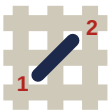
Adulting is hard, sleeping bear

Needlepoint pattern | 140 x 140 stitches | 14 x 14 in (35.6 x 35.6 cm) on 10 mesh | 15 colors



How to stitch it



1. Each square is one tent stitch, up at 1, down at 2. Lines in continental, right to left, the canvas upside down for the next row; wide areas in basketweave.
2. Cut 18 in of thread. Start and end it without a knot left behind.
3. Mark the middle of the canvas. It is the outlined square on page 2, column 70, row 70 (DMC 3821): start there. Count threads, not holes.
4. Go on from it: picture first, background last. Gray squares are on two pages: stitch them once.
5. Last, two more rows all round in DMC 3865: the seam hides them.

First time? How to needlepoint: flossfield.com/needlepoint/guides/how-to-start/
How to read a chart: flossfield.com/needlepoint/guides/how-to-read-a-chart/

What you need

Canvas: blank mono canvas, 10 mesh (10 threads to the inch), cut 18.5 in square (47 cm).

Needle: blunt tapestry, size 18. Also masking tape for the cut edges, and small scissors.

Thread: pearl cotton size 3, 15 colors, about 42 skeins in all (an estimate). Stitch with 2 lengths together.

Make it a pillow: backing fabric, an insert the size of the stitching or an inch larger, and cord or piping for the edge. How to finish a pillow.

Thread list, DMC

			stitches	skeins
●	3865	Winter White	13,603	23
□	310	Black	3,266	5
▲	3750	Very Dark Antique Blue	821	2
◆	3821	Straw	588	1
▼	931	Medium Antique Blue	263	1
★	470	Light Avocado Green	250	1
❖	937	Medium Avocado Green	207	1
X	469	Avocado Green	167	1
H	166	Medium Light Moss Green	121	1
+	738	Very Light Tan	82	1
=	350	Medium Coral	80	1
Z	434	Light Brown	60	1
A	436	Tan	40	1
V	932	Light Antique Blue	26	1
T	347	Very Dark Salmon	26	1

Skeins are estimates, with the two extra rows: the thread a stitch takes on the front and back of 10 mesh canvas, plus 30 percent, rounded up for each color.

Thread colors are approximate screen matches to DMC numbers. Check against real thread before you buy.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

