LESSON 1

PURPOSE
To develop personal creativity and learn basic clothing construction skills.

OBJECTIVES
Youth will be able to:
- Identify simple sewing equipment and its use and care.
- Demonstrate knowledge of sewing safety.
- Use sewing skills to construct items.
- Identify basic parts of a sewing machine.
- Demonstrate basic hand stitches.
- Make simple hand or machine stitched item(s).

LESSON TIME
30 Minutes

LEARNING ACTIVITIES
TOOLS OF THE TRADE
TOOL BOXES
SLIDES AND LADDERS
STITCH IT!
A BOOK OF NEEDLES!
PIN PILLOWS
LOOP-TO-LOOP
LICENSE TO DRIVE
RECYCLING & SHARING
STUFF & HUG
BAG IT!
A PUPPET PARTY
COLLAGE BANNER
Lesson 1 — Creativity

ADVANCE PREPARATION
1. Read the BACKGROUND BASICS on Creativity.
2. Review activities and choose appropriate one(s) to use.
3. Secure necessary materials as described.

Do
The following is suggested for using activities in Lesson 1. Materials needed for each are listed within the activity.
- Identify and learn use of simple sewing equipment with TOOLS OF THE TRADE, making a TOOL BOX, and SLIDES AND LADDERS!
- Learn and practice basic hand stitches with STITCH IT, A BOOK OF NEEDLES, and PIN PILLOWS!
- Introduce the sewing machine and learn its parts with LOOP-TO-LOOP and A LICENSE TO DRIVE!
- Practice machine stitching with RECYCLING AND SHARING, STUFF AND HUG, BAG IT, and A PUPPET PARTY!
- Express individual creativity by making a COLLAGE BANNER.

Reflect
After completing the activities in this lesson, help youth reflect on what they have learned with these questions:
- What are the basic sewing tools we need? Can you name their purposes?
  
  Needles, pins, thread, seam gauge or ruler, scissors, pin cushion
- Where do we keep our sewing tools? Why?
  
  Sewing box; to protect tools.
- What was your favorite project? Tell us why.
- What sewing activities did you like doing the best?
- What did we learn from these activities?

Apply
Help youth learn to apply what they have learned.
- How can you use your new sewing skills?
- What other kinds of projects would you like to make using your new skills?
- Show an tell a friend how to make one of your projects!
BACKGROUND BASICS...Creativity

One of the goals of this project lesson is to help youngsters develop and maintain an interest in sewing. Therefore, we are encouraging this is through the fun and creativity involved and the accomplishments of completing things but not the stress that is often associated with competition sewing. This will be their choice later. Therefore, we do not expect 5-8 year olds to produce “perfect” products.

For background, we have provided you with the basic information needed at this level for sewing equipment, threading needles, basic stitching, and introducing the sewing machine. “Helps” such as large diagrams and instruction sheets for posters are included with several of the activities.

SEWING EQUIPMENT

There are many sewing tools available to the home sewer. Some items are essential and others are optional. When buying sewing equipment, select good quality items. Be sure to properly store them to prolong their life and quality. Sharp items should be stored out of reach of small children.

Before you can sew you will need to equip a sewing box with the essential tools. Select a strong box, such as a shoe box.

Most sewing aids are designed for the right–handed person. Some shears, irons, and measures have been designed for the left–handed person.

Essential Tools

Seam Gauge -- one of the handiest items in a sewing box. It is a ruler that is 6 inches and has a moveable slide. It is used for marking hems, seams and other areas.

Tape Measure -- should be treated fabric or plastic metal tip ends. It is a 60 inch measure.

Shears -- have shaped handles (one larger than the other) to fit your hand. They have long, sharp blades. The lower blade lets the fabric lie flat on the table as you cut.

Scissors -- have the same size handles and come in many different lengths. The most useful size is the small embroidery or craft for snipping threads and for working at the sewing machine or serger.
Seam Ripper -- has a curved blade with a sharp point that easily slips under a stitch. It is used to rip out seams and looks similar to a pen. Remember always work away from both you and your fabric.

Pins -- should be fine, sharp, and rustproof. For young children, the ones with plastic coated heads are easier to use and see, but may melt if ironed over. There are glass headed pins, too. They come in ballpoint, extra long, and extra fine.

Thimble -- used to protect your finger when pushing the needle through the fabric. Thimbles come in a variety of sizes. They are made of plastic, metal, or leather.

Pin Cushions -- prevent spilled pins and are convenient. They are fabric covered and stuffed with sawdust or other material. Some people prefer to use a wrist pin cushion.

Thread -- needed for every sewing project. Types include cotton, cotton wrapped polyester, silk, and polyester. Select a color that blends with your fabric.

