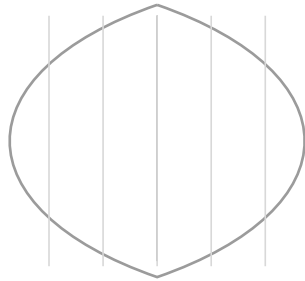


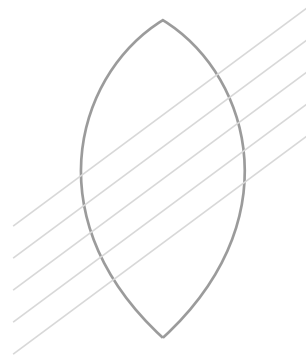
Lattice Filling Practice Sheet

Beginner embroidery printable with simple shapes and guide lines

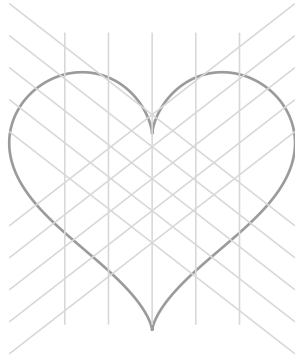
Tip: Stitch one set of long threads first, add the crossing layer, then secure the intersections with tiny couching stitches



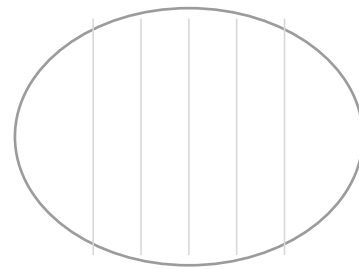
Leaf • straight



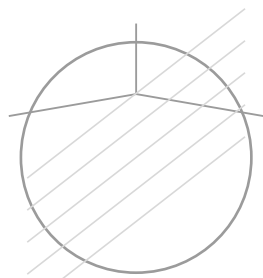
Petal • diagonal



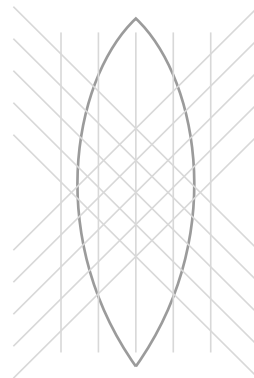
Heart • criss-cross



Oval • straight



Berry • diagonal



Teardrop • criss-cross

Tiny Couching Key

Secure each crossing point with one of these simple options:

