



MINDFUL MATTERS
THROUGH FIBER ARTS

Slow Your Breath, Focus, & Make

Presenter: Jeanne Bjork

JEANNE BJORK

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- ❖ Podcast On Mark-Making with Matt and Laura Grundler
- ❖ Podcast On Balance with Matt and Laura Grundler

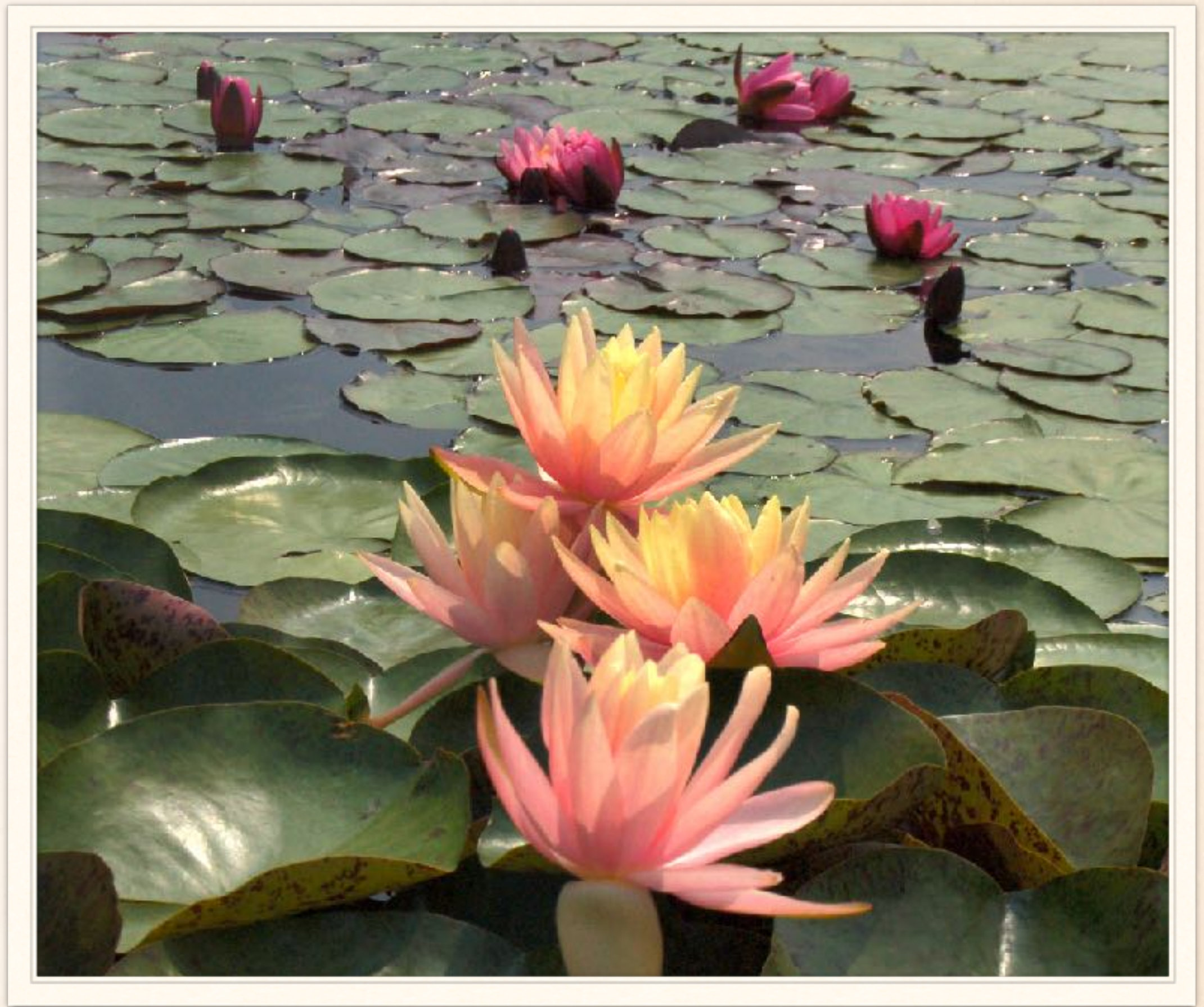


AGENDA

- ◆ Introduction to mindfulness
 - ◆ Introduction to fiber arts
 - ◆ Bootcamp overview