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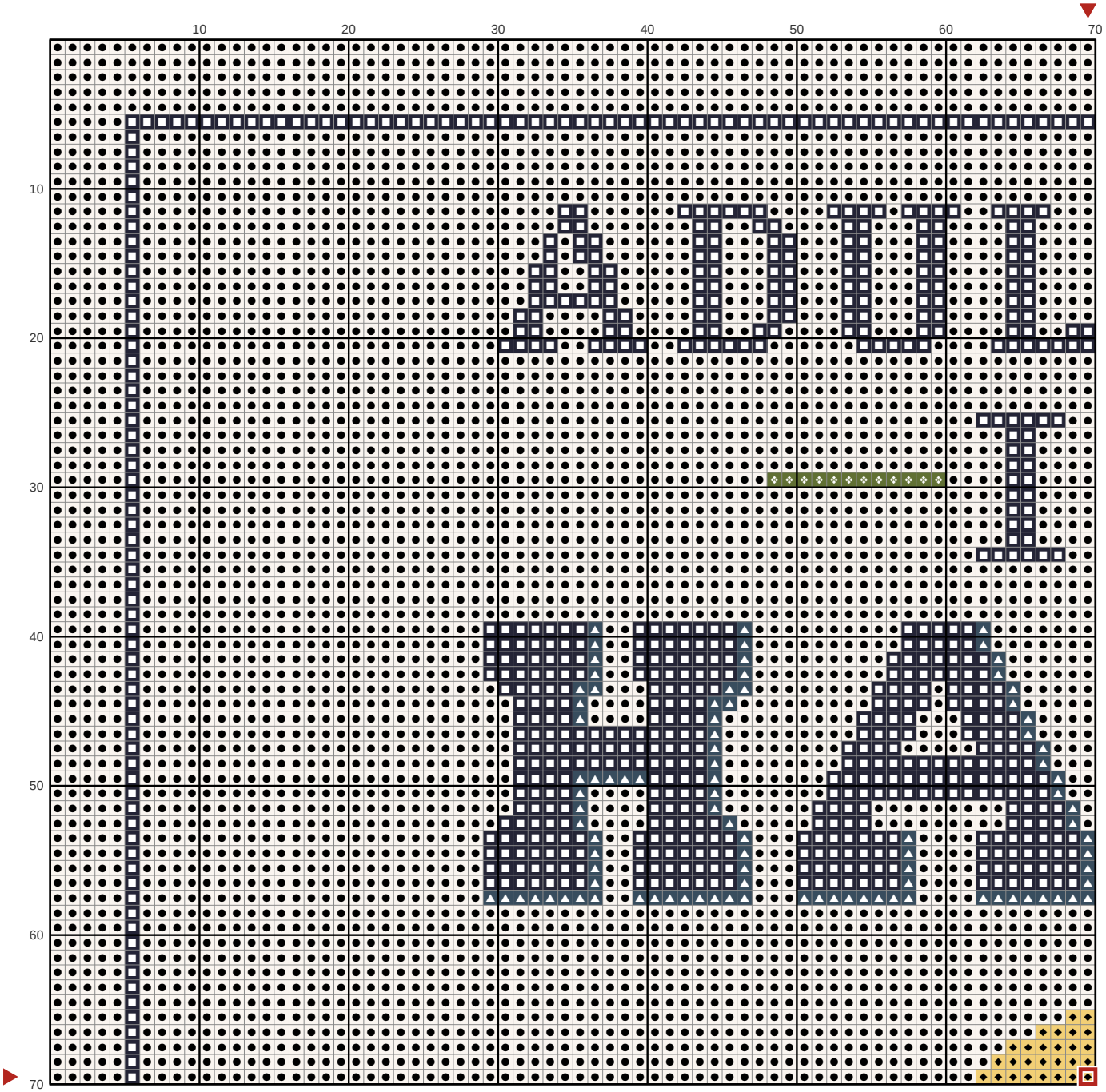
Columns 1 to 70, rows 1 to 70. Start at the red outline

This page is the dark part of the chart



Key

- DMC 3865 Winter White
- DMC 3750 Very Dark Antique Blue
- DMC 937 Medium Avocado Green
- DMC 310 Black
- DMC 3821 Straw

