

Flower bracelet

You will need:

- 2 shirts of different colors
- 3 cardboard circles (diameters of 8 cm, 5 cm and 3.5 cm)
- 1 pair of scissors
- 1 thread and 1 needle
- 1 cotton thread (to embroider or thicker) and a suitable needle
- 1 textile glue



***Basic hand stitches:**

<https://lifehacker.com/five-basic-hand-stitches-you-should-know-for-repairing-1723233194>

<http://benziedesign.blogspot.com/2013/05/embroidery-basics-whip-stitch.html>

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1 Preparation

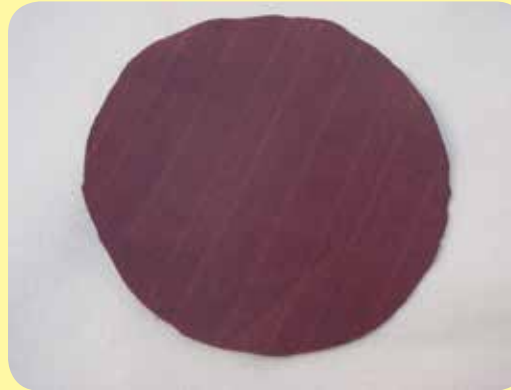


You will need two damaged shirts of different colors and three cardboard circles of different diameters to get the effect of the mix of colors and different sizes of flowers.

Prepare the 8, 5 and 3.5 cm diameter cardboard circles, trace them on the shirt fabric and cut them out.



2 The simple round flower



Take a circle cutout of the shirt. Make the running stitch* all around the circle keeping a few millimeters of fabric outside of the stitch.

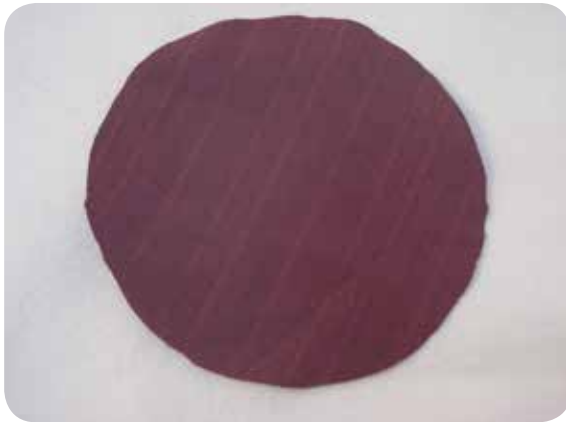


Pull the thread to close the circle towards the middle. When your circle is really tight make few more stitches in the center to secure the seam and tie a knot at the end.

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3 The flower with five rounded petals



You will need 5 circles of the same size to make the petals of the flower. Take a circle cutout of shirt.



Fold it in a semicircle. Make the running stitch* around the semicircle, keeping a few millimeters of fabric outside the stitch.



Pull the thread to close the semicircle and tighten it well.



Make a few more stitches to secure the seam and tie a knot at the end. Repeat four more times.



Sew all five petals together and connect the last petal with the first petal so you will form a flower. Stitch a few more stitches to secure the seam and tie a knot at the end.

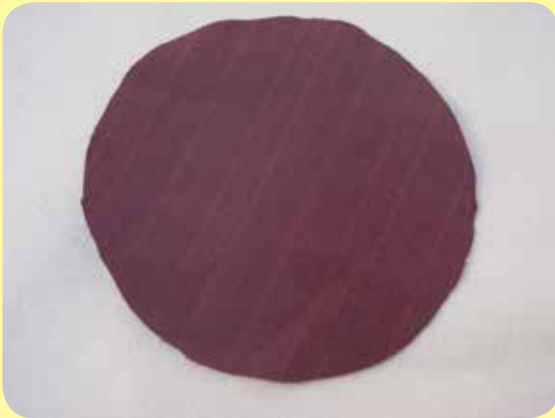


You can also chain saw all five petals one after the other. Pull the thread and tighten it well. Make a few more stitches to secure the petals together and tie a knot at the end.