Hand Needles -- come in several sizes and types. The most common types for hand sewing are:

- sharps - which are average length with round eyes
- betweens - which are short needles with round eyes
- crewels (embroidery) - which are of average length and have long slender eyes

Soap Slivers -- used for marking

Marking Pens -- come in several colors and should be washable. On some, the marking will disappear after a short period of time, others will stay until removed by washing or spritzing with water.
SEWING BASICS

Activity 4 begins to introduce youngsters to the sewing basics. Large diagrams and instruction sheets for posters are located within that activity. Suggestions for young children:

How to Thread a Needle
- Diagonally cut a piece of thread about 18 inches long. Breaking the thread leaves fuzzy ends; these will not go through the needle easily.
- Grasp the needle between your thumb and finger.
- Brace your hand against the other hand.
- Moisten behind the eye of the needle.
- Push thread through the hole.

How to Tie a Knot
- Wrap one end of thread around forefinger.
- Allow about 1/4 inch lap over thread.
- With thumb, “roll” these threads together.
- Slip loop off finger and pull to end of thread.

How to Use a Thimble
- Place on the middle finger of the hand that holds the needle.
- Hold needle between thumb and first finger.
- Put needle into fabric
- Push through, using the side or end of the thimble.

How to Fasten the End of Hand Stitching
- Take a very small stitch and put your needle through the loop.
- Repeat two more times.
- Cut thread 1/2 inch from knots.
BASIC HAND STITCHES

Overhand Stitch
A stitch made by taking diagonal stitches over the fabric edge. It is used to hold two pieces of fabric together.

Buttonhole Stitch
A stitch is taken, the needle is inserted in the loop before pulling the stitch tightly and forming a knot on the edge. It is a strong stitch. A modified blind stitch is the same but stitches are further apart.

Running Stitch
A stitch that is made by going in and out of the fabric in even lengths. This is the most basic stitch for younger children to learn.

How to Use Scissors when Cutting Fabric
When cutting fabric remember to keep fabric flat on the table and make long cuts.

USING THE SEWING MACHINE

Learning to use a sewing machine can be exciting. There are some general guidelines that will help you have an enjoyable, rather than a frustrating experience with young children.

Reminders:
First, you need to learn the parts of a sewing machine and the purpose of each before attempting to use them. The most basic parts and their function are:

- Tension - used to select the correct amount of tension for the stitch, thread, and fabric you are using. When tightening (higher number) the tension is increased. When loosened (lower number) the tension is decreased.
- Bobbin - Holds the lower thread.
- Spool Pin - Holds the upper thread spool, may be vertical or horizontal.
- Thread Guides - Are used to guide the upper thread from the spool to the needle
- Take-up Lever - Is used to control the flow of the upper thread through the needle.
- Hand-wheel - Controls the operation of the take-up lever and needle and is used in some sewing machines to start the sewing operation.
- Presser Foot - Serves the purpose of firmly holding the fabric in place against the feed dog.
- Presser Foot Lifter - Is used to raise and lower the presser foot. When raised, this releases the tension, drag or pull on the thread.
BACKGROUND

• Feed dog - Moves the fabric at an even speed under the presser foot.
• Throat Plate - encloses the feed dog and provides an opening for the needle to go through to the bobbin area.
• Stitch Length Control - Is used to determine the desired stitch length. The stitch length may be measured in stitches per inch (7 – 20) or per millimeter (0 – 5).
• Stitch Width Regulator - Enables you to have a variety of stitches widths (from wide to narrow) on zigzag sewing machines.
• Reverse Stitch - Is a lever or button which allows you to instantly reverse the direction of stitching.
• Power Switch - Turns the sewing machine on and off
• Built-in Light - Illuminates the needle area
• Foot Control - Controls the speed of the machine.

How to Thread the Sewing Machine
The key is in remembering to follow the thread guides
• Be sure the presser foot is up.
• Place the thread on the spool pin.
• Draw the thread through the thread guides (or there may not be any).
• Lead the thread through the tension discs, making sure the check spring is in action.
• Next there will be one or more thread guides,
• The thread guides lead to the take-up lever where the thread slips or is threaded through the hole.
• There will usually be one or more thread guides between the take-up lever and the needle.
• The last thread guide is the key to threading the needle. It indicates the side of the needle through which you will draw the thread through the eye — front to back, right to left, or left to right.

Remember that the long groove of the needle is on the same side as the last thread guide. Upper threading always follows — tension, take-up lever, needle.

