

Nakshi Kantha Star

Make your own star

You will need:

- A printed copy of the pattern (overleaf)
- Small piece of dark-coloured felt
- White embroidery thread
- Large-eyed needle
- White gel pen or pencil
- Fabric scissors

The items you need, such as felt and thread, can be found at any craft supplies store.

How to make star:

1. Cut out the star template in felt.
2. Using small running stitches, sew around the edge of the star with white embroidery thread.
3. Decide on one of the traditional designs (lotus, flower or spiral) on the pattern sheet.
4. Copy the design onto the middle of the star with gel pen or pencil.
5. Stitch around the pattern in white thread.
6. Make a loop of thread so you can use your star as a decoration.



Kakoli Khatun is 21 and lives in Kurigram, Bangladesh. Her life has been turned around by starting her own business. She works with other women in her village, making traditional *Nakshi Kantha* quilts, and sells them online with the help of Christian Aid. This craft uses white running stitches on a dark fabric, has traditional patterns, and often uses old saris for the fabric.

Kakoli says: '*Nakshi Kantha* is from an old era. It's getting lost and no one is paying attention. It's very beautiful. If we can make it and sell it, we will earn and it will spread.'

Why not be inspired by Kakoli and make your own *Nakshi Kantha* embroidered star?

Kakoli Khatun's group are making handicraft items and now selling them online.



Emily from Warwick with her completed star.



Time to shine this Christmas

Share your design with friends and family.

We'd love to see your stars too! Please email your pictures to hello@christian-aid.org or share with us on social media.

Find out more about our Christmas Appeal at caid.org.uk/advent

You could sell stars to raise funds for

Christian Aid! It costs Christian Aid £23 to train a woman in Bangladesh to start her own craft business. Could you raise enough by making and selling stars for us to train one woman?

Shine a Light template

