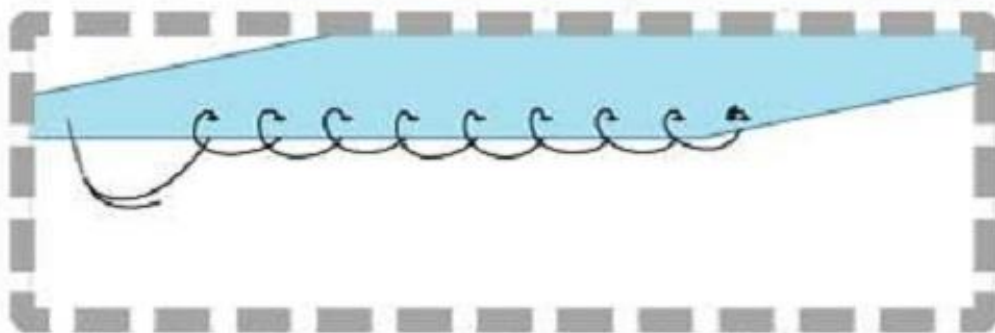
Basic Hand Sewing Stitches



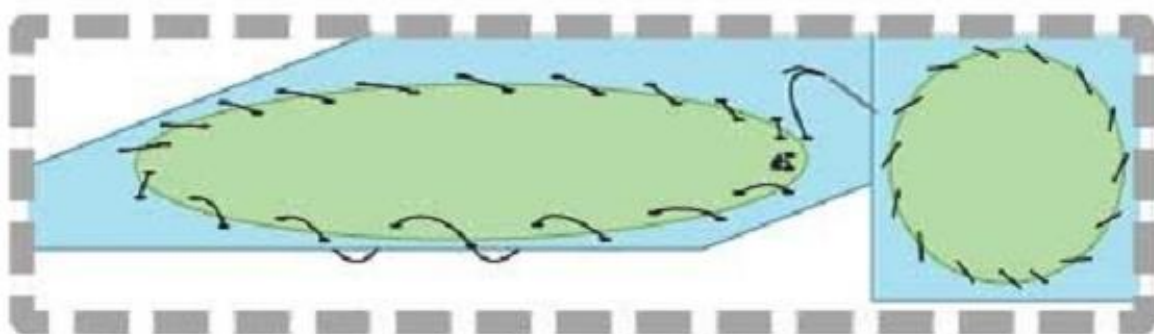
Running Stitch



Back Stitch



Whip Stitch / Edge Stitch



Applique Stitch