 - ◆ Let's make something with fibers
 - ◆ Next Steps
 - ◆ Resources and handouts
- ◆ Needle felting
 - ◆ Stitching
 - ◆ Shibori Dyeing

INTRODUCTION: WHAT IS MINDFULNESS?

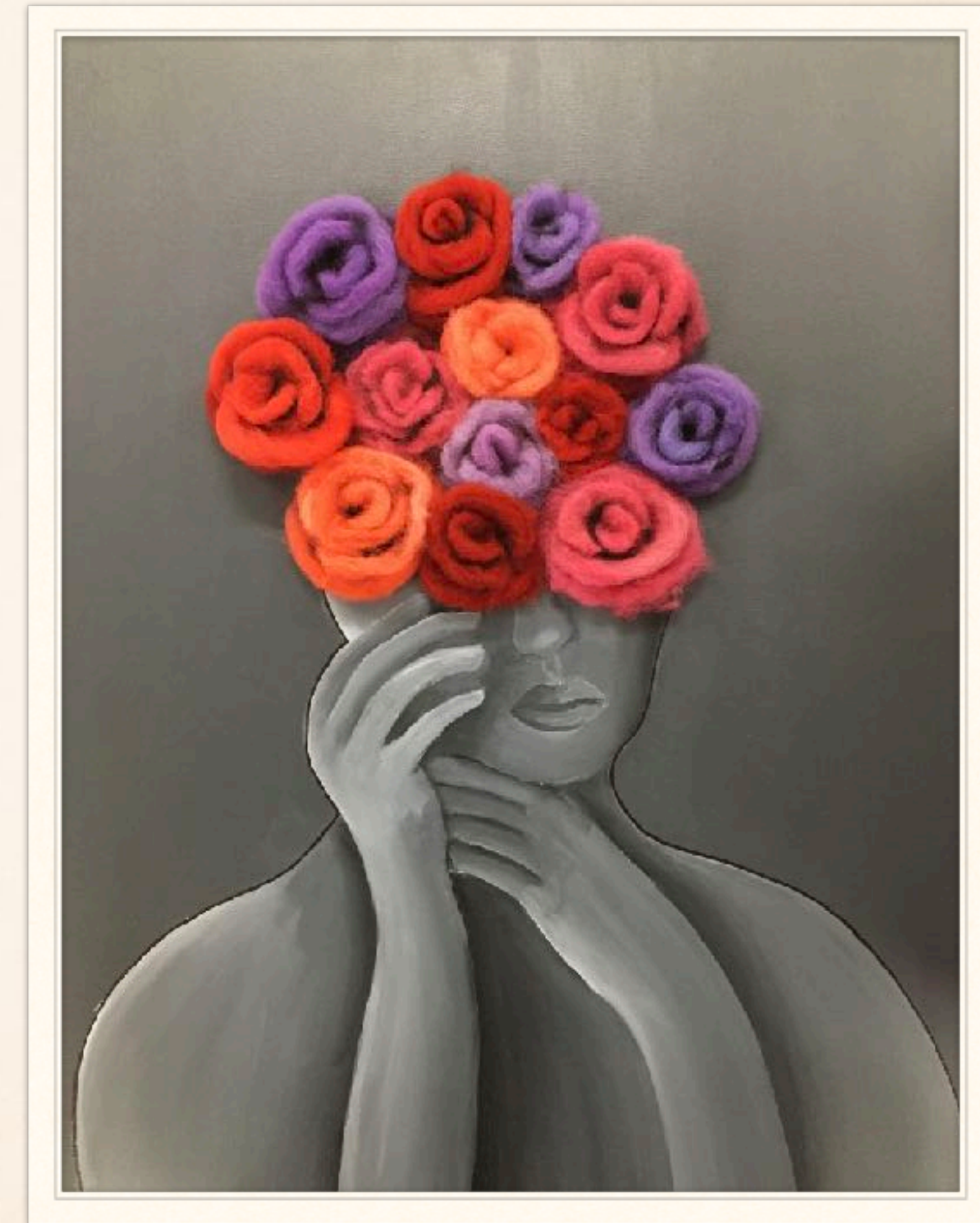
- ❖ Being present in the moment and choosing to be conscious of your body and its place at that moment.
- ❖ Yoga
- ❖ Guided Meditation
 - ❖ Focus
 - ❖ Breathe
 - ❖ Envision



