

Student Life Women's History Month Activity Bags

Empowerment Embroidery

In the past, embroidery was something women did quietly. Now we hope you use this kit to stitch a LOUD message! What do you want to say? Check out these examples:



Examples from (clockwise from top) PoeticEmbroidery, iHeartStitchArt, SupplyForHandDesign, and MelisaJoy on Etsy

You will need:

- Wooden embroidery loop
- Fabric screen
- Embroidery floss
- Needle
- Scissors

[Watch this video](#) for some basic embroidery stitches and general advice!

Step 1: Loosen the hardware at the top of the wooden loop and stretch the fabric screen across the inside loop. Bring the outside loop around the fabric to secure it and tighten the hardware.

Step 2: Thread your needle by pulling the thread through the eye of the needle, taking the two ends of the thread at your desired length, and tying it in a knot. You should end up with a double strand of floss ready to be stitched.

Step 3: From here, it is up to you whether you want to follow a plan or stitch a free-hand design. To plan out your design, use a pencil to lightly sketch out where the stitches should go.

Tip: Work slowly and carefully to avoid pokes, knots, or tangles.

Silhouette Self-Portrait

Victorian silhouettes and cameo jewelry depicted great rulers, goddesses, and style icons. Now you get to be the icon! Follow these steps to make your own silhouette self-portrait.



Example from RoyalPaperie on Etsy

You will need:

- Black and white cardstock
- Gold cardstock frame
- Scissors
- Phone camera
- Computer or tablet screen
- Glue or double-sided tape

Step 1: Cut the white cardstock into a smaller rectangle that fits inside the gold cardstock frame. Carefully trim the outside border of the gold frame.

Step 2: Take a picture of yourself in profile (camera facing the side of your face) against a light, solid backdrop (tip: if you're able, use editing software to enhance the contrast of the photo).

Step 3: Open the photo on a computer or tablet screen and resize the photo to fit inside the white cardstock rectangle.

Step 4: Lightly trace the outline of your silhouette – the more detailed the tracing, the better!

Step 5: Place the tracing over the black paper. Keeping the papers securely aligned, cut out your silhouette following the lines you traced.

Step 6: Place the silhouette in the center of the white background, and place the white background in the center of the gold frame. Secure with glue or double-sided tape.

Step 7: Proudly display your framed silhouette self-portrait!

Tiny Trinket Dish

Stop losing track of your tiny but necessary items like hair ties, earrings, and pins with this trinket dish! The steps are simple but the potential for creativity is endless!



Example from EstieMade

You will need:

- Polymer clay
- Rolling pin or flat, smooth bottle
- Small knife
- Foil or parchment paper
- Oven
- Optional: anything you can use to press or carve a design into the clay

Step 1: Roll out your clay to desired thickness with a rolling pin or a bottle with a smooth, straight side.

Step 2: If you would like your clay to have texture, press or carve a design into the slab of clay.

Step 3: Use a small knife to cut out a shape that is slightly larger than the desired size and shape of your trinket dish.

Step 4: Carefully pinch the edges of your clay to create a ridge that is an even height around the perimeter of your trinket dish. You can smooth the edges or carve/press a pattern to make the rim more uniform.

Step 5: Add any final details to your trinket dish before baking. You can carve text or images into the clay or embellish your design however you'd like. You can also use leftover clay to add embellishment – just make sure you smooth and blend the clay where it is attached.

Step 6: Time to bake your trinket dish! Preheat your oven to 275 degrees (F). Bake the trinket dish on foil or parchment paper for 30 minutes for every $\frac{1}{4}$ inch of thickness (bake for a minimum of 15 minutes regardless of thickness). You will know your trinket dish is done baking when you cannot press your fingernail into it without leaving a mark (test this out on the bottom of your dish once cooled). If your dish needs more time, bake for an additional 15 minutes and check again, and repeat as necessary.

Step 7: You may be happy with your trinket dish right out of the oven, but you can also paint or draw on the trinket dish after it has cooled from the oven.