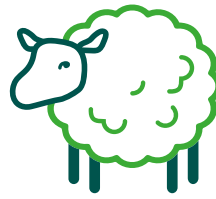




The Royal Highland Education Trust

Patron HRH The Princess Royal



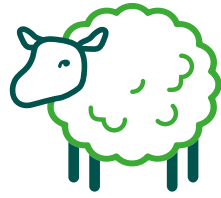
The Journey of Food
Sheep and Wool

Classroom Wool Craft Activities





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The Journey of Food *Sheep and Wool*



Twisting yarns - making friendship bracelets

In your bag you will find 30 lengths of thread - one per pupil. To save time in class you should separate the strands. Do this by pulling from one end one strand at a time, from the bundle, then wrap around your fingers. Each piece of thread needs to be folded over following the instructions below (pupils can swap half of their threads with their table partner to make a multi-coloured bracelet - good for looking at fractions).

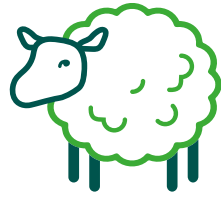
How to make it

1. You need to measure out 3 arm lengths of wool. To do this, hold an end of the yarn in one hand and stretch out this arm in front of you, then with the other hand pull the yarn to your chin.
2. Let go of the wool in your out stretched hand and use this hand to take hold of the bit of yarn at your chin. Stretch this arm out in front of you and pull another length towards your chin.
3. Repeat this one more time and cut the yarn, so you now have 1 piece of yarn that is 3 arm lengths long.
4. Fold the yarn in half by putting cut ends together and then fold in half again.
5. If you swapped a colour with your partner, then repeat in a different colour or continue with your own colour.
6. Lay the coloured threads together keeping the loops at one end equal.
7. Place a pencil through the looped end, which is the end without the 'cut' ends
8. Ask your partner to hold the pencil firmly and say "don't let go!"
9. Twist the wool, always clockwise, until it's tight and springy.
10. This is the tricky bit ... keep holding the twisted yarn tight with one hand and place a finger of your other hand, in the middle of the length of yarn and push



downwards onto the yarn until the hand holding the yarn end can take the pencil from your partner.

11. Holding the pencil and ends together, let go of the middle and a twist will happen. You may need to run your hand down it if it has extra twists in it. Remove pencil which will leave a loop now tie a knot in the loose end and cut the ends off to make it neat.
12. At the other end of the twist to your knot, pull open the loop to make a small gap and feed the knot end through this loop. (You may need a pencil to help create the small gap)
13. Put it round your wrist and ask someone to help you knot it on if it's too loose.



Wet Felting

What you will need

- Bowl of warm, soapy water
- Wool roving
- Liquid soap
- Hand towel
- Beach pebbles

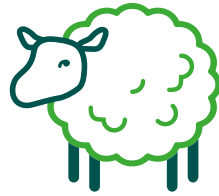
How to make it

1. Choose your wool and a beach pebble.
2. Hold the roving, in your helping hand, 5cm from end.
3. With your other thumb and finger, pull fibres (a tuft) from the end.
4. Lie flat horizontally (left to right). Pull more tufts to make a layer.
5. Pull more tufts and lie them vertically (up & down) for another layer.
6. Pull more tufts to make another layer, lying them in any direction.
7. Place the pebble at one edge. Roll up tight like cheese in a wrap.
8. Now collect warm soapy water in a bowl.
9. Holding the wrapped pebble tight, soak it in the warm water.
10. Now gently squeeze a few times and the wool will start to shrink.
11. Make your hands very soapy, then rub and roll.
12. When the wool stays firmly in place, rinse under cold then warm water.
13. Leave to dry to give you the finished product.

Further ideas

Keep your pebble in your pocket to hold your special thoughts. Make 10 small ones to help with counting. See if you can balance pebbles in a stack or if the whole class could make a classroom cairn.





