



# How to Sew a Running Stitch (and back stitches)

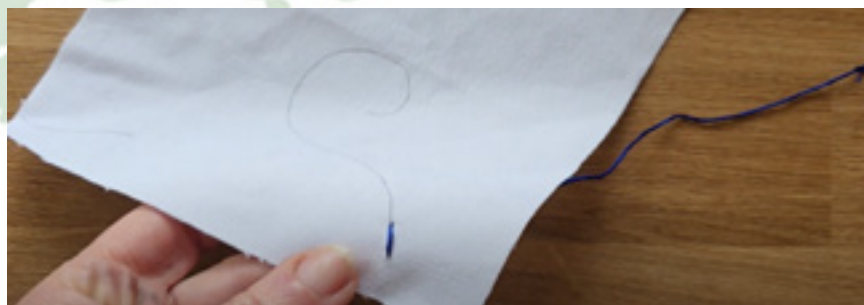
Use this step-by-step guide or you can watch the YouTube video by scanning the QR code on the right (it shows threading too).

Please see [this how to guide](#) to learn how to thread a needle, using a needle threader.

Please see the [SustFashWales Use Notes](#) before using.

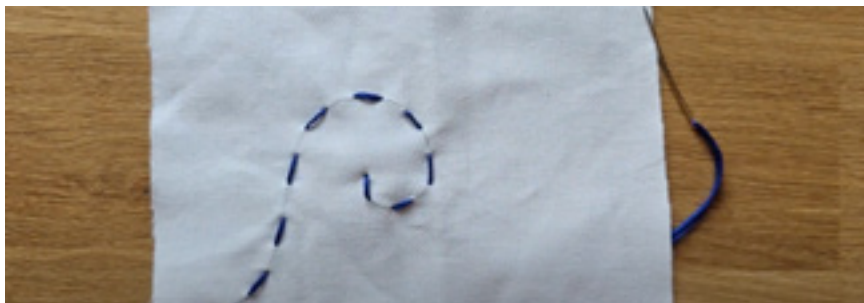


2



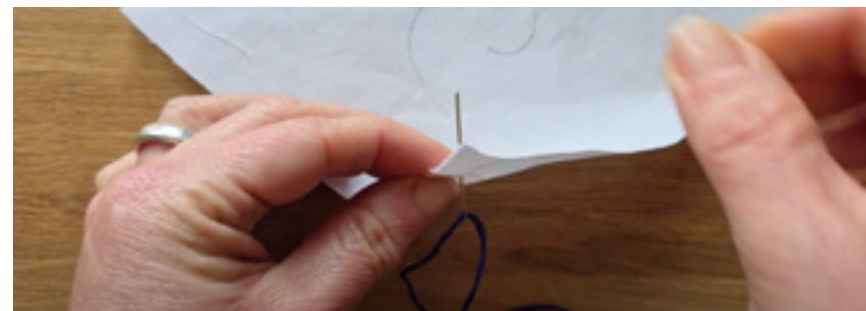
Leave a little space as shown and push your needle through to the back of the fabric. This is your first stitch!

4



Continue this until you have finished all the stitching you need to do. Always leave enough thread to tie a knot at the back. When you have tied your knot, you can cut the ends.

1



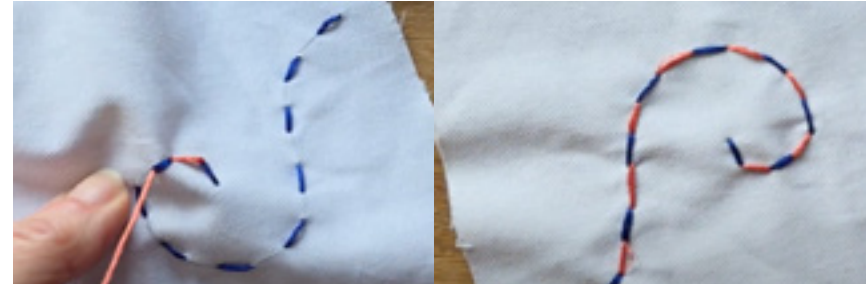
Push your needle through from the back of the fabric. But make sure you don't pull it all the way, even knots can come through with enough force!

3



Now repeat the steps leaving a little gap, as shown. Using pencil or chalk to create a line to follow is a top-tip to help you!

5



If you want to, you can even fill in the gaps, like here. You can even use a different colour thread, just repeat the process again!

**Awesome, you can now sew (almost) anything!**