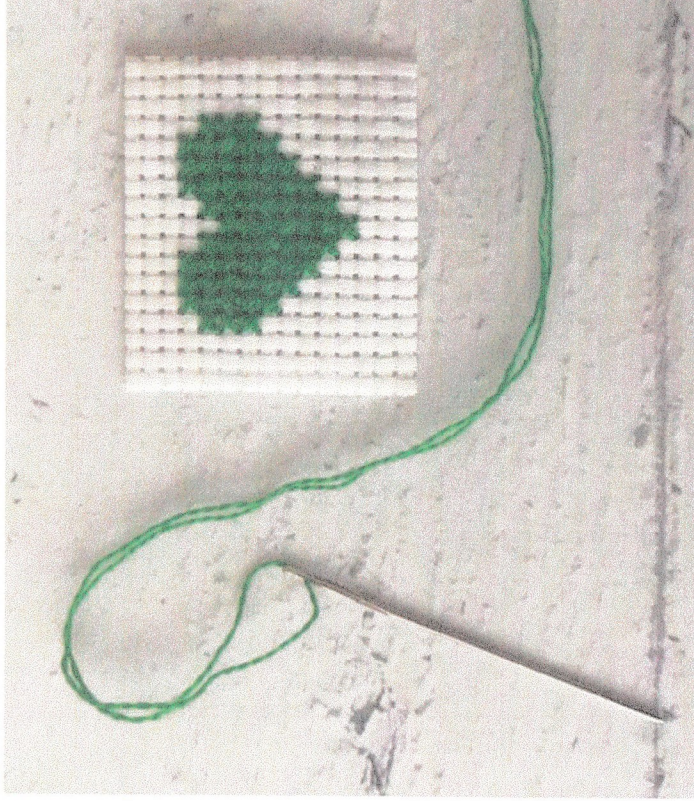


## Cross stitch – Show the Love

Create this cross stitch green heart for Show the Love in February 2020 then wear it or share it to start a conversation about climate change.



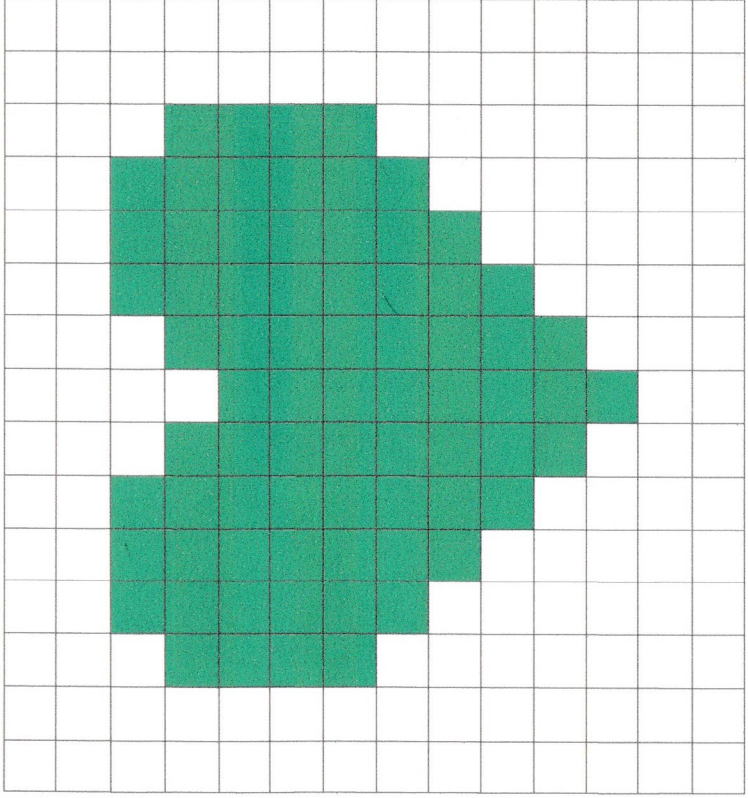
**Beginner**

### You will need

- Aida – 4cm x 3cm
- Green embroidery thread
- Needle
- Scissors

### To make

1. Cut a length of embroidery thread to approximately 1m. Separate out 1 strand of the thread and thread onto the needle.
2. Fold the thread in half, tying a knot at the end of the threads.



3. Using the chart above as a guide, cross stitch the design on to your aida.
4. Use your cross stitch to make a small badge or sew onto a piece of clothing or fabric bag to add as an embellishment.

**Tip:** for consistency and neatness, stitch each of the crosses in the same way.

Learn more about the WI's campaign to tackle climate change.