

# Floral Wreath

Free Embroidery Pattern For Beginners



Molly and Mama 

STUDIO for PRETTY STITCHES

# Floral Wreath Embroidery Pattern

Sew a simple floral embroidery design using beginner stitches

Created by Lauren Wright from Molly and Mama

For Beginners

Finished Size – approximately 5" (12.5 cm) circle, made to fit a 6" (15.25 cm) hoop

## MATERIALS

- 10" (25 cm) square of plain woven cotton fabric
- 10" (25 cm) square of fusible stabiliser like Whisperweft iron-on interfacing
- 6.5" (116.5 cm) square of wool felt for hoop backing
- 6" (15.25 cm) timber embroidery hoop for stitching the design and for optional display
- Embroidery needle
- Six stranded embroidery floss in varying colours
- Sewing needle and thread
- Erasable marker
- 22" (55 cm) of fine pom-pom trim (optional) and glue or hot glue gun to secure it
- Printed copy of the embroidery design template (printed at full size with no cropping or scaling)

## Note:

The materials list includes items required to create the embroidery on plain fabric, place it in a timber embroidery hoop, and add pom-pom trim for display. However, you may wish to use the design on an already existing garment or use it for another quilting project. This will affect the materials you will require.

## BEFORE YOU BEGIN

Be sure to read the pattern from beginning to end before starting. You may also like to visit the Molly and Mama blog to read the Embroidery for Beginners series to help you;

<https://www.mollyandmama.com.au/category/embroidery/>.

## Which stitch?

In this project, you will embroider the floral design using back stitch, lazy daisy stitch and French knots. Whip stitch is used to secure the wool felt circle to the back of the design. You can see more information about how to sew the different stitch types on the blog;

<https://www.mollyandmama.com.au/embroidery-stitch-basics/>



---

## LET'S BEGIN!

For more information on the materials you will need to start your embroidery, please visit this post on the blog;

<https://www.mollyandmama.com.au/embroidery-for-beginners-what-supplies-will-you-need/>

## Prepare the Fabric

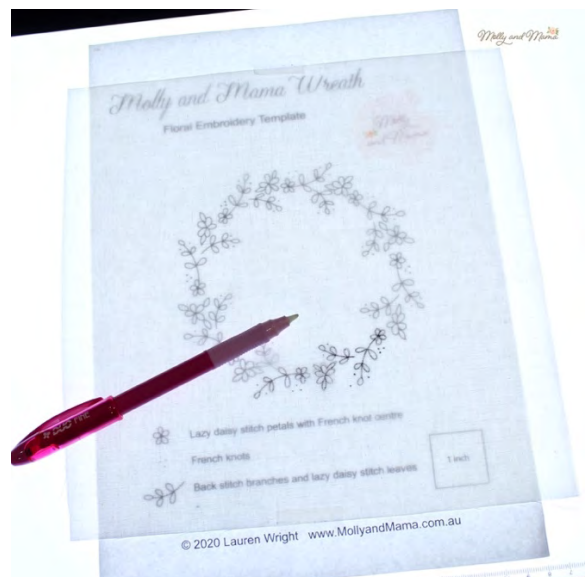
Iron the 10" (25 cm) square of fusible stabiliser to the wrong side of the 10" (25 cm) fabric square by following the manufacturer's instructions.

**NOTE:** Interfacing is recommended for use as a stabiliser when embroidering quilting weight fabrics. There are various types available. For items to be displayed in a hoop, a fusible type is recommended. Whisperweft is ideal for this project because it creates a stabilising effect without making the fabric too bulky or firm. If your design is being stitched on a dark, heavy fabric or a ready-made garment like a denim jacket, then tear away interfacing will work well. Soluble (wash away) stabilisers can also be used.

