

PATTERN

Size 16

THREADS

of Her Life

CHALLENGE

Choose a woman you admire.
Tell her story through layers, texture, and meaning.

*A life is not a straight seam...
it's stitched together over time.*

1. HER STORY

Name: _____

Known For: _____

Time Period: _____

Why I Chose Her: _____

A word that describes her: _____

2. STORY PROMPTS

- ♥ What did she create, build, or change? _____
- ♥ What challenges did she have to "mend"? _____
- ♥ What pieces of her life feel unfinished or evolving? _____
- ♥ What would she tell women today? _____
- ♥ Where did she have to be strong when no one saw? _____

Every woman has a story worth remembering.

3. DRESS HER STORY

If her life were an outfit...

The fabric represents: _____

The colors symbolize: _____

The stitching tells us: _____

Hidden details (pockets, layers, etc.): _____

What she carries with her: _____

4. TEXTURE + ELEMENT CHECKLIST

Include at least 5:

- | | |
|---|---|
| ☐ Fabric or lace | ☐ Something torn or imperfect |
| ☐ Sewing pattern paper | ☐ A hidden detail (tuck, flap, pocket) |
| ☐ Buttons / thread imagery | ☐ A quote or word strip |
| ☐ A handwritten element | ☐ Vintage or family-inspired element |

5. MASTERBOARD PROMPT

Create a Masterboard Using:

- ♥ Colors that represent her life
- ♥ Repeating patterns or textures
- ♥ Scraps that feel symbolic
- ♥ Contrast (soft vs strong, light vs dark)

This will become your accordion book base.

6. SIGNATURE REFLECTION

What part of her story do I see in myself? _____

What thread am I still weaving? _____

Signature: _____

Date: _____

PATTERN
Size 16



THREADS *of Her Life*

INSTRUCTIONS

Create. Reuse. Stitch. Tell Her Story.

PART 1: CREATE YOUR MASTERBOARD

Your masterboard will become the base for your accordion book.

GATHER & PREPARE

Collect recycled papers and materials you have on hand:

- ♥ Packing paper (old boxes, kraft paper)
- ♥ Old book pages, envelopes, newspaper, maps, wrapping paper
- ♥ Fabric scraps, lace, thread, ribbon, doilies
- ♥ Tags, buttons, pattern pieces, receipts, labels, etc.

There are no rules—only ideas!

STEP 1: BUILD YOUR MASTERBOARD

1. Choose a sturdy background paper as your base. Recycled packing paper, kraft paper, or the back of old wrapping paper works perfectly!
2. Recommended size: **12"x24"**
3. Layer, glue, and collage your materials to create a rich, textured surface. Include elements that represent the woman you admire.
4. Think: sewing, fabric, texture, words, color, patterns, imperfections—let it tell her story!



Pro Tip: Because we will be folding this into an accordion, don't use anything too bulky that won't fold.

Use what you have.
Make something beautiful.

MASTERBOARD TIPS

- ♥ Use wrinkled, torn, & crumpled paper & tissue for extra texture
- ♥ Add fabric scraps, lace or pattern pieces
- ♥ Sew, stitch, or glue pieces down
- ♥ Add some extra interest with stamps, stencils, handwriting, or embossing
- ♥ Embrace layers & imperfection, this is your story!

PART 2: BUILD YOUR ACCORDION BOOK

Turn your masterboard into a beautiful accordion book.

WHAT YOU NEED

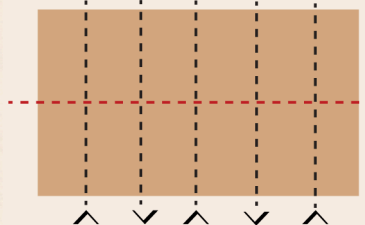
- ♥ Your finished 12"x24" masterboard
- ♥ Ruler, bone folder, and (optional scoreboard)
- ♥ Glue
- ♥ Ribbon, string, lace, or a strip of fabric to make a tie for a closure

ACCORDION BOOK TIPS

- ♥ Score fold lines lightly with a bone folder for crisp edges.
- ♥ Mountain folds = fold forward (Λ)
- ♥ Valley folds = fold back (V)
- ♥ You can add pockets, tags, or flip-outs inside your book!