Cordmaking

What you will need

- A cordmaker and table clamps
- Balls of wool
- Scissors

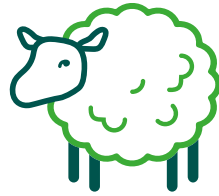
How to make it

1. Set up the cordmaker blocks 100cm apart and clamp to the table.
2. Cut 3 pieces of wool each measuring 250cm.
3. Fold each in half and place the loop end over a hook.
4. Tie a knot in each loose end and place over the dowel.
5. Place your hand on the green block as if gripping a racquet.
6. Start turning in a clockwise direction and the three strands will twist.
7. Continue until the strands are tight and springy. **NOTE** – do not go so tight you can't get the loops off the hooks.
8. Move the outside strands to the middle hook at both ends.
9. Turn the green block anti-clockwise, again until tight.
10. Stop and take the dowel end off first and tie a knot. Cut the threads.
11. Ask a partner to hold that end then take the hook end off. Tie a knot.

Further ideas

Use your cord to make bracelets.





Weaving

What you will need

- thick card
- scissors
- string
- twig or pencil
- sheep fleece
- wool
- blunt point needle

What to do

1. Cut notches in thick card to make a loom (see image).
2. Using the string, wrap over the first notch and tie a knot on the back.
3. Catch the string in each notch top and bottom, only at the front.
4. Wrap over the last notch, cut the string and tie it at the back. You have now created the **warp** threads.
5. Push a twig or pencil under every 2nd thread.
6. Cut an arm's length of wool and thread the needle.
7. Push the needle over and under the **warp** leaving 10cm at the edge.
8. Push the needle under and over the warp, this time leaving a wee loop. You have now created the weft threads.
9. Keep going right to weft and weft to right, repeating step 6.
10. **Weave** in bits of fleece to make your work more textured.
11. Finish weaving weft threads 10 cm from bottom of loom.
12. Pull warp threads off bottom of loom then cut each loop and tie knots in each pair of threads to make a fringe.
13. Pull twig off loom. Tie a cord to each end to complete your wall hanging.



Festive fairy

What you will need

- 60cm roving
- 1-metre yellow thread
- 1-metre green thread
- 1-metre red thread

What to do

1. Make three cords with Harris Tweed threads (there is more information on making cord on the cord instruction sheet). Knot one of these cords to make a hanging loop.
2. Using a tuft of wool roving, tie a knot in the middle, wrap the ends around the knot, wet and roll the fibres between the palms of your hands to make the fairy head. Keep going until firm.
3. Lay out the wool roving. Gently separate two slivers, about 10cm in length and a piece for the wings (see image).
4. Fold the 60cm length of roving in half. Wrap a sliver tightly around the middle of the 30cm tuft.
5. Place the 'head' in the fold and wrap a sliver tight around the 'neck' to hold it in place.
6. Gently tease the fibres to even them out.
7. Open the layers of roving and place the hanging loop at the back behind the head. Place the shorter length of roving between the layers to make the wings of the fairy.
8. Using one of your Harris Tweed cords tie a bow to keep the wings in place.
9. Tease and shape the fibres until you are happy with how it looks.
10. Tie the third cord around the head to make a halo or hairband.
11. Photograph and share your festive fairy with RHET on Social Media @therhet and SewUniqueNess on Instagram.



Ranald the Reindeer

What you will need

- 1 red felt nose
- 2 white felt eyes or 2 white buttons
- 2-metres red thread
- 1 pipe cleaner
- 10cm brown roving or a 30cm square of brown felt

What to do

1. Using the lid of a large tub or jar, layer some tufts of wool, wet with hand hot soapy water then rub and move the fibres around the lid to create 2 felted circles. Leave to dry. (Check out our wet felting craft sheet for more information)
2. Using your hands, wet felt two ear shapes. Leave to dry.
3. Using a tuft of red wool roving, tie a knot in the middle, wrap the ends around the knot, wet and roll the fibres between the palms of your hands to make a red nose. Keep going until firm.
4. Using Harris Tweed threads, make a cord. Tie the ends together to make a hanging loop.
5. Choose tiny buttons or felt dots for the eyes.
6. Wrap two pipe cleaners around a pencil to create antlers.
7. Thread a needle with an arms length (from outstretched arm to chin) of Harris Tweed thread or sewing thread.
8. Stitch each component in place on one circle of felted wool. **Blanket stitch** the other circle around the edge to complete.
9. Name your reindeer and photograph and share your reindeer with RHET on Social Media [@therhet](#) and [SewUniqueNess](#) on Instagram.