Adulting is hard, sleeping bear Needlepoint pattern

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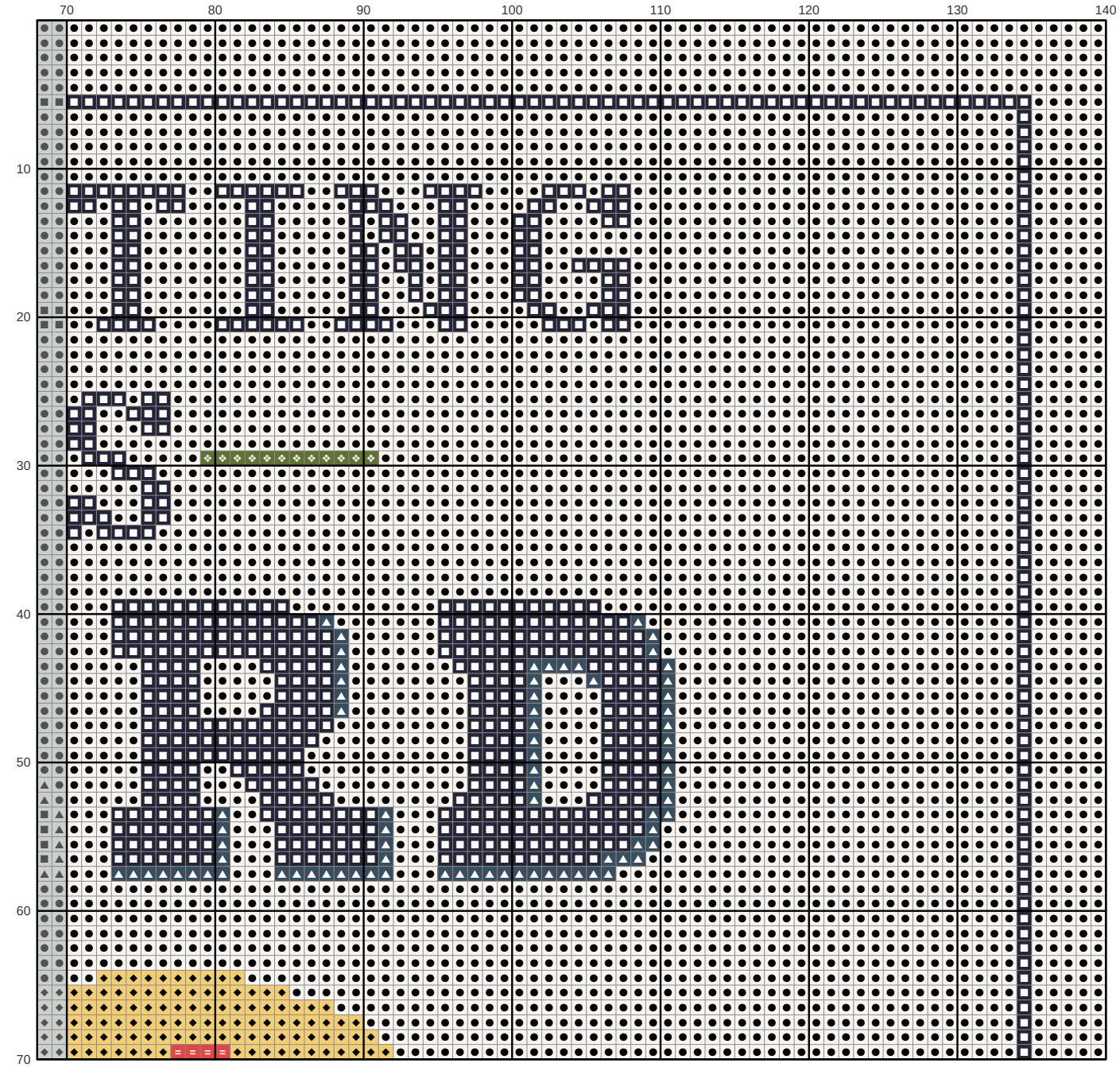
Columns 71 to 140, rows 1 to 70. Gray squares: charted already, do not stitch again



Key

- ● **DMC 3865** Winter White
- ▲ **DMC 3750** Very Dark Antique Blue
- ❖ **DMC 937** Medium Avocado Green
- ■ **DMC 310** Black
- ◆ **DMC 3821** Straw
- = **DMC 350** Medium Coral