The Bobbin: Refer to your book for specifics, generally you will:
• Put the presser foot up.
• Not wind thread on top of thread.
• Check bobbin for rough spots before using (will cause stitching problems).
Place thread in the threading hole of bobbin from inside to outside.

Grasp thread as you begin winding and hold until it breaks.

Be sure the bobbin winds evenly. If not, adjust (check your book on how to do).

Most machines will stop when bobbin is filled. If not, be sure not to overfill or it will not fit into the bobbin case area.

Follow your book on how to thread your bobbin case.

**Getting Ready To Sew**

Now that the sewing machine is threaded, you will need to bridge the bobbin thread to the top of the throat plate. Grasp the upper thread loosely and turn the hand wheel one complete turn. REMEMBER that the take-up lever should be in highest position, so the machine will not be unthreaded when you begin to stitch.

Pull the thread to the right and back of the presser foot when you begin to stitch. Hold the thread ends until you have taken three or four stitches. This will eliminate bunching or thread and unevenness in stitching at the beginning of a seam.

**Fastening Ends**

There are several ways to fasten thread ends. One way is to tie thread ends by hand. Another way is to backstitch three or four stitches.

**Guiding Fabric**

Place a piece of masking tape at the width seam you desire. Place fabric under presser foot. With hand wheel turn until needle is in fabric. Lower presser foot. Guide fabric with right hand. Stitch slowly so you can stitch straight.

**Folding Under an Edge**

Use your seam gauge to measure and mark (with soap sliver or marking pen) the amount you want to turn under. Fold on this line, press and stitch at desired width. Remember to decide how you want to secure ends of thread before you start. If hand tying then leave enough thread to do so.

**Additional References:**

Sewing Machine Savvy HE4201    Sewing Tools HE4202    Hand stitches HE4213
Lesson 1 — Creativity

Activity 1: Tools of the Trade

INTRODUCTION
Almost everything we do uses special tools. We use crayons, scissors and glue for art. We use a ball and glove for softball. Sewing requires special tools, too. The right tools make sewing easy and fun. What are some tools needed for sewing? How can we make sure our tools are taken care of? The "Tools of the Trade Bingo" game will introduce us to the names of different sewing tools by identifying the actual tools and matching their picture on the game card.

DO
Play "TOOLS OF THE TRADE BINGO."

- Give each player a bingo card and several game pieces to cover the squares.
- Leader (or older youth) holds up sewing tools one at a time and players cover the corresponding pictures on their cards with the game pieces. You can call out names (for older children).
- The first person to complete a line (horizontal, vertical, or diagonal) is the winner.
- The winner must also tell the uses of the tools in the line.

REFLECT
- What did you learn from this game?
- How many sewing tools can you name?

APPLY
Make a jar lid pin cushion with fiberfill batting and a heavy piece of fabric.

- When making the pin cushion, a heavy piece of fabric should hold without having to glue the flat tin in place. However, if using a low melt glue gun, any fabric scraps will work. Also, another option if available, is to use small heavy jelly glasses to store extra pins with the pin cushion screw top.
- Identify the pin cushion as an object where a family could find straight pins, needles and safety pins.
Make A Pin Cushion!

You will need:
- canning jar lid and ring
- scissors
- heavy piece of fabric (about 5 x 5 inches)
- small amount of stuffing
  (fiberfill, cotton, or old panty hose)

What you do:
- Cut fabric 1 inch larger than jar ring.
- Lay jar ring on table with opening up.
- Place fabric over jar ring. (right side down)
- Place stuffing on top of fabric.
- Pick up and push stuffing through ring.
- Folding and holding edges down, place lid on top and push to snap into place.
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<thead>
<tr>
<th>Pins</th>
<th>Thimble</th>
<th>Pin Cushion</th>
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<tr>
<td>Marking Pencil</td>
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<td>Shears</td>
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Tools of the Trade Bingo

Tape Measure

Needle

Thimble

Thread

FREE SPACE

Shears

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Marking Pencil

Pin Cushion
## Tools of the Trade Bingo

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Lesson 1 — Creativity

**Activity 2: Tool Boxes**

**TIME:**
30 Minutes

**SETTING:**
Room with tables and chairs for children to work.

**LEADER INFORMATION**
- This activity can be done in a number of different ways for individual groups. For large groups of ages 5-6, we suggest making a separate box for each tool in the room. For ages 7-8, boxes can be made for small groups of children with all the tools in one box.
- Another idea, depending on available resources, is for children to make individual boxes for use at group meetings or at home.

**INTRODUCTION**
Special tools, like the ones we use for sewing, need to be stored in a special place. We will need to make our "Tool Boxes" for our sewing supplies, today.

**Do**

Making Sewing TOOL BOXES!