## Transfer the Design

Print the embroidery template and check that the one inch test box measures at the correct size. Transfer the floral wreath design to the right side of the centre of the interfaced fabric square. Use your preferred method or follow the instructions outlined on the blog;

<https://www.mollyandmama.com.au/how-to-transfer-an-embroidery-design-to-fabric/>





## Select Your Colour Palette

Select the colour palette for your design. You may wish to write down the specific colours you have selected on your template, so you can refer to it as you stitch.

I created three different versions of this design, using three different fabrics, in three different colour selections, to give you an idea of the different effects that can be achieved depending on the colours and materials used. Traditional colours can be used (coloured flowers and green leaves), but the design will also look very effective using shades of a single colour (as shown on the linen).

On the white background I used pastel shades, including two different pale greens, pale pink, pale peach, apricot and watermelon.



On the linen background, I used four shades of blue and a plain white too.



On the blue linen background, I chose to work with just white embroidery floss and the contrast is quite striking. Using a single colour for a project follows the principles of 'redwork'.



## Embroider the Design

It's time to get started on your project. You'll need to secure the project in your embroidery hoop, prepare your floss and get stitching. Here's a quick guide with more details for all of these stages;

<https://www.mollyandmama.com.au/how-to-get-started-on-an-embroidery-project/>

Cut a piece of six stranded floss no longer than 20" (50 cm). Separate the strands into the number required for stitching, by peeling them away from the main strand. To embroider the back stitch and lazy daisy stitches in this design, use **three** strands of floss. Use **two** strands of floss for the French knots. Thread the strands into the eye of the needle. Knot the opposite end of the thread and you're ready to get stitching!

**NOTE:** Traditional embroideries do not use knots, so experienced stitchers will weave their thread tail into the back of the design. This ensures no lumps. However, for this beginner's design, using knots is perfectly acceptable.

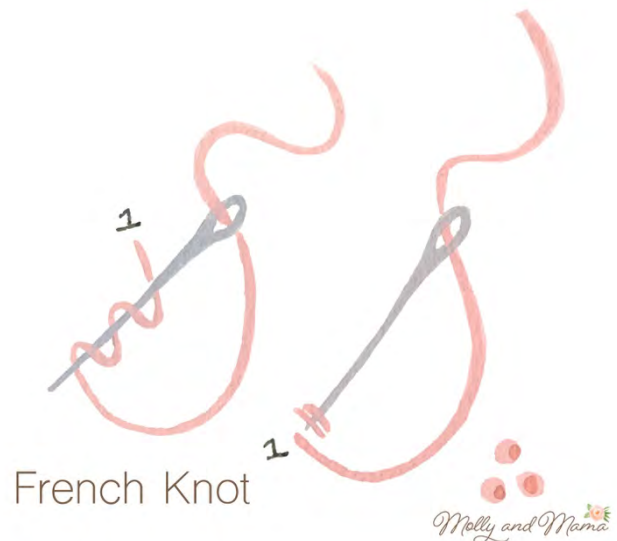
Use the guide included with the template to show you which stitches to sew for each shape.

The leaf stems are sewn in back stitch and this is a really easy stitch to begin with.

The flowers and leaves of the design are formed with lazy daisy stitches.



And the dots represent French knots.



If you haven't tried these stitch types before, my Embroidery Stitch Basics post will explain the stitches in more detail;

<https://www.mollyandmama.com.au/embroidery-stitch-basics/>



You can also find fabulous videos online that can illustrate the techniques further.



When you have finished stitching each section of the design, weave the thread through a few strands of stitching on the wrong side of the design. Cut the remaining thread away.

**TIP:** Always finish off your stitching and cut your thread as you complete each section. Do not be tempted to skip your thread across the reverse of the design to start stitching a new section. This will result in a thread shadow behind the design that can be noticeable (especially when working with light fabrics).

When all stitches are complete, erase the drawn lines of the design if required. You may need to remove the fabric from the hoop for this stage.



For a heat erasable marker, a simple press with the iron will remove any remaining lines. Be sure to iron the design from the wrong side though, so as not to flatten the embroidery.

For a water erasable marker, use a small, clean, paint brush dipped in water to gently remove any remaining lines. Wait until the design has dried completely, before pressing the fabric on the wrong side.