Adulting is hard, sleeping bear Needlepoint pattern

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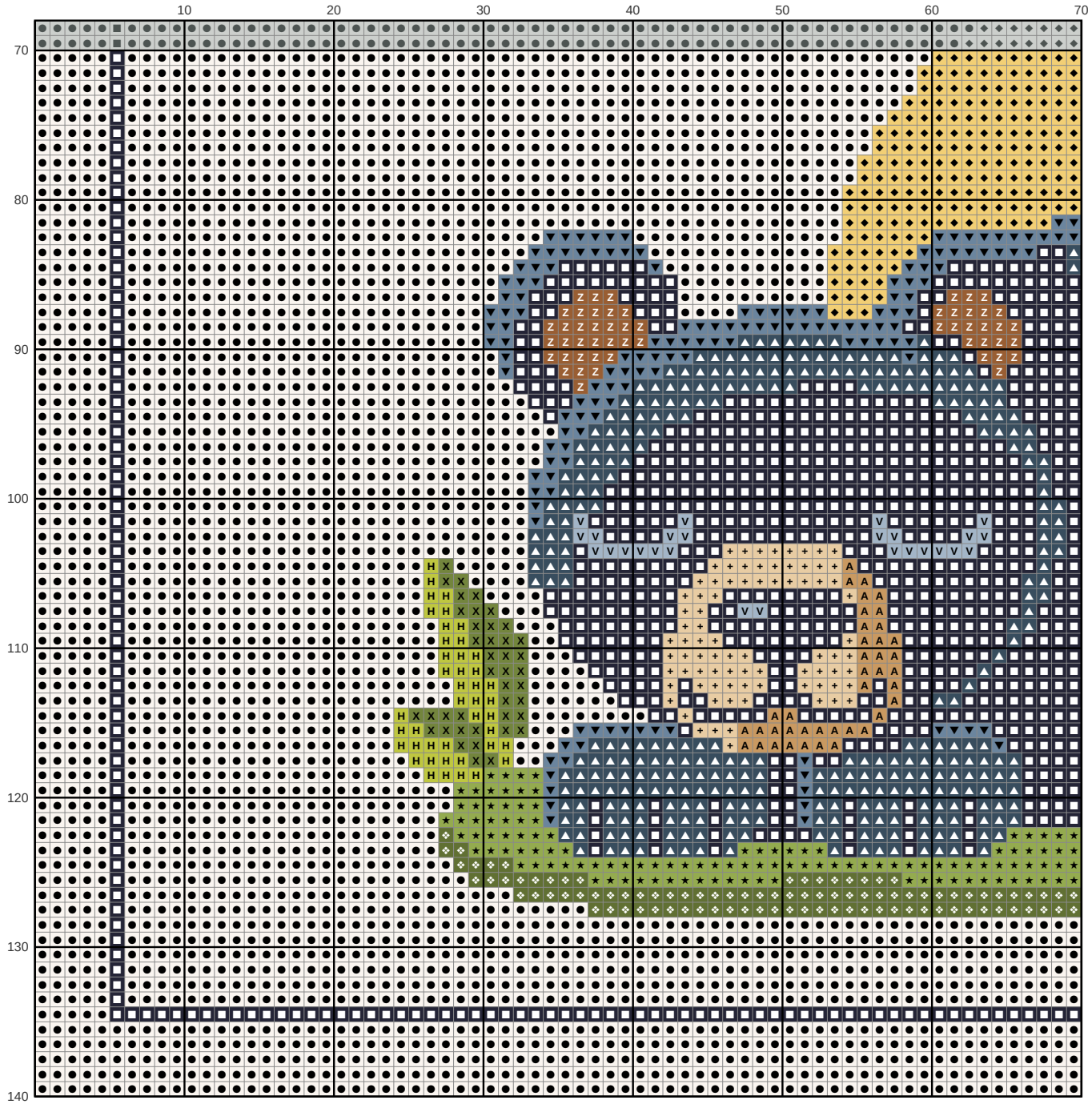
Columns 1 to 70, rows 71 to 140. Gray squares: charted already, do not stitch again



Key

- ● **DMC 3865** Winter White
- ■ **DMC 310** Black
- ▲ **DMC 3750** Very Dark Antique Blue
- ◆ **DMC 3821** Straw
- ▼ **DMC 931** Medium Antique Blue
- ★ **DMC 470** Light Avocado Green
- ❖ **DMC 937** Medium Avocado Green
- X **DMC 469** Avocado Green
- H **DMC 166** Medium Light Moss Green
- \+ **DMC 738** Very Light Tan
- Z **DMC 434** Light Brown
- A **DMC 436** Tan
- V **DMC 932** Light Antique Blue