Photograph from Como Conservatory, St.Paul, MN by Jeanne Bjork

SOCIAL EMOTIONAL LEARNING (SEL)

- ❖ Mindfulness practices can be a way to empower students to monitor their own wellness and stress levels
- ❖ Naming Objects: Coping strategy to manage stress, anxiety
- ❖ Making is inherently mindful
 - ❖ Consider your body when you are in the maker zone



Painting with felted 3D flowers by Kaelie Tregler PHS alum

FIBER ARTS-GET YOUR DAILY FIBER!

- ❖ Any materials that have natural fibers at the heart of making the art: stitching, felting, weaving, knitting, crochet, hand-made paper making,
- ❖ Textile art is similar and in some cases used interchangeably. Good blog discussion



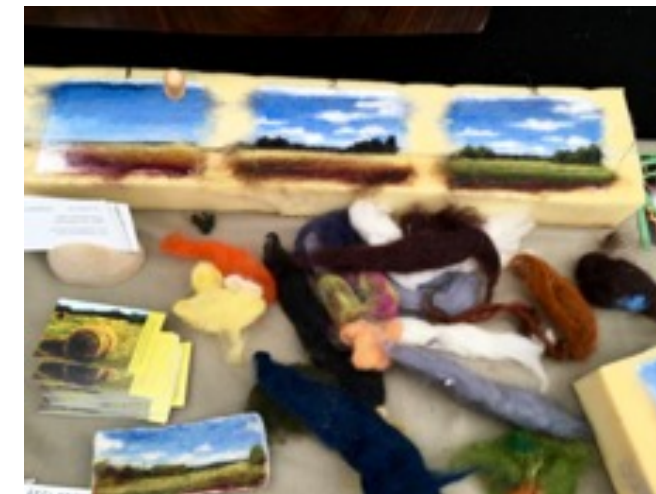
Needle Felted work by Kaylie Bialas, PHS alum

BOOTCAMPS: TIME TO PLAY

- ❖ Opportunity to teach a skill and try something new without penalty of a grade
- ❖ Risks are rewarding
- ❖ Be like a scientist and collect your data and results in your visual journal
- ❖ A chance to teach content and fill their toolbox with skills
- ❖ Handouts to reinforce the learning and process with QR codes for video

Fiber Arts Station Directions

1. Felting and Embroidery are two examples of fibers-based mark-making. The use of thread, wool or silk to create color marks through a series of wet felting, dry felting or stitched marks is part of what is involved
2. Dry Felting: Involves choosing fibers and overlaying them on a piece of fabric or foam and then needling the fibers together to bond them into a new surface called felt. The felting needles are really sharp so you need to be very careful. How do you know it is finished? This is a matter of taste, but you want the felted surface to be bonded together with little to no fuzzy fibers sticking up. These are photos of Jaana Mattson's process.



