



Sashiko-Style Visible Mending

Beginner - 1-2 hours hands-on - no drying time

WHAT YOU'LL NEED

- ☐ One item to mend: jeans, jacket, or denim scrap

- ☐ Sashiko thread or perle cotton size 8 (1 skein)

- ☐ Sashiko or embroidery needle with a large eye

- ☐ Cotton fabric scrap 3-4 in. for the patch

- ☐ Fabric scissors

- ☐ Water-erasable fabric pen or tailor's chalk

- ☐ Small ruler

- ☐ Thimble (helps push the needle through denim)

- ☐ Sewing pins or fabric clips

- ☐ Iron and iron-on interfacing (optional)

- ☐ Embroidery hoop 4-6 in. (optional)



Step by Step

- ☐ Wash and press the item; trim loose threads

- ☐ Cut a patch 1 in. larger than the tear

- ☐ Pin the patch behind the tear, under the hole

- ☐ Draw a grid of lines or dots with ruler and chalk

- ☐ Thread the needle; knot the thread end

- ☐ Sew short running stitches along each line

- ☐ Fill the grid; keep stitches even and flat

- ☐ Weave the thread end into the back; trim

- ☐ Press the mended area flat with a warm iron

NOTES