For Ages 5-6:
- Divide children into small groups, and give each group a shoe box.
- Allow youth to name tools that are used when sewing. Encourage them to tell the use of each tool as it is named.
- Tools that are not named by the youth should be named by the leader. Give the youth an opportunity to describe the purpose of the tool.
- Discuss the importance of taking good care of sewing tools and keeping them in their proper places.
- Allow each group to decorate their box. Explain that each box will contain all of one tool (one for scissors, another for rulers, etc.)

**MATERIALS:**
- MY SEWING TOOL BOX Workbook page 2
- Copies of SEWING TOOL SCAVENGER HUNT activity for each child (Tools: tape measure, scissors, needles, pins, pin cushion, thread, thimble, notebook, and pencil, etc.)
- Containers for the tools (shoe boxes, baskets, etc.)
- Materials to decorate the containers (markers, glue, fabric scraps, or colored paper, etc.)
- FIND YOUR SEWING TOOLS Workbook page 3.
For Ages 7-8:

- Sewing boxes will each contain all of the tools for each group.
- Explain to the youth the different possibilities for a sewing box: a shoe box, basket or plastic box. Ask children if they can think of other possibilities.
- Allow youth to name tools that should be put into a sewing box. Place tools in the box as they are named. Encourage youth to suggest uses for the tools.
- Tools not named should be explained by the leader; have youth describe a purpose for the tool.
- Discuss the importance of taking good care of tools when sewing, and of keeping them together in a sewing box.
- Allow each group to decorate their box. Explain that each box will contain all of the sewing tools the group will need.

**REFLECT**

- What are the tools needed for sewing? Make a list on poster paper.
  
  Tape measure, scissors, needles, pins, pin cushion, thread, thimble

- Why should tools have their own storage space?

  **So you can find them**

- Why is it important to take good care of sewing tools?

  **So they will last longer and do the job for which they were designed**

**APPLY**

- Find your sewing tools in the hidden picture in the FIND YOUR SEWING TOOLS Workbook Activity on page 3.

- Make a group chart of responsibilities for cleaning up and putting tools in their proper places. Assign duties to youth.

- Suggest for youth to go on a “scavenger hunt” at home to find materials for their own personal sewing boxes. Provide a checklist for youth to use to collect the right sewing tools.
Sewing Tool Scavenger Hunt!

Look for these items to place in your new Sewing Tool Box. Circle the ones you find.

- Scissors
- Thread
- Pin Cushion
- Tape Measure
- Seam Gauge or Ruler
- Shears
- Needles
- Thimble
- Pins

- Tell someone in your family what each tool is and what it is used for in sewing.
- Place your box where your family members can find and use your sewing tools!
Lesson 1 — Creativity

Activity 3: Slides and Ladders

INTRODUCTION
The sewing equipment we use has different purposes that we should know if we are to use them properly. The "Slides and Ladders" game will remind us of those purposes.

Do
Play "SLIDES AND LADDERS."

- Each player (or group of players) chooses a different playing piece. Game pieces can be a variety of things: thread - different colors, thimbles, buttons.
- Each player (or group) rolls the die to determine the playing order; the person with the highest number goes first. Other players follow in turn from left to right.
- All players start their playing pieces next to Square 1.
- Taking turns, each player draws one card, reads the question aloud and answers the question. If the answer is correct, the player rolls the die and moves forward that number of spaces. Players do not move forward if they are unable to answer the question correctly, and the turn continues to the next player.
- **Ladders**: if a playing piece stops on a square at the bottom of a ladder, that player must move UP to the top of that ladder. LADDERS LEAD UP ONLY!
- **Slides**: if a playing piece lands at the top of a slide, the player must move DOWN to the bottom of that slide. SLIDES LEAD DOWN ONLY!
- All other squares (except the bottom of a ladder or the top of a slide) are counted as regular squares.
- Two or more players may stop on any square at the same time.
- The winner is the first player to reach Square 40.
REFLECT

- What did you learn from this game?
- What are some of the tools mentioned in the game and their uses?

(check their responses with the answer key)

APPLY

- Talk about other types of tools around the house, such as cooking utensils and cleaning tools.
- Relate this to sewing tools; all tools have special storage places, and there is a set of tools for many of the things we do.
Seam Gauge - short 6 inch ruler with movable slide for marking hems, seams or other measurements.

Tape Measure - 60 inch measure with metal tip ends.

Shears - shaped handles (one larger than the other) to fit your hand and long, sharp blades. The lower blade lets the fabric lie flat as you cut.

Scissors - have the same size handles and come in many different lengths. The most useful size is the small ones for snipping threads and for working at the sewing machine.

