

# UVHS Learning Through Enrichment



## Try A New Craft!

Do You Remember?

In September all of KS3 refreshed their hand embroidery skills!

Why not make someone smile with a surprise lockdown creation?



Are you a fan of sewing and have a hoop, thread and needles at home already? Why not look for some pattern inspiration here!



Apart from having an amazing masterpiece at the end of it, sewing has lots of other benefits such as: increased hand eye co-ordination, helping calm the mind, reduce stress and stimulate creativity.

Want to have a go at embroidery but haven't got any equipment but do have some pocket money? Try a quick kit like the Llama with everything you need!



Recommended by: Mrs Ford



Don't forget to share your progress on Teams