



**Lobes of the Brain
Stitch Sampler**

Supplies



You will need:

Embroidery hoop 3-inch hoop

Embroidery thread I use 6-strand DMC brand thread

Embroidery needle (I use a size 24 tapestry needle, you can buy these in packs with multiple sizes at craft stores)

Cotton fabric (or whatever you'd like! Be adventurous!)

Pen to transfer the pattern on to fabric (I use a Pilot Frixion heat erasable pen but you can use water soluble pen or pencil!)

Scissors

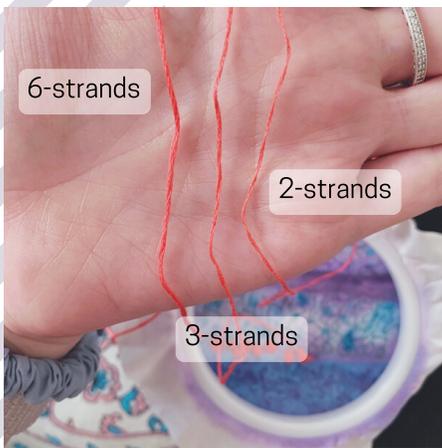
Fabric glue or a glue gun

Curiosity!

Tips

I am a self taught embroidery artist, so the way I teach things may be different from the conventional way others teach embroidery.

Everyone learns differently! I highly recommend checking out video tutorials or other written explanations to find what works best for you! Instagram is also an incredible resource. I learned a lot from watching the videos of: @hopebroidery @namaste_embroidery @larkrising and @gulushtreads



Embroidery thread comes in 6-ply this means you can separate the thread in to 6 individual strands. This pattern uses 3-strands and 2-strands.

Supply Recommendations:

Embroidery hoops: I usually use wooden hoops, but you can find bamboo or plastic hoops at most craft stores (Joannes, Micheals in the US) Or online!

Fabric: I always use 100% cotton fabrics. Usually I find fat quarters in the quilting section of the fabric store.

Pens: My favorite are the Pilot Frixon heat erasable pens. But water soluble pens (DMC brand) are great too! Pencil also works, but you won't be able to erase your lines.

Thread: DMC embroidery thread is my favorite to use. You can find it online or in many sewing/craft stores.

Use smaller stitches when going around curves, this will help make them look smooth, especially when you're stitching the dendrites!

You want your fabric to be "drum tight" on the hoop before you begin!

Go slowly. It's okay if you make a mistake! Nature isn't perfect, and you don't have to be either!

The most important thing is to have fun!

IGTV Links

I do have a few IGTV tutorials, you'll find the links spread out in this PDF pattern where they are relevant, but I also wanted to list them here so you could quickly find what you need!

Tracing a pattern on to fabric:

Paper method:

<https://www.instagram.com/tv/B3zPgd9n5Tz/>

Light Box Method:

<https://www.instagram.com/tv/B50kc0CHyOR/>

Stitch Basics

Brick Stitch:

https://www.youtube.com/watch?v=_IU1MF7yAjq

Satin Stitch (starts at 4:30):

<https://www.instagram.com/tv/B3ybyq3qnMCa/>

Chain Stitch:

https://www.youtube.com/watch?v=02Cex63y0_Y

French Knots:

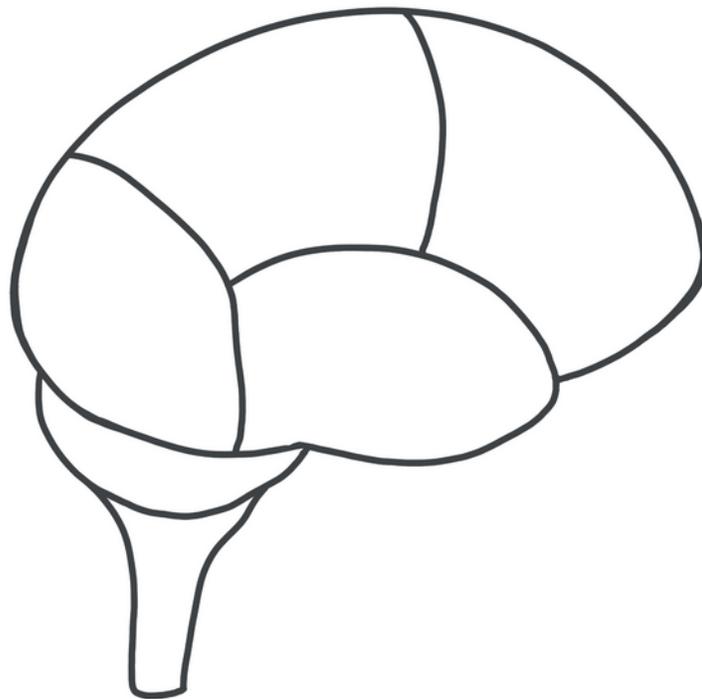
<https://www.instagram.com/tv/B8C5vt2H2r0/>