BOOTCAMPS: HOW TO ORGANIZE

- ❖ Determine how long the rotations will be at each station
- ❖ Do they spend a full class period at one?
- ❖ Do they rotate to 2 stations a period?
- ❖ Must stay at station the entire time
- ❖ Collect everything you make, no judgements
- ❖ Handouts to reinforce the learning and process with QR codes for video
- ❖ Pre-teach the process, but make them do the research....this is hard!!
- ❖ You travel from station to station to check in

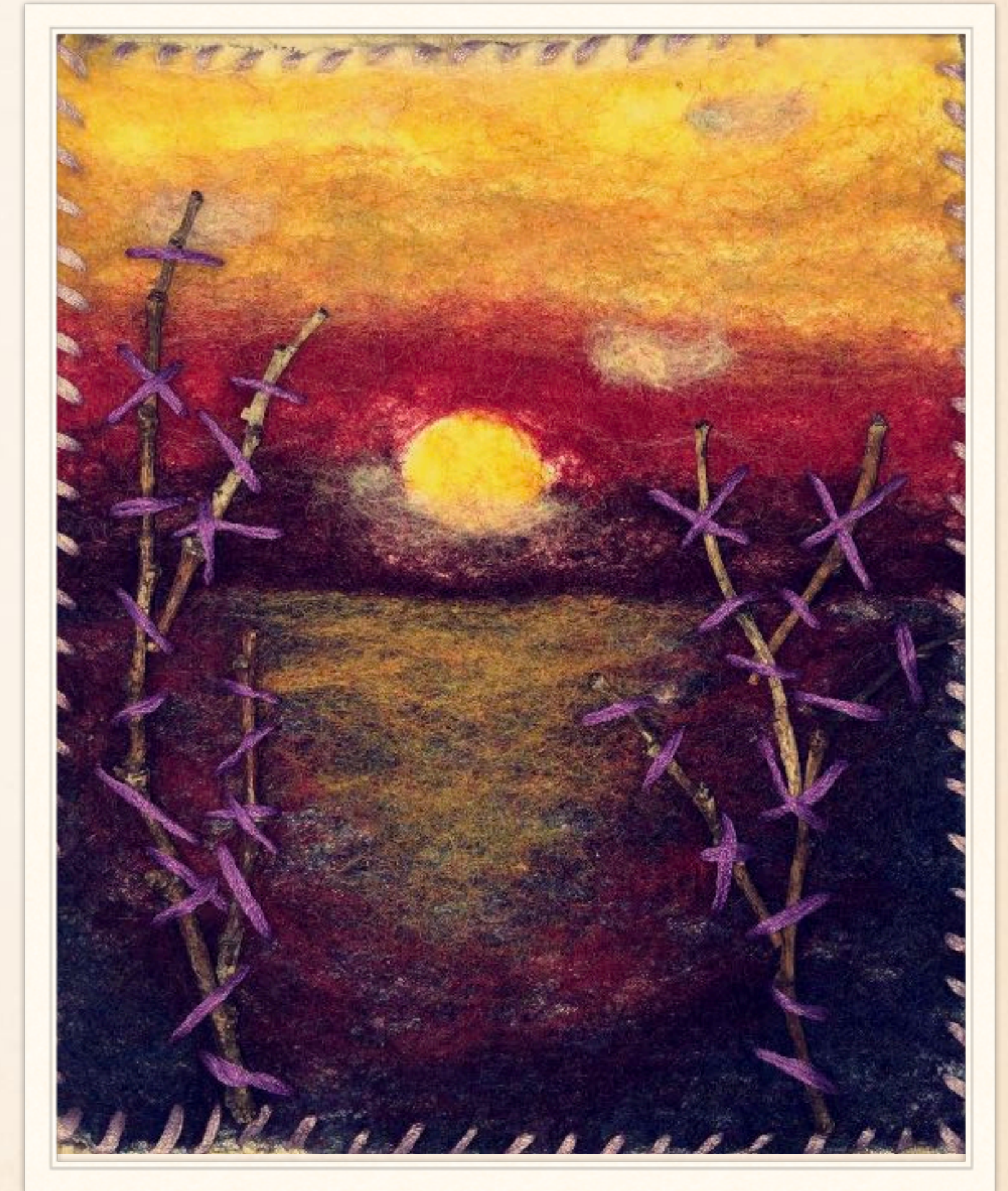


NEEDLE FELTING “SO SATISFYING”



