Get crafty

Heidy Berthoud

Contents

1	Create your open textbook	3
2	Why Crafts	4

Chapter 1

Create your open textbook

Hello!!

Chapter 2

Why Crafts

Crafting can be a relaxing and enriching activity. Crafting is a wonderful creative outlet to channel emotions and reduce stress. This book will introduce several different kinds of crafts: - fiber arts - knitting - crochet - needlework - embroidery - cross stitch