Seam Ripper - has a curved blade with a sharp point that easily slips under a stitch. Used to rip out seams and looks similar to a pen. Remember to always work away from both you and your fabric.

Pins - should be fine, sharp, and rustproof. The ones with plastic coated heads are easier to use and see, but may melt if you iron over them.

Thimble - used to protect your finger when pushing the needle through the fabric. They come in a variety of sizes. They are made of plastic, metal, or leather.

Pin Cushion - used to prevent spilled pins and are convenient. Some people prefer to use a wrist pin cushion.

Thread - needed for every sewing project. Types include cotton, cotton wrapped polyester, silk, and polyester. Select a color that blends with your fabric.

Hand Needles - come in several sizes and types. The most common types for hand sewing are:
- sharps: are average length with round eyes
- betweens: are short with round eyes
- crewels: are average length and have long slender eyes

Marking Pen - come in several colors and should be washable. On some, the marking will disappear after a short period of time, others will stay until removed by washing or spritzing with water.

Soap Slivers - used for marking.

Iron - preferably one that can be used dry or with steam, is needed for pressing construction details. Press with the grain.

Ironing Board - needs a smooth surface with padding. It is used for pressing sewing projects.
Slides and Ladders
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>What do you call a 6 inch ruler with a moveable slide for marking hems and seams?</td>
<td>What is a 60 inch measure with metal tip ends?</td>
</tr>
<tr>
<td>What has handles shaped to fit your hand and long, sharp blades for cutting fabric?</td>
<td>What tool comes in different sizes and is best used for snipping threads?</td>
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<tr>
<td>What has a curved blade with a sharp point that easily slips under a stitch to rip it out?</td>
<td>What tool should be fine, sharp, and rustproof? The ones with plastic coated heads are easier to use and see.</td>
</tr>
<tr>
<td>What is used to protect your finger when pushing a needle through fabric?</td>
<td>What tool is needed for every sewing project? There are many types, such as cotton, silk, polyester.</td>
</tr>
<tr>
<td>What hand sewing tool comes in several sizes and types? The most common types are sharps, betweens, and cruels.</td>
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<tr>
<td>What tool can be used dry or with steam for pressing construction details?</td>
<td>What is used with an iron and needs a smooth surface with padding?</td>
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</table>
Lesson 1 — Creativity

Activity 4: Stitch it!

LEADER INFORMATION
As you first introduce the youngsters (5-6 year olds especially) to threading a needle, let them work in pairs - one child holding the needle while the other threads it. Younger children do not have the eye-hand coordination or the focusing for these tasks yet.

INTRODUCTION
Knowing basic hand stitches is essential to being able to sew. By using these hole-punched cards, you can practice your basic stitches.

Do

STITCH IT: Part I
- Allow each child to choose a stitching card with the design of their choice, and give a piece of yarn with a taped end.
- Demonstrate how to tie a knot at the hole to start the stitch.
- Demonstrate how to stitch on the card using the overhand stitch.
- Allow children to sew the design on their cards.

STITCH IT: Part II
- Give each child an embroidery needle and enough embroidery floss or yarn to complete the butterfly.
- Demonstrate how to thread a needle and knot the end of the thread.
- Demonstrate how to stitch using a running stitch.
- Allow the children to connect the dots to complete their butterflies.
REFLECT

- How can you use the basic hand stitch in sewing other items?
- What are some other possible ways to practice basic hand stitches?

**On a piece of cloth, making doll clothes**

APPLY

- Allow children to make their own designs using the foam trays and hole punch (or a sharp pencil) to sew with their yarn "shoelaces".
- Encourage children to use the skill they learned when making other items on their own.
- At home have children follow directions of STITCH IN TIME Workbook Activity, page 4, to make them on their own.
Overhand Stitch
Buttonhole Stitch

Modified Blind Stitch

Buttonhole Stitch
1. **HOW TO THREAD A NEEDLE**

- Cut a piece of thread about 18 inches long.
  
  *Breaking the thread leaves fuzzy ends; these will not go through the needle easily.*
- Grasp the needle between thumb and finger.
- Brace hand against other hand.
- Moisten behind the eye of the needle, if needed.
- Push thread through the hole.

2. **HOW TO TIE A KNOT**

- Wrap one end of thread around forefinger.
- Allow about 1/4 inch lap over of thread.
- With thumb, “roll” these threads together.
- Slip loop off finger and pull to end of thread

3. **HOW TO USE A THIMBLE**

- Place on the middle finger of the hand that holds the needle.
- Hold needle between thumb and first finger.
- Put needle into fabric.
- Push through, using the side or end of the thimble to end of thread.
Lesson 1 — Creativity

Activity 5: A Book of Needles!