NEEDLE FELTING HOW TO

- ❖ The goal is to create a cohesive piece that has merged the fibers together through agitation or heat
- ❖ Two types of felting: needle felting (uses the agitation of the needle poking movement) and wet felting (uses hot water and agitation)



Felted painting and stitched edge on fabric by Jassel Lopez PHS alum

NEEDLE FELTING HOW TO



<https://youtu.be/zurFKooUTCI>

- ❖ Things you need:
- ❖ Needle
- ❖ Roving (fibers)
- ❖ Foam or brush block
- ❖ Fabric or free form
- ❖ [Jeanne Bjork Fiber Arts Page](#)

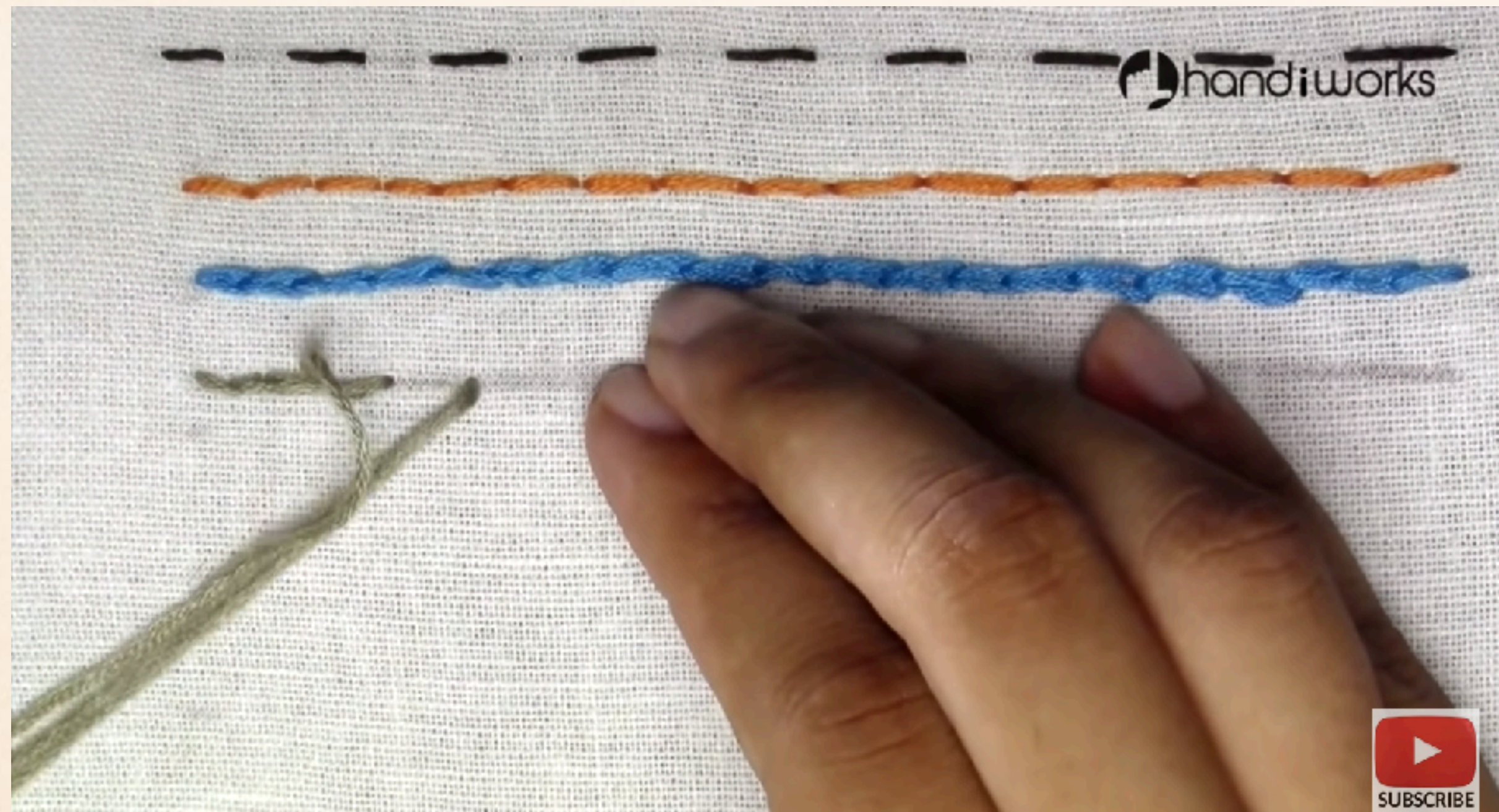
STITCHING: EMBROIDERY

- ❖ Allows you to paint a picture with threads and tell a story
- ❖ See Website for more
- ❖ Various stitches allow for variety of the mark you are making with the needle and floss
- ❖ Floss can be wool or silk or cotton based.