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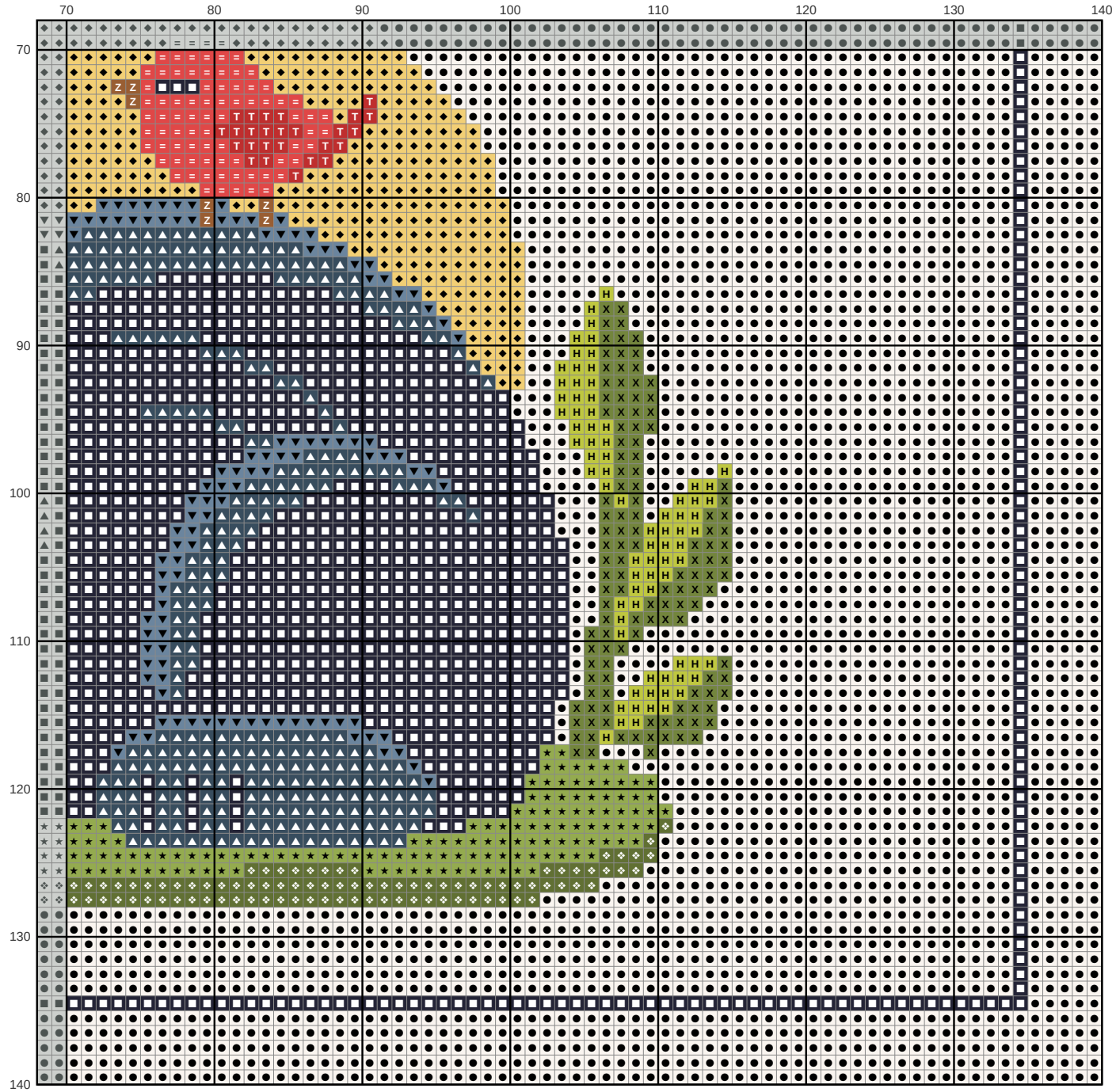
Columns 71 to 140, rows 71 to 140. Gray squares: charted already, do not stitch again



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