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art & craft to soothe your soul

Restful Rope Coiling



Project Guide

by s o u l c r a f t

www.tinycraftbox.com

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Welcome to Restful Rope Coiling!

I hope you enjoy making this project as much as I enjoyed designing it for you!

This PDF forms part of our restful rope coiling project guide. The video parts of the guide can be reached by following these links;

Introduction to Restful Rope Coiling

Restful Rope Coiling - making a coiled basket

Restful Rope Coiling - alternative way to finish a coiled basket

Feel free to follow along with me or create your own design! Use whichever materials take your fancy. Enjoy! It's your time!

What's included in your project?

Everything you need to get started with rope coiling!

- 10mm braided rope
- 3.5mm or 5mm braided cord
- embroidery floss
- yarn & a yarn needle
- links to our video part of this project guide are contained in this PDF. If you need any assistance accessing them, please email us at tinycraftbox@gmail.com

In addition, you will need; scissors and a tape measure.



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Introduction

Welcome to Restful Rope Coiling! This project is all about making by coiling and stitching rope! Basket weaving dates all the way back to Ancient Egypt with coiling technique having emerged from Native American and African basketry.

This relaxing craft is a wonderful way to make tiny bowls and baskets to store trinkets and to accessorize a tabletop or shelf. If you get as hooked on coiling as I did, why not purchase more rope and try coiling larger items!

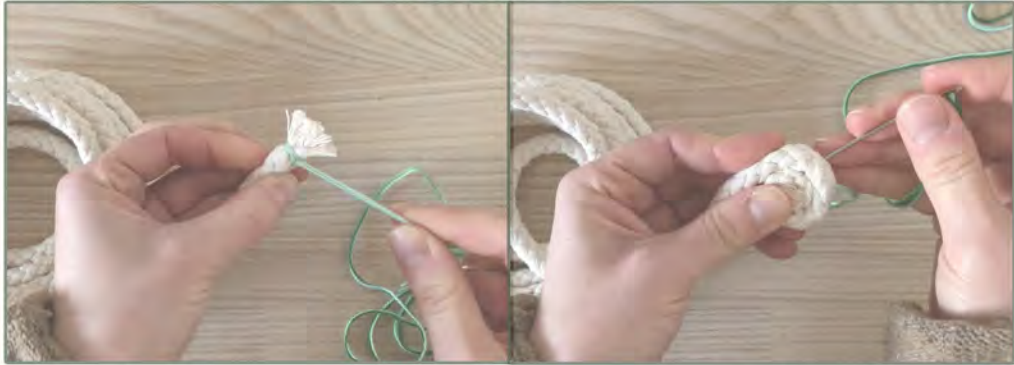


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Making a Coiled Bowl

- I first made a tiny bowl or basket using the thicker 10mm rope, one skein of embroidery thread and approx 40m of yarn.
- I started with 3m of embroidery thread, doubled over, to make the centre.
- To start coiling, I first used the embroidery thread to sew a few stitches through the rope to hold the centre of the coil together. Once I was satisfied that the centre was held firmly, I began coiling.



- For the first few coils, I wrapped the thread around the rope then stitched through the middle of the preceding coil. This holds the rope in place in the coil.



- I made four coils this way before tying off the thread and switching to yarn.
- Each time I finished with thread or yarn I tied off the ends in a double knot then threaded them through the rope before trimming the excess. This kept everything nice and neat.

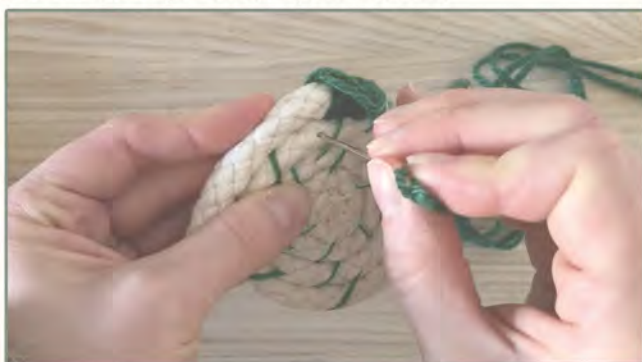
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- I used approx 3m of yarn at a time for this part. I doubled the yarn over and started the same way as with the thread, sewing through the middle of the rope and pulling the yarn tight through the loop created by doubling.



- I wound the yarn around the rope six times and on the sixth wind, stitched through the middle of the rope on the previous coil.



- And repeat...



- I started to stack the coils as I wound, to build up the bowl shape as I went.

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- After four or five coils wrapped in yarn, I switched back to embroidery thread employing the same technique I started with, wrapping the thread around the rope then stitching through the rope of the preceding coil.



- To finish, I experimented with simply stitching through the rope, tying off the thread then cutting the excess rope off and also making a coil on the side. I've included a video demonstration of both.



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Making Coasters

- Included in this box is some extra cord, yarn and embroidery thread which you can use to make more, tinier bowls or a pair of coasters.
- The technique for coasters is identical to making a bowl but instead of stacking the coils, keep them flat.
- Continue the coaster until you reach the end of the rope and then finish it in the same way I finished the basket in the first demonstration video.



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Well done! You've completed your first rope coiling project! How do you feel? Will you keep it and use it for you or will you gift it to someone special?



Remember, it's not about producing a perfect piece, instead concentrate on the process, enjoy the experience, relax and allow your mind to rest.

See you on the next project,

happy soulcrafting!

emmie clare xx

PS; Did you enjoy our Restful Rope Coiling project? Did you know that we offer a selection of our previously released art & craft project kits in our online store, as well as our very own gorgeous, super giftable handmade items? Click here to visit;

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tinycraftbox@gmail.com

www.tinycraftbox.com