Embroidery by Zoe Kohler PHS student

EMBROIDERY HOW TO

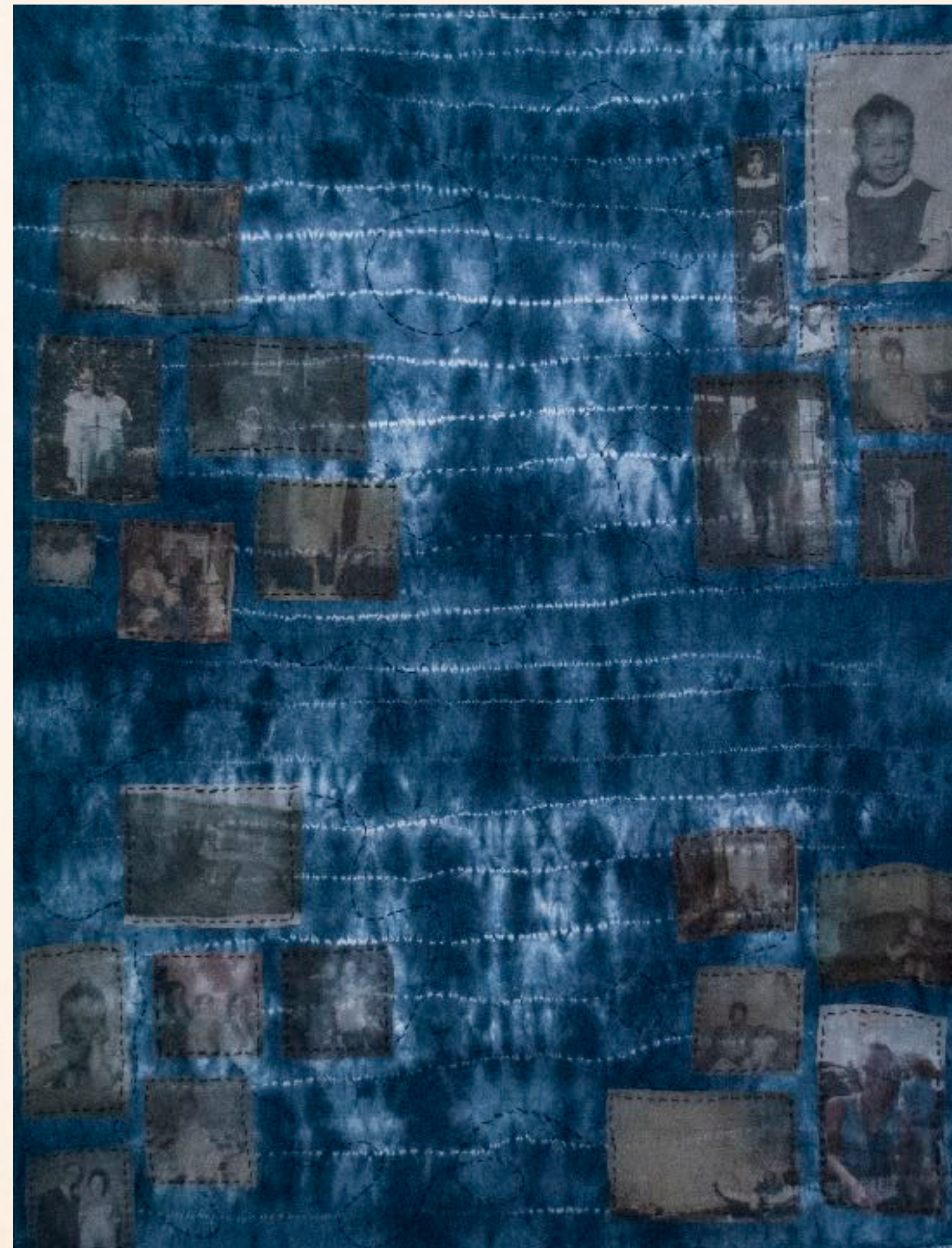


<https://youtu.be/kKnBUa4l2k4>

- ❖ Things you need:
- ❖ Embroidery Needle
- ❖ Floss
- ❖ Fabric-ironed flat
- ❖ Hoop if possible, could also staple or pin fabric flat
- ❖ [Jeanne Bjork Fiber Arts Page](#)

SHIBORI STITCHING: JAPANESE TIE DYE

- ❖ The stitches and binding create the pattern that is dyed into the fabric,
- ❖ The type of fabric fibers can effect the pattern and look
- ❖ Usually seen with indigo dyes, but can be made with other dye colors
- ❖ Many kimono incorporate shibori stitch and dye designs
- ❖ Stitch names and patterns are often derived from nature



Photography and Shibori Dyed Tapestry by Meg Bierce PHS alum.



Charmeuse Silk Scarf Shibori Stitched and Dyed by Jeanne Bjork



Habotai Silk Scarf Shibori Stitched and Dyed. Cotton Scarf Shibori Stitched Sampler by Jeanne Bjork

