

BE CREATIVE

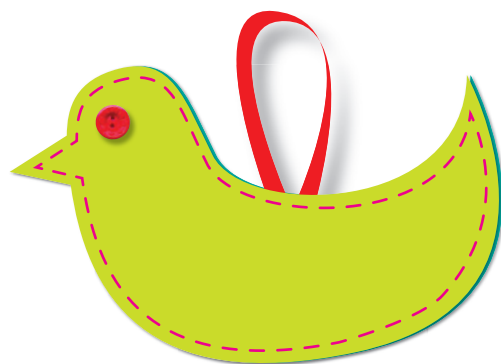
# Bedroom Makeover





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Words in **bold** are in the glossary on page 31.



# Creative thinking

It's time to get creative! More and more people are making, crafting and designing their own stuff. It's satisfying and fun to do, and it means that you can have things that no one else has. It saves you money too! If you really enjoy it, you could even end up designing or making things for a living.

## Get the gear!

The projects in this book mostly use sewing and craft materials such as card, glue, felt, fabric, thread, pins, needles, ribbons and buttons. You may have a lot of these at home anyway. If not, there's an equipment guide on page 30 to show you where you can find them.

## A room of your own

Your bedroom is your own place, where you can chill out with friends, read, chat or spend time on hobbies. Use the projects in this book to stamp your own style on your space – as well as making it more cosy and comfy.

## Safety

Remember to keep strings, cords and sharp things like pins, needles and scissors away from small children.





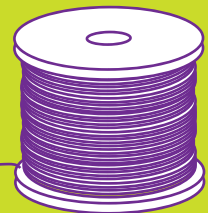


**Tip!**

You don't have to follow all the projects exactly. If you like, you can use the ideas and methods in this book to come up with your own original creations.

**Reuse and recycle**

Crafting can help to save the planet! For a lot of the projects in this book you can reuse old clothes, fabrics, card and other things, instead of buying new stuff that uses up the **Earth's resources** or sending old stuff into **landfill**.



**Tip!**

If you have a sewing machine and know how it works, you can use it for some of the projects in this book.



# Little birds

These cute birds are easy to make. Hang them from your window frame, wall or bed.

## Get the gear!

- Tracing paper and pencil
- 2 pieces of felt fabric, about 12cm square
- Scissors, pins and needles
- Colourful strong thread or **embroidery** thread
- Tape measure or ruler
- About 10cm of thin ribbon or wool
- Handful of soft toy stuffing (from a craft shop) – or you can use bundled-up knitting wool
- 2 buttons or beads for eyes



**2** Lay your two pieces of felt one on top of the other, and pin the paper shape on top. Then cut around the shape, through both layers of felt. Take off the pins and paper.

Make your piece of ribbon or wool into a loop and put it between the felt pieces, as shown. Pin the two pieces together, leaving enough space to sew around the edge of the bird.



**3**

6



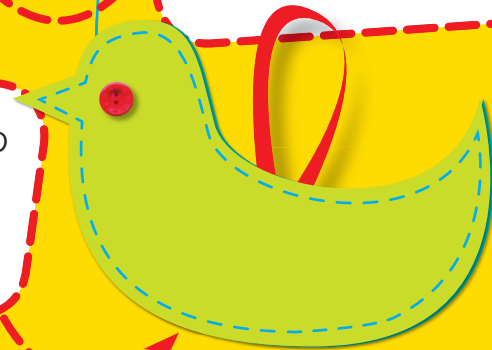
# 4

Thread your needle and tie a knot in the long end. Sew around the edge of the bird, using **running stitch** (see box below). Sew about 0.5cm in from the edge. Make sure you also sew through the ribbon or wool to hold it in place.



# 5

When you're nearly all the way around, stop sewing, leaving a gap about 4cm wide. Remove the pins. Poke in some toy stuffing or wool. Finish sewing along the gap, knot the thread and snip off.



# 6

Finish off by sewing on two small buttons or beads for eyes (see box on page 13).

## How to do running stitch

Running stitch is a very simple stitch where you simply sew in and out of the fabric in a straight line. It is most useful for sewing thick fabrics, to **gather** fabrics or to make a decorative stitch.

### Tip!

If you're hanging your bird up high, or need to put in a hook or nail to hang it from, ask an adult to help.



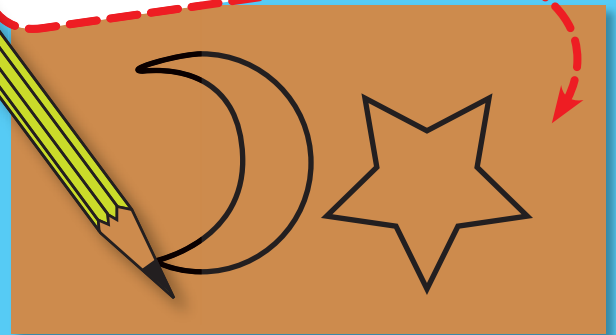
# Wall stencils

Jazz up your bedroom walls with patterns or pictures, using special decorating **stencils**. You can buy them, but it's more fun to make your own. (Check with a parent or carer before decorating your bedroom walls, though!)

## Get the gear!

- Thin card
- Pencil
- Sharp scissors or a craft knife
- Removable sticky tape or masking tape
- Leftover emulsion wall paint or **acrylic paint**. Metallic paint would work well.
- Small decorating paintbrush or large art paintbrush
- Old clothes and newspapers

Draw your stencil designs onto card. They should be simple outline shapes, such as stars and moons, simple animals, hearts, arrows or leaves.



2 Carefully cut out the shapes, leaving the outline with a neat edge. This is easiest with a craft knife, resting on thick card such as the back of a pad of paper (ask an adult to help).



