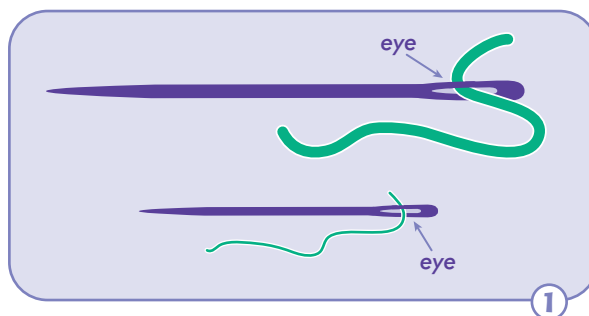


# Thread your needle

How to choose thread and how to thread a needle are the very first things we must learn when sewing! Threads come in all colours and thicknesses, and needles come in all different sizes for different jobs.

## STEP 1

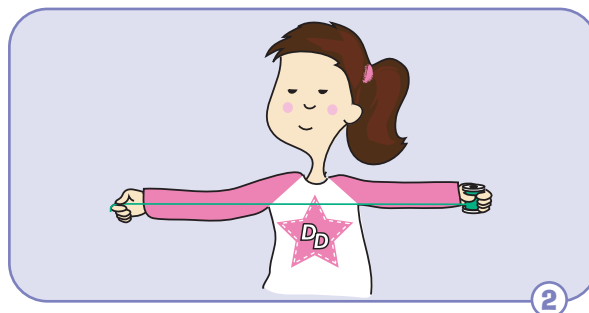
Choose a needle that's right for the thread and fabric you're using. The hole for the thread is called the **eye**. Is it big enough for your thread? Is the needle sharp enough to pass through your fabric easily?



## STEP 2

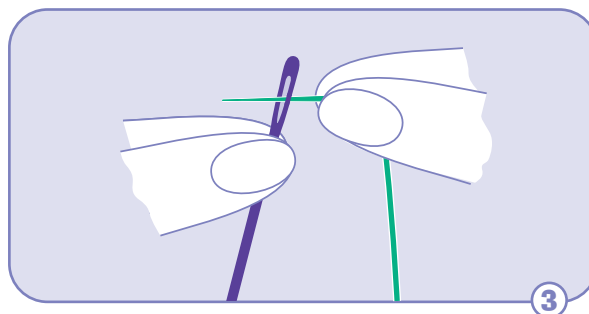
*"How much thread should I use?"*

With the bobbin in one hand and the end in the other, unwind until your arms are outstretched, then **CUT!** Always use this amount, even for a small job, as you don't want to run out too soon!



## STEP 3

In the hand that you write with, hold your needle just below the **eye**. Rest your wrist on the edge of the table to help keep your hand steady. In the other hand, hold your thread, close to the end. If it's a bit fluffy, snip the end to blunt it, and wet it with your mouth! Pass the thread carefully through the eye.



## STEP 4

Pull one end of the thread through the needle until the thread is the same length on both sides (unless you're using fat embroidery thread). Tie a knot at the very end and smooth both strands of thread together.