SHIBORI HOW TO

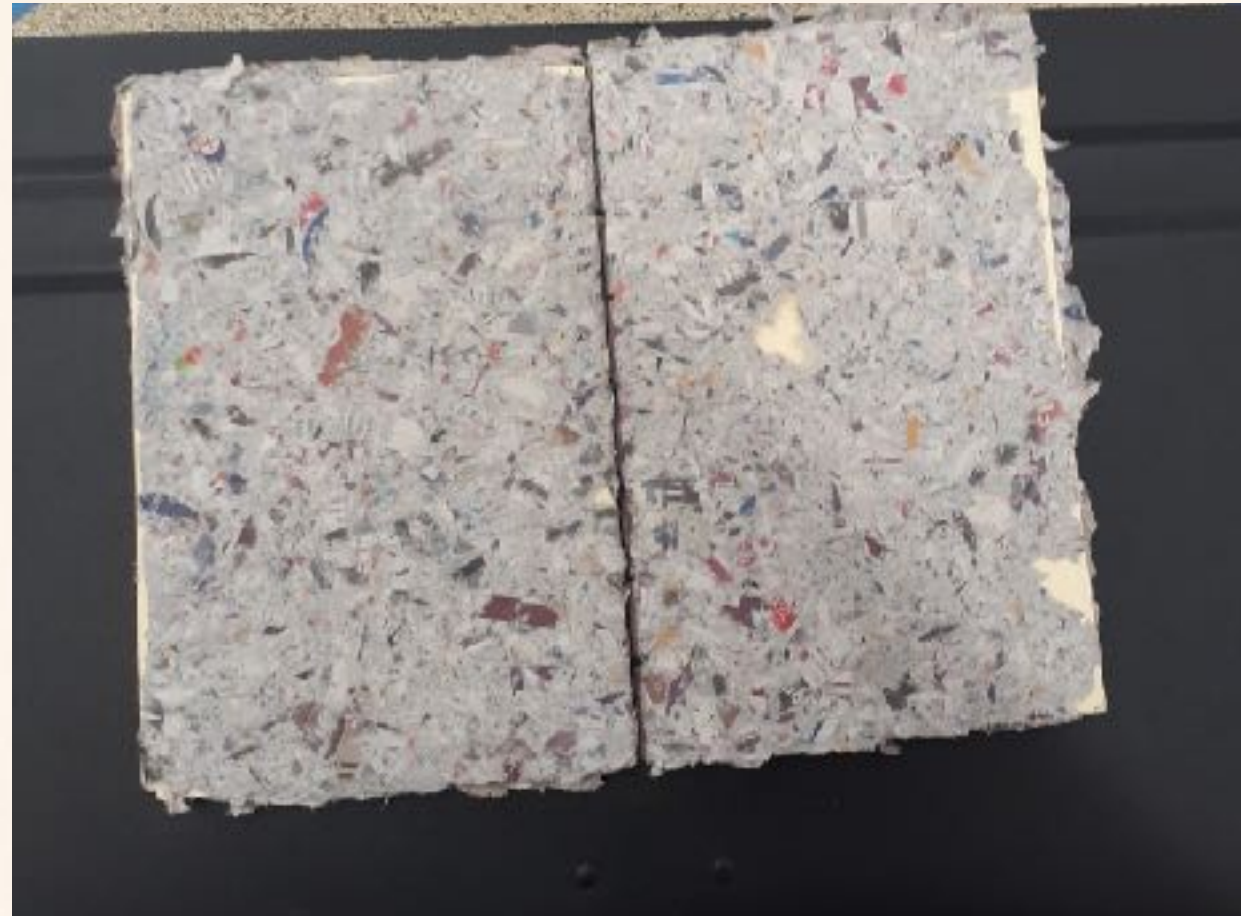


[https://youtu.be/a3j34Cmgix8?
list=PL7A6FAE3886B60901](https://youtu.be/a3j34Cmgix8?list=PL7A6FAE3886B60901)

- ❖ Fabric
- ❖ Embroidery Needle
- ❖ Dental Floss (or thread)
- ❖ Fabric-ironed flat
- ❖ Various materials depending on the stitch and binding pattern
- ❖ Dyes see website for details
- ❖ [Jeanne Bjork Fiber Arts Page](#)

FIBER MASH UPS

- ❖ Once you've learned the three techniques you can combine them in a variety of ways
- ❖ Printmaking, papermaking, drawing, painting, photography can all be part of fiber arts



MY OWN ART

SHIBORI STITCHING & INDIGO DYE



Step 1- Shibori Stitching



Step 3 - Mix Indigo Dye



Step 2- Fold, Band & Bind



Step 4 - Submerge Fabric



Step 5 - Dyed Bundle Exposed To Oxygen



Step 5a - Oxygen Changes Color



Step 6 - Another Bundle Ready For the Indigo Vat



Step 7 - Oxygen Outside

RESOURCES AND HANDOUTS

[Jeanne Bjork website page with all documents on it.](#)

Bootcamps How to Organize

- ❖ [Bootcamp Template](#)- This is a Google Doc. To edit make your own copy and edit on your version of the Doc.
- ❖ [Bootcamp Template](#)- This is a PDF version of the above Google Doc

Dyes and Fibers Resources:

- ❖ [Dharma Trading Company](#)
- ❖ [Jacquard Indigo Tie Dye](#)
- ❖ [Blick Art Supplies Dye Sets](#)
- ❖ [Kool Aid Tie Dye](#) (animal fibers only)

[Fiber Arts PDF \(needle felting and embroidery\)](#)

[Embroidery and Stitching Patterns PDF](#)

[Shibori Stitching Handout PDF](#)

[Fiber Arts Handout-PDF](#)

There is a lot more here



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