Finishing your hoop:

https://www.instagram.com/tv/B30X2H_nLdE/

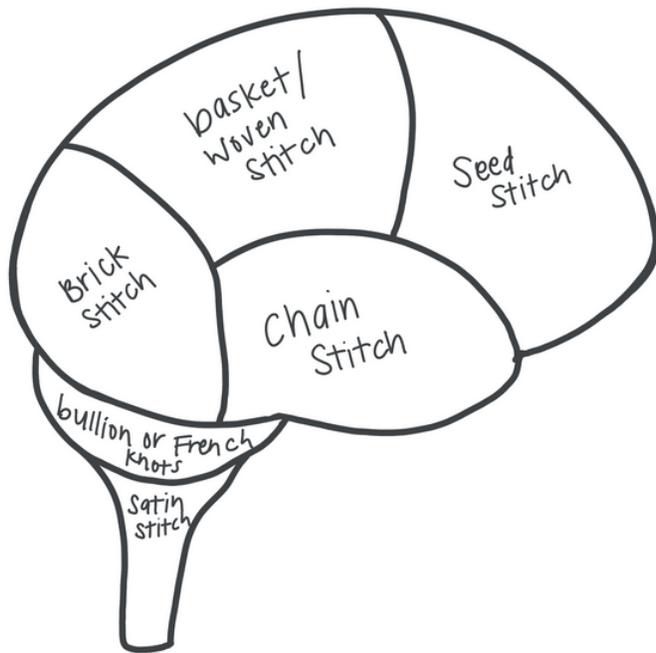
How I finish my embroidery hoops.

Printable Pattern

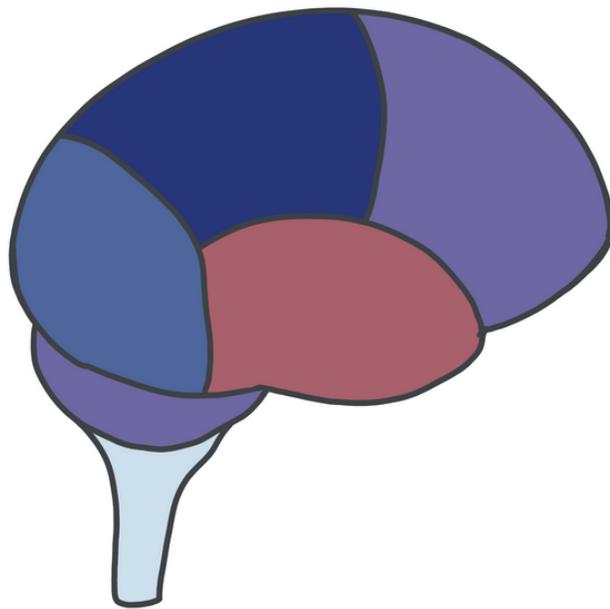


You can print this pattern out and tape it to a brightly lit window to trace it on to your fabric, or you can use a computer/tablet screen to trace! I usually opt for the second option so I can size/scale the pattern how I want. Place the fabric in the hoop before tracing.

Color and Stitch Guide



I use 3 strands of thread for every stitch listed here. Split the 6-strand DMC thread in half to get stitching!



DMC Colors



23 317 3713 3750 ecru

Transfer the pattern



Place your fabric in the hoop. You want your fabric to be tight in the hoop so make sure you are tightening the clasp at the top of the hoop and pulling the fabric taught around the hoop



Trace the design using either a light box (table or computer works!) or print the design out and tape it to a well lit window and trace. I use a heat erasable pen to do my transfers, but you can use a pencil!