INTRODUCTION
A needle book is a useful tool to have when sewing. It is a handy and safe way to keep up with your needles.

DO
Make "A BOOK OF NEEDLES!"

- Cut four pieces of the same shape.
- Stack the pieces on top of each other.
- Using the Running Stitch, stitch down the center to connect the fabrics together.
- Insert the needles, fold it over at the stitching, and the book is complete.

Optional: Have youth decorate their book.

REFLECT
- What skills did you use or learn when making this needle book? Threading needle, tying knot, stitching
- What are some reasons for having a needle book? To keep needles in a handy container

APPLY
- Add the needle book to your home sewing tool box.
- Discuss the importance of using a needle book with your family and friends.
Lesson 1 — Creativity

Activity 6: Pin Pillows!

INTRODUCTION
A pin cushion is an important tool to have when sewing. It is a useful way to keep all your pins and needles in a handy and safe place.

DO
Make “PIN PILLOWS!”
- Give each child two pieces of fabric.
- Sew the pieces together using an overhand stitch (or blanket stitch for older youth), leaving a 2-inch opening.
- Pin the edges at the opening together.
- Stitch the 2-inch opening closed with the overhand stitch.

REFLECT
- What did you learn about sewing from making this pin cushion?
  Threading needle, tying knot, stitching, stuffing, closing, opening
- What are some reasons for having a pin cushion?
  To store pins for easier use than a box, which can spill

APPLY
- Use the pin cushion to start a home sewing box.
- Have children talk to their families about the importance of using the pin cushion to keep track of pins.
Lesson 1 — Creativity

Activity 7: Loop-to-Loop

LEADER INFORMATION
The SEWING MACHINE PUZZLE should be mounted on a piece of colored construction paper with a ¼ inch border so that children will be able to recognize the edge pieces of the puzzle. Also, for younger children the puzzle should be cut into larger pieces.

The parts of the sewing machine that should be labeled and identified by the group at this age are the take-up lever, tension dial, presser foot, thread guide, stitch type selectors, hand wheel, stitch length regulator, bobbin case, and thread spindles.

INTRODUCTION
Making things with a sewing machine makes sewing projects easier. We need to know the parts of a sewing machine before we start using one. Let’s get acquainted with the machine parts. By completing the SEWING MACHINE PUZZLE, we will be able to learn those parts.

DO
- As a group, label and identify the parts of the sewing machine on the SEWING MACHINE PUZZLE.
- Give each child a copy of the SEWING MACHINE PUZZLE and a sheet of colored construction paper.
- Allow them to glue the puzzle to the construction paper. Make sure they leave at least a ¼ inch margin on all sides. Explain that the edge pieces may be identified as the pieces with the colored paper.
- After the glue dries, allow the children to cut the puzzle into pieces. Instruction and supervision are necessary to make sure that the pieces are cut large enough.
- Allow the children to put their puzzles together, while identifying the parts on each piece.

SUGGESTED AGE:
5-8 years

OBJECTIVES:
Youth will be able to:
- Identify and label parts of a sewing machine
- Strengthen psychomotor skills
- Follow sequential instructions
- Work on decision-making and problem-solving skills

MATERIALS:
SEWING MACHINE PUZZLE Activity Sheet
LOOP-TO-LOOP Workbook Page 7
Scissors
Construction paper
Glue
Crayons or pencil for each child

TIME:
30 Minutes

SETTING:
Area with tables and chairs
**Reflect**
- What are some of the parts of the sewing machine that you learned?
  - Take-up lever, tension dial, presser foot, thread guide, stitch type selectors, stitch length regulator, bobbin case, hand wheel, and thread spindles
- Why should you know the parts of a sewing machine before using?
  - Safety, proper care and operation of the machine

**Apply**
- Complete the LOOP-TO-LOOP Workbook Activity, page 7, about the proper way to thread a sewing machine.
- Bring a sewing machine to the meeting and have the children identify the parts and demonstrate their uses.
- If you have a sewing machine at home, name the parts for your family. Or find one in a store and name the parts.
Sewing Machine Puzzle

Answer Key

- Bobbin Area
- Thread Guide
- Presser Foot
- Tension Dial
- Stitch Type Selectors
- Regulator
- Stitch Length
- Hand Wheel
- Take up Lever
- Thread Spindles

FUN with CLOTHES, Lesson 1, page 45
SUGGESTED AGE: 5-8 years

OBJECTIVES: Youth will be able to:
- Demonstrate proper use of sewing machines
- Demonstrate the ability to follow sequential instructions
- Develop independence at operating a sewing machine

MATERIALS: Threaded sewing machine (preferably enough for 2-4 children per machine) LICENSE TO DRIVE activity sheets for each youth

TIME: 30 Minutes

SETTING: Room with tables for children to work comfortably

Lesson 1 — Creativity

Activity 8: License to Drive

INTRODUCTION
Before we complete sewing projects that require the use of the machine, it is necessary that we know how to operate a sewing machine properly. Proper use ensures safety, and garments have better quality. You will need to learn to stitch straight lines and turn curves just like driving a car. Receiving your "License to Drive" a sewing machine will allow you more freedom and independence in your sewing.