Your design is ready for use in another project or for display in the hoop!

## Display the Embroidery in a Hoop

There are many ways to finish an embroidery hoop for display. I like this easy and straightforward method best. Covering the back of the hoop with a circle of felt results in a very neat finish. And you can easily remove the embroidery at a later time if you wish to reuse the design or the hoop.



For detailed instructions and step-by-step images for this method, please visit this blog post;

<https://www.mollyandmama.com.au/how-to-finish-an-embroidery-hoop-for-wall-hanging/>

Cut out a felt circle by placing the inner ring of the hoop over the felt and tracing around the

outside with an erasable marker. Then cut out the felt circle.

Place the embroidered fabric firmly back into the hoop and centre the design. Trim around the outside edge of the design leaving around 2" (5 cm) of fabric.

Thread a sewing needle with a long length of doubled over sewing thread. Starting at the top of the hoop, stitch a loose running stitch all the way around the outside, about ½" or 1.5 cm from the hoop edge. Gather the thread to draw the fabric in and secure with a few stitches or a knot.

Finish the hoop by whip stitching the circle of wool felt to the back of the gathered fabric, using two strands of coordinating floss and small, evenly spaced stitches. Start sewing at the top of the hoop, behind the screw. Continue to stitch all the way around, then hide the tail of your floss in the back of the felt, before trimming away the excess thread.

Using a hot glue gun, secure a length of pom-pom trim around the top edge of the timber hoop to add a fun detail. Alternatively, wrap the outer hoop in ribbon or fabric strips for a pretty effect.

Your hoop is all ready to hang. Use the screw to hang the hoop on a hook, or add some ribbon to the screw to make a hanging loop. Tie a bow around the screw for a pretty finish. You're all ready to hang your beautiful masterpiece!





## EXTRA PROJECTS, TIPS AND TRICKS

- Reduce or enlarge your embroidery template on your printer to create different sized designs for other projects.
- Separate and rearrange the different elements of the design for new projects.
- Try using different types of floss for different effects. Stitching with six strands of floss will give the embroidery a fuller look. Perle cotton or even tapestry wool are great to use when you increase the size of the template too.
- Always ensure you use the best quality materials and notions you can afford. They'll give you the best finish!
- Take your time with your project. Enjoy some slow sewing!
- Be kind to yourself. The more you practise, the better your results will be.



## TERMS OF USE

This pattern is for personal use only. If you are an individual sewing from home, permission is granted to make and sell small quantities of these items. Please credit Molly and Mama with any online descriptions of products made using Molly and Mama patterns. The web link is [www.MollyandMama.com.au](http://www.MollyandMama.com.au). This pattern may not be sold, printed, shared, distributed or re-produced in any form. This pattern may not be used to mass-produce items.

## QUESTIONS AND FEEDBACK

I'd love to hear your feedback on Molly and Mama patterns. Please email Lauren at:  
[hello@mollyandmama.com.au](mailto:hello@mollyandmama.com.au)

And feel free to share your creations on the Molly and Mama Facebook Page:  
[www.facebook.com/MollyandMama](http://www.facebook.com/MollyandMama)

Use the hash tag #MollyandMama on Instagram – [www.instagram.com/MollyandMama](http://www.instagram.com/MollyandMama)

See more patterns at: <http://www.MollyandMama.etsy.com>

Find lots of free tutorials and more, over on the Molly and Mama blog: [www.MollyandMama.com.au](http://www.MollyandMama.com.au).

Thank you for choosing a Molly and Mama pattern. I hope you have fun making and creating with it!

Happy stitching, Lauren x

## Here's a selection of Molly and Mama PDF SEWING PATTERNS

You can purchase them here; <http://www.MollyandMama.etsy.com>.





# Molly and Mama Wreath

## Floral Embroidery Template



Lazy daisy stitch petals with French knot centre



French knots



Back stitch branches and lazy daisy stitch leaves