Remove the fabric and place back in the hoop with the design facing toward you. Some of the stitches we will be doing require weaving, and it's much easier to do them with the fabric this way!

This pattern will teach you 6 different stitches! You will use these stitches to complete the 4 lobes of the brain: Occipital lobe, parietal lobe, frontal lobe, and temporal lobe. As well as the cerebellum and brain stem.



Feel free to mix and match colors and stitches! This pattern is merely a suggestion, get creative with it if you want!

If you are a beginner, I recommend starting with the Temporal lobe since it uses chain stitch. Then follow the pattern as shown.

Brain Stem and Cerebellum



Use satin stitch to fill in the brain stem. I added extra stitches on the side for the curve of the cerebellum



Fill in the cerebellum with either French Knots (left) or bullion knots (right)



Next we will move on to the lobes of the brain! Starting with the Occipital lobe.

Occipital Lobe



Fill in the occipital lobe in with brick stitch. Start by outlining the shape with a series of back stitches. Make sure your stitches around the curves are smaller.



Keep spiraling in towards the center of the shape using brick stitch until it is filled.



Yay! Next is the Parietal Lobe! We will use the basket/woven stitch for this one.

Parietal Lobe



We will use woven or basket stitch for this portion of the brain. First start by laying down vertical lines that follow the shape of the parietal lobe. Then we will weave the needle over-under-over-under through our whole mini-loom. At the end of the row, put your needle through the fabric, and then come up one to begin the next row.



Notice I put a shorter stitch to the left to properly follow the shape. Incorporate this stitch into your weaving when you get there! When you get closer to the top drop weaving the needle through when the space gets too small.

Frontal Lobe



We will use seed stitch for the frontal lobe! This can be very therapeutic. Essentially just place random straight stitches all throughout the shape. Here is my first layer!



Go back over your first layer and start adding in more stitches. I try to cross the original stitches I laid down before in order for it to seem randomized.



Here is what my final layer looks like. You can keep going as much as you like to fill in all of the empty space. Seed stitch is very wild and free, just let it flow!

Temporal Lobe



Outline the temporal lobe with chain stitch. I prefer to use reverse chain, which is what my tutorial video shows, but feel free to use traditional chain stitch.



Spiral around the shape until you have filled it completely with chain stitch. I do one continuous chain around the entire shape spiraling inward.



Yay! You have finished stitching the lobes of the brain! Congratulations! Now we will finish the hoop so you can hang it up!

Finishing your hoop



Make sure your fabric is nice and tight in the hoop. Cut the fabric to ~ 1/4 inch around the hoop for gluing. I use a glue gun, but you can also use fabric glue! I find the glue gun dries quicker, so I prefer that method.



Place the glue on the inner hoop and pinch the fabric to glue it down. Continue doing this around the entire hoop until you have glued all of the excess fabric down!



Lobes of the Brain!



1. Occipital lobe

The occipital lobe is located on the back of the brain and is the main visual processing center of the brain.

2. Parietal Lobe

The parietal lobe is located on the top of the brain and is responsible for processing sensory information like touch, temperature, and pain.

3. Frontal Lobe

The frontal lobe is toward the front of the brain (like the name suggests) and is the area of the brain that processes 'executive functions' such as future planning and decision making.

4. Temporal Lobe

The temporal lobe is below the parietal and frontal lobes and is associated with memory and emotion.



About me



Hey there! My name is Lauren and I am a PhD student studying neuroscience at The University of Texas at Austin! I started embroidering in 2018 in order to help manage anxiety from preparing for my qualifying exam (aka a very important test!). I have always been super curious about how the shape or form of something can directly influence its function and from that the 100 neuron project was born! I am currently embroidering 100 different neurons in hopes of educating others about the beautiful diversity of cells in the brain! I hope you enjoy this embroidery pattern where you can make your very own piece of biology too!

THE END!

You did it!

Fantastic! You've finished your embroidery pattern! I hope you enjoyed this pattern and found the tips helpful! Make sure to share your finished piece with me on social media using #StitchingWithHew ! I'd love to see it!



Feel free to contact me with any questions at all
(stitchinghew@gmail.com) or via my website
LTHscience.com

Find more of my embroidery patterns here:
<https://www.etsy.com/shop/StitchingHew>

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