

# Craft in Common Courage

Making Medals for Everyday Courage with Alinah Azadeh



In this time of crisis we are all trying to be more courageous. Artist Alinah Azadeh invites you to use craft materials and things you already have at home to make a medal celebrating the often-unacknowledged acts of everyday courage.

Craft in Common is a series of creative online workshops with Alinah as part of Craftspace's upcoming exhibition 'We Are Commoners'.

"The commons means: Things we share / Places we share / Systems we share / Ideas we share / Culture we share"  
Peter Barnes

In this series commons includes emotional resources for making things together in solidarity to get through difficult times.

Find out more about this project and 'We Are Commoners' at [craftspace.co.uk/commoners](http://craftspace.co.uk/commoners)



## Gather your materials

You will need:

- Scraps of fabrics or paper
- Decoration (beads, buttons, lace etc)
- Scissors
- Needle and thread
- Pins
- Glue
- Large safety pin, brooch pin or clip
- Measuring tape or ruler

Watch the how-to video online: [vimeo.com/craftspace](https://vimeo.com/craftspace)

"It's courageous to: try new things, reach out for support, feel and share difficult feelings, be strong for others, tell truth to those who you love, find joy in small things and to keep focusing on what you love and have rather than what is lacking"



Craftspace 



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# How to Make a Medal for Everyday Courage

1



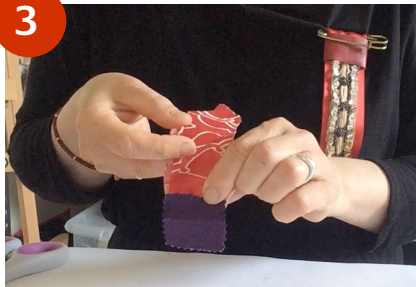
Cut your first fabric/paper strip about 24cm long and 3cm wide. (This is a guide; you can cut the fabric longer or shorter to fit your safety pin or brooch pin).

2



Fold your fabric or paper strip in half. Cut the loose ends into an 'arrow' or 'fishtail' shape.

3



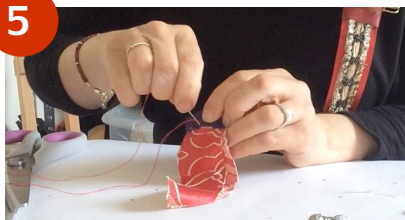
Cut a small square of fabric/paper the same width as the strip.

4



Fold the square over the top of the strip where there is the fold. Pin it in place.

5



Attach the bottom edge of the square to the strip with thread or glue. Make sure there is space at the top of the strip to add the large safety pin or create a loop with ribbon/string and attach to a smaller safety pin.

6



Add decoration to your medal. Be creative and choose colours and patterns that are important to you.

7



On the inside of your medal write down one of your fears or an inspiring quote.

8



Wear your medal or gift it to someone else and don't forget to share a photo with us!

Share your makes with us on social media using #wearecommoners

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