STEP 1: SCORE & FOLD

1. Place your masterboard horizontally
2. Measure & mark fold lines at the center horizontally and fold in half (red line)
3. Measure and mark fold lines every 4 inches, you will have six sections
4. Fold on the lines, alternating mountain and valley folds.



FINISHED PANEL SIZE:
4" wide x 6" tall

FOLD REFERENCE



Mountain Fold (Λ)
Fold forward



Valley Fold (V)
Fold back

STEP 2: FORM YOUR BOOK

1. Gently fold your masterboard back and forth like an accordion.
2. Press folds flat.
3. Your book will now stand and open beautifully!



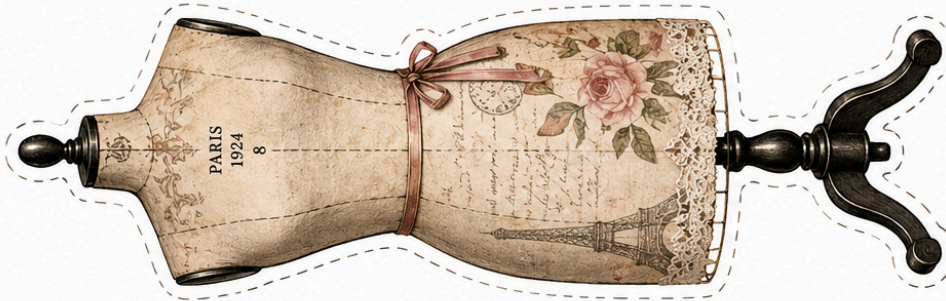
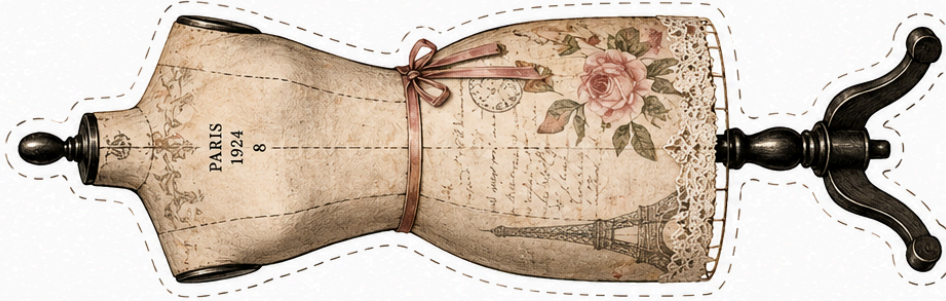
STEP 3: EMBELLISH & PERSONALIZE

- ♥ Add pockets, tags, or tuck spots.
- ♥ Stitch along the spine or edges.
- ♥ Decorate the cover panels.
- ♥ Add a closure: ribbon, fabric tie, velcro, or button loop.

Your story, your way.

REMEMBER:

Use what you have. There is beauty in the recycled, the torn, the wrinkled, and the stitched. You are weaving a story—one thread at a time.



DRESSMAKER'S DUMMY



PRINT, CUT & CREATE

INSTRUCTIONS:

- ♥ Print on cardstock for best results.
- ♥ Cut carefully along the dashed lines.
- ♥ Use in your journals, masterboards, or creative projects!



CREATE

MEND

BEAUTIFUL
IN PROGRESS

MADE WITH ♥

ONE STITCH
AT A TIME



THREADS *of Her Life*

Every
stitch
tells a
story.
♥



CREATE

MEND

BECOME

REMEMBER

INSPIRE

BE BRAVE



MADE WITH LOVE ♥



STRONG
BEAUTIFUL
UNSTOPPABLE

She stitched
her dreams
into reality.
♥



ONE STITCH AT A TIME



HER STORY
MATTERS



Keep going.
You're creating
something
beautiful.
♥