DO

Practice "LICENSE TO DRIVE!"

- Make sure children are seated comfortably at the machine. Make sure children can reach the foot controls. You may need to tape foot control to a box under the table for comfortable reach. The stitch length should be 10 to 12 stitches per inch.
- Demonstrate and provide the following "Driving" instructions:
  - Turn the balance wheel toward you until the needle is up and out of the throat plate.
  - Raise the presser foot.
  - Move the test paper under the presser foot to the point where the needle enters the black "Start Here" dot.
  - Turn the balance wheel forward to move the needle down into the dot.
  - Line up the paper so that your stitching will follow the line beginning on the dot. Lower the presser foot to hold the paper in place.
  - Start the machine; slowly stitch on the line, guiding the paper as you go.
  - Keep stitching until you reach the "End Here" dot. When you think you have had enough practice to pass the test, try stitching on the actual "Driving Test."
  - Once you have completed the "Driving Test," give it to your leader and parent. Together they will decide if you passed the test.
  - When you have passed the test, ask them to sign your license. You can cut out the license and carry it in your wallet, or frame the whole sheet to hang in your room.
REFLECT
- What was difficult about learning to stitch correctly?
  - Stitching straight, controlling machine lines, controlling speed
- How many times did you use a practice sheet?
- Now, aren't you proud of what you have accomplished?

APPLY
- How can you use this new skill you have learned?
- You can now work on projects at home on your own!
Lesson 1 — Creativity

Activity 9: Recycling and Sharing

INTRODUCTION
By recycling things we save money and reduce waste by reusing items. By completing this project, we are recycling old jeans into a useful bag.

DO

RECYCLE AND SHARE!
- Cut the legs off an old pair of jeans. (The child can choose the size of the bag.)
- Stitch the cut end of the leg (right sides together) closed with the sewing machine. Turn.
- Using the sewing machine, stitch the ribbon to the other end for the handle (avoid seams).
- Decorate the bag any way you like (insert cardboard into bag while decorating).
- Fill the jeans bag with a bag of candy, popcorn (or whatever you like) to give as a gift.

REFLECT
- Why did you choose this pair of jeans to use?
- What did you learn?
  to recycle garments, machine stitching on fabric, turning bag inside-out, stitching ribbon, decorating, sharing with others

APPLY
- How else could old denim be used?
- With the legs cut off the pants, you now have a pair of shorts!
- What are some other things you can recycle?
- Make a group plan about using the bags, filling them, and giving them as gifts for a group citizenship project. Ideas might be a children's hospital, senior citizen home or a homeless shelter.

SUGGESTED AGE: 7-8 years

OBJECTIVES:
Youth will be able to:
- Demonstrate the use of a sewing machine
- Express individuality with decoration
- Develop a sense of pride from giving a gift
- Extend psychomotor skills
- Follow sequential instructions

MATERIALS:
RECYCLE, SEW & SHARE Workbook, page 8
Old denim jeans
Sewing machine
Scissors
Ribbon
Items for decoration (glue, buttons, fabric scraps, trims, laces, braids, rickrack, fabric paints)
Pieces of cardboard for each youth
A bag of popcorn or candy as a gift item (optional)

TIME:
30 Minutes

SETTING:
Comfortable room for decorating and sewing

FUN with CLOTHES, Lesson 1, page 49
Lesson 1 — Creativity

Activity 10: Stuff & Hug!

BACKGROUND INFORMATION
Be sure to encourage children to bring/use one of their old T-shirts if you do this activity, otherwise you may be stuffing DAD’s extra large shirts for 30 youngsters!

INTRODUCTION
It is important to practice our machine stitching and hand stitches to become good sewers. Making a t-shirt pillow gives us this practice - and a great pillow, too!

DO
Make a T-Shirt Pillow to STUFF & HUG!

- Decorate the t-shirt (optional because the shirt may already have designs or decorations on it).
- Sew the bottom and sleeves (right sides together) of the shirt closed, using a sewing machine.
- Stuff the t-shirt through the neck and then stitch the neck closed. (Hand or machine stitching can be used, whatever children have the skill to accomplish.)