# 3

For the painting part, lay down plenty of old newspaper near the wall, and wear old clothes. Position each stencil on the wall where you want it, and attach with removable sticky tape.

Get a little paint on your brush and dab or wipe it to get rid of drips. Paint carefully inwards, over the edge of stencil towards the middle of the design.

# 4

# 5

Leave until dry; then very carefully remove the stencil.







# Recycled waste paper basket



Every bedroom needs a waste paper basket – and this one is made from recycled waste paper!

## Get the gear!

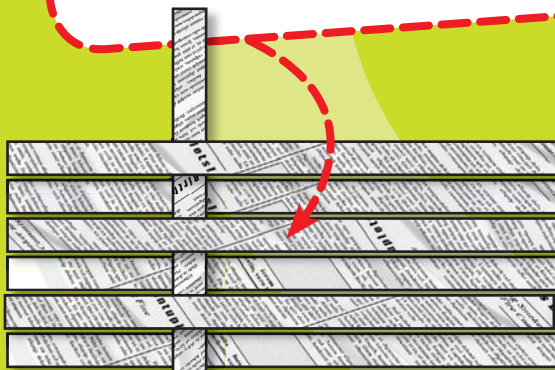
- Lots of old newspapers
- PVA glue or sticky tape
- Scissors



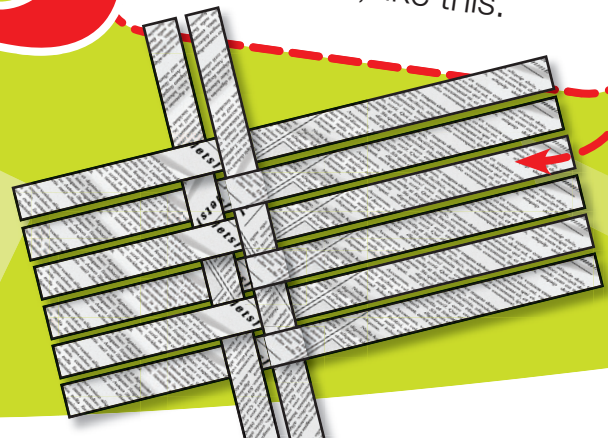
First make the strips your basket will be made from. Take a sheet of newspaper and fold it over and over to make a flat strip about 3cm wide and 60cm long. Use glue or sticky tape to hold it in place.



Now to make your basket. Take six strips and lie them down together. Take another strip, and weave it over and under the six strips, so it ends up in the middle, like this.



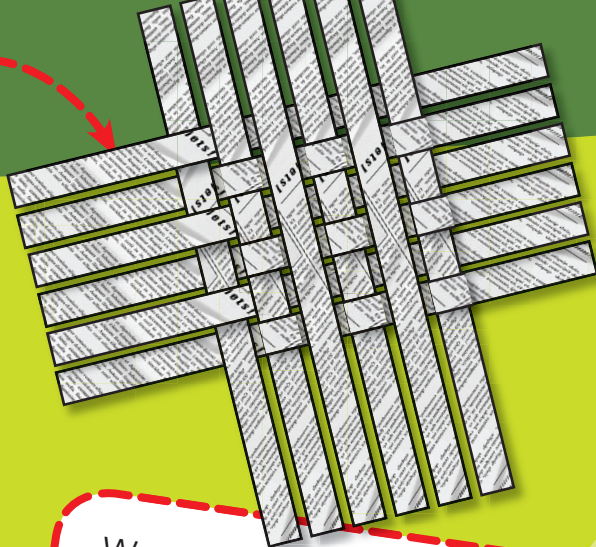
Take the next strip, and do the same, but go under the strips you went over before, and over the strips you went under before, like this.





# 4

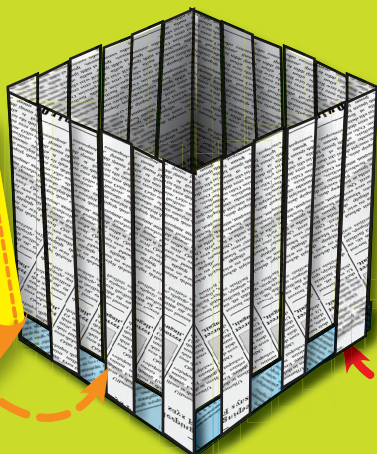
Keep weaving until all six strips are in place like this. Then fold the strips up at the sides to make a box shape.



Weave a new strip all around the bottom of the basket. Stick it together at the ends to hold it in place.

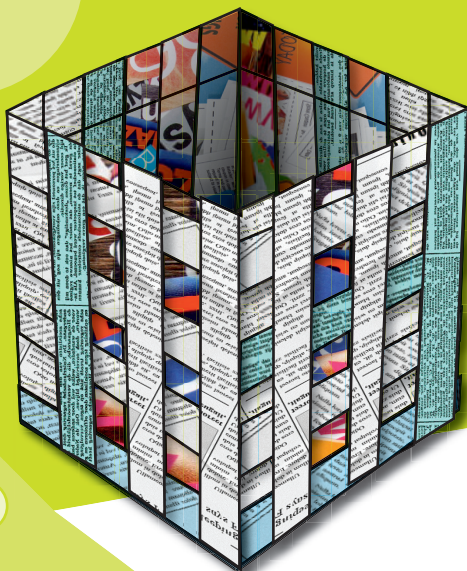
# 5

**Tip!** If your strips aren't long enough to go round, glue two together, end to end.



Do the same with more strips to build up the sides of the basket. When you get to about 6cm from the top, fold the ends down inside the basket and stick them in place to make a neat edge.

# 6



**Tip!** Magazines or old wrapping paper make a really colourful version!

