Woven Tree of Life Project Directions
Created by artist: Shannah Warwick

Materials in kit: embroidery hoop, yarn and fabric strips
Materials needed: scissors

1. Open up your embroidery hoop by untwisting it.

2. Take the outside hoop away from the inside hoop and set aside.

3. Choose 15 pieces of yarn. Lay the yarn out on top of the inside hoop as shown.

4. Put the outside hoop back over the inside hoop and tighten it using the screw.

5. Tighten the yarn by pulling a bit from both ends at the same time.

6. Weave pieces of yarn and fabric strips between the yarn on the hoop similar to how the Haudenosaunee (Iroquois) women weave baskets. Fill it up about half way as shown.

7. Tie a long piece of yarn around the first piece of yarn right under the woven part as shown.

8. Wrap it around and around to create the trunk of your tree. Tie a knot to complete.
Traditionally, Haudenosaunee (Iroquois) women wove baskets using Ash, Sweetgrass and other natural materials. Contemporary artists are experimenting with using different materials, such as film strips to create woven forms. Try your hand at weaving by creating a woven Tree of Life using an embroidery hoop, yarn, and hand dyed textiles inspired by the baskets on view in The Rockwell’s Haudenosaunee Gallery.


Gail Tremblay, Even When the Grass Grew that First Spring, the Chiefs Who Signed Already Knew the Treaties Were Being Broken, 2017, 16mm acetate film, rayon cord, thread, 6 × 5 dia.in. Clara S. Peck Fund. 2019.6.3a-b.