REFLECT
- Why did we decorate the shirt before stuffing it?
  Easier to do when flat
- Why did you choose this particular shirt to stuff?

APPLY
- The pillow can be used at home while watching television, during story-time or to sleep on during nap-time.
- Share with your family and friends the directions for making this simple pillow.
Lesson 1— Creativity

LEADER BACKGROUND
An optional method is for children to make the bean bag using a blanket hand stitch (providing the stitches are close together) if sewing machines are unavailable.

INTRODUCTION
A fun project to practice your new sewing skills is making a bean bag. Let’s try it!

DO

Make a BEAN BAG!
- Give each child two pieces of felt and copy the BAG IT pattern.
- Cut out the pattern and pin onto the two pieces of felt. Cut it out.
- Remove the pattern. Pin the two pieces of felt together.
- Stitch (¼ to ½ inch seams) the felt pieces together, leaving a 2 inch opening.
- Turn the fabric inside-out and decorate using glue and trims.
- Allow glue to dry and then fill the bag with beans.
- Stitch the opening closed, using an overhand or blanket stitch.

REFLECT
- What was the most difficult part of making this project?
  stitching the curves
- How did you do on your machine stitching?
- Why did we decorate the bean bags before filling them?
  easier to decorate when flat
- How did you choose the decorations for your bean bag?
- Did you remember to take proper care of your tools?

APPLY
- Use the bean bag to play games.
- Encourage children to make up their own games.
Bag It!
Lesson 1 — Creativity

Activity 12: Puppet Party!

**SUGGESTED AGE:**
5-8 years

**OBJECTIVES:**
Youth will be able to:
- Demonstrate and practice sewing a basic overhand stitch
- Demonstrate and practice tying a sewing knot
- Improve psychomotor skills
- Demonstrate the ability to follow sequential instructions

**MATERIALS:**
PIN PILLOWS!
Workbook page 6
Two pieces of pre-cut felt for each child
Stuffing (pantyhose, cotton, polyfill, etc.)
Thread, needles, pins and scissors

**TIME:**
30 Minutes

**SETTING:**
Room with tables for children to work comfortably

**INTRODUCTION**
Puppets are a fun way to express ourselves through creating unique characters. It is also a good way to practice our skills of using a sewing machine.

**DO**
Create a PUPPET!
- Provide a puppet pattern and guide sheet for each child (or if time permits, let each child trace and cut their own pattern).
- Demonstrate and review the steps with the group, using the guide sheet.
- Fold fabric in half.
- Pin the pattern onto the fabric and cut it out.
- Using the sewing machine, stitch the fabric pieces together (right sides together!).
- Using various items, let them decorate their puppet however they would like.

**REFLECT**
- What did you learn when making this puppet?
- Why did you choose your particular decorations?

**APPLY**
- Children should describe their puppets to the rest of the group.
- Have children develop a story to go along with their puppet.
- Several children could work together to make up a play using their puppets.
<table>
<thead>
<tr>
<th>Step 1:</th>
<th>Step 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut out pattern.</td>
<td></td>
</tr>
<tr>
<td>Fold fabric in half.</td>
<td></td>
</tr>
<tr>
<td>Pin the pattern to the fabric and cut out the pattern.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 3:</th>
<th>Step 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remove the pattern and pin “right” sides of fabric together.</td>
<td></td>
</tr>
<tr>
<td>Stitch together 1/4 inch from the edge. (Leave the bottom open!)</td>
<td></td>
</tr>
</tbody>
</table>
Step 5: Clip corners and curves almost to the seam.

Step 6: Turn the fabric right-side out.

Step 7: Use fabric glue to decorate the puppet.

Step 8: Write a skit with your friends and have a “puppet party” to perform the skit!
Puppet Pattern
Lesson 1 — Creativity

Activity 13: Collage Banner

INTRODUCTION

Banners and flags are used for many different purposes. They can be used to announce something or to represent groups. They can be very individualized to represent ourselves. We are going to use these materials to make our own banners. They can be anything you want them to be.

DO

Make a BANNER!

- Find a stick large enough to hold the banner or use coat hangers.
- Fold the fabric around the stick. It may be hand stitched, glued, or sewn with a sewing machine depending on resources and skill levels.
- Decorate the banner any way you like.
- Tie string to each end of the stick so the banner can be hung.

REFLECT

- Tell the group about your banner and why you decorated it the way you did.

APPLY

- Take the banner home and hang it for family and friends to see.
- Talk about choices and the importance of individuality.
- Talk about other types of banners that you see in everyday life.