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4 The flower with five pointed petals



You will need 5 circles of the same size to make the flower petals.
Take a circle cutout from the shirt.



Fold it on itself into a half circle, fold it again to make a triangle shape. Make the running stitch along the rounded board of triangle, keeping a few millimeters of fabric outside the stitch.



Pull the thread to close it and tighten it well. Make a few more stitches to secure the seam and tie a knot at the end. Repeat four times. Sew the five petals together



and connect the last one to the first one to form a flower. Stitch a few more stitches to secure the seam and tie a knot at the end.

5 variation



You will need 5 circles of the same size to make the flower petals.
Take a circle cutout from the shirt. Fold it on itself into a half circle, fold the ends towards the center to make triangle shapes on each side.



Make 5 petals and sew them together.

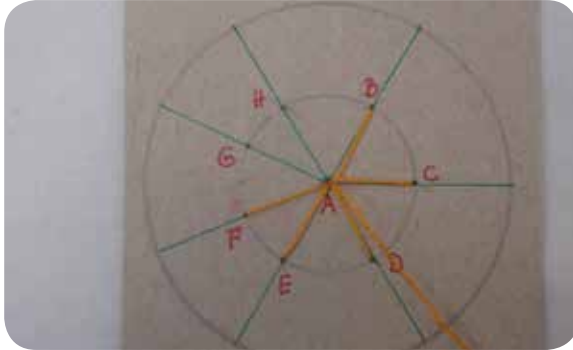
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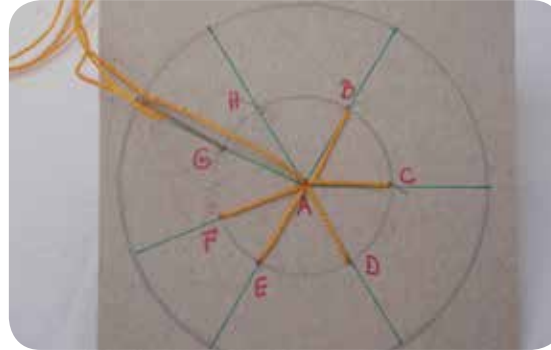
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The embroidery technique - the spider stitch

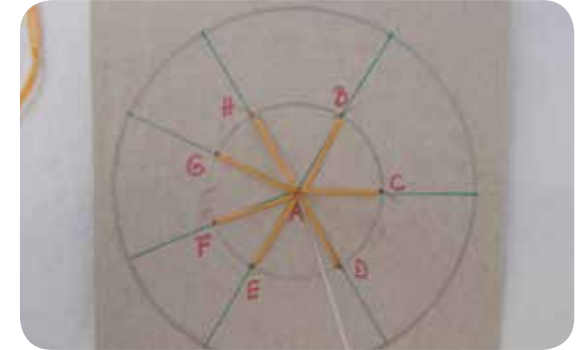
You can decorate your flowers with embroidery – for example the spider stitch. I will show you an example on the cardboard to better understand the technique.



Make an embroidered star in the middle of your flower, you will need an odd number.



With a suitable needle pass the thick thread from behind your flower in the middle (A).



Pass the thread on top the flower into the hole B and behind the flower into the hole A, repeat C-A, D-A, E-A, F-A, G-A, H-A.



Once the star has formed, you will work on the surface of the flower in a circular pattern.

Use the needle from back to front (the needle ear will be your working point) to avoid stitching the fabric.



Slide the needle under the first thread, then over the next, under the third, over the fourth and so on until you make a complete turn. Adjust the tension regularly by pulling on your thread and continue this way for several turns.



Continue passing the needle over/under star threads until you get the desired circle. Make a loop around the last star thread and pass the needle under the weave through the center onto the other side of the flower and tie a knot.

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Some options



You can mix different flowers together to give a nice finish. Sew them together or glue them with fabric glue.

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8 The support for the flowers



As a support for your flowers you can use the rest of the shirt, for example the cuff where you already have buttons to fix your bracelet. Just adjust it to your size and sew or glue the flowers on the surface.



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