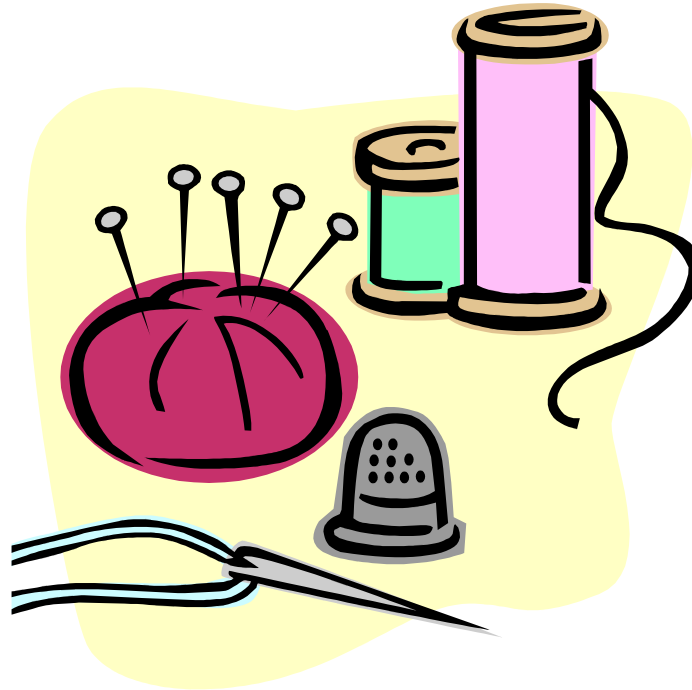
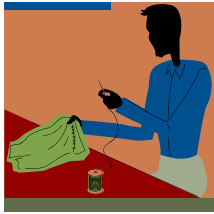


# Mini 4-H Sewing Manual



**Kindergarten, 1<sup>st</sup> and 2<sup>nd</sup> Grades**

The Purdue University Cooperative Extension Service is an Affirmative Action,  
equal access/equal opportunity institution.

# MINI 4-H

Welcome to Mini 4-H ! You are now a member of the 4-H family. Mini 4-H'ers have lots of fun. There are many activities for you to explore. You can try new things. You can share it with your friends and family.

Mom or Dad or another adult can help you with your project, and you can bring your project to the 4-H fair. Many people will be able to see what you have done. You will receive a ribbon made just for Mini 4-H.

The 4-H fair is an exciting time for 4-H members and families. It is a week that allows community youth to show their talents, interests and enthusiasm for learning.



The 4-H Symbol: A four leaf clover with an H in each leaf

4-H Colors: Green and white

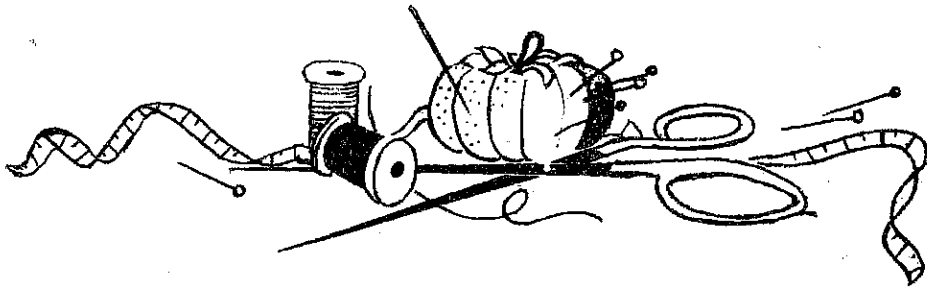
The 4-H Motto: To make the best, better.

The 4-H Pledge: I pledge my Head for clearer thinking,  
my Heart for greater loyalty,  
my Hands for larger service, and  
my Health for better living,  
in my club, my community,  
my country, and my world.



# SEWING RULES

1. Wash your hands before you begin sewing.
2. Good posture always helps.
3. It's easier to sit at a table, than to work from your lap.
4. Work in an area that has enough light.
5. Always put your work away when you are finished.



# DIVISION I - KINDERGARTEN

This year in your sewing project you will learn about the different sewing tools. You will also get to make your own sewing kit.

## BASIC SEWING TOOLS



Scissors: Used for clipping and trimming.



Ruler: Used to measure seams and hems.



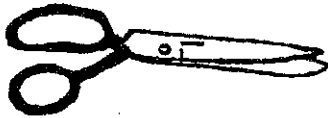
Pin Cushion: Used to hold pins.



Needles: Used for hand sewing.  
Use size 7 or 8.



Measuring Tape: Used for taking sewing measurements. A 60 inch coated one is best.



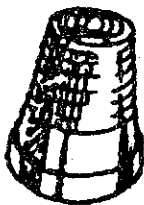
Shears: Used for cutting fabric.



Pins: Used to hold pieces of fabric together. Never use bent or rusty pins.



Thread: Should match your fabric.



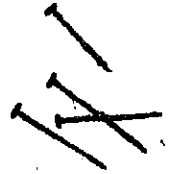
Thimble: Used when hand sewing to keep the needle from poking your finger.

# ACTIVITY I

Do this activity to see how well you remember the names of your sewing tools.



1. \_\_\_\_\_

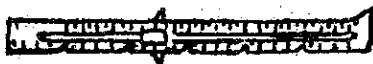


2. \_\_\_\_\_



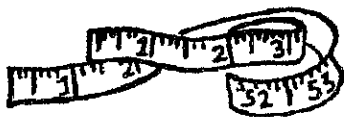
3. \_\_\_\_\_

4. \_\_\_\_\_

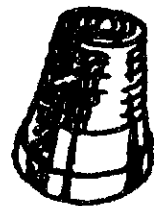


5. \_\_\_\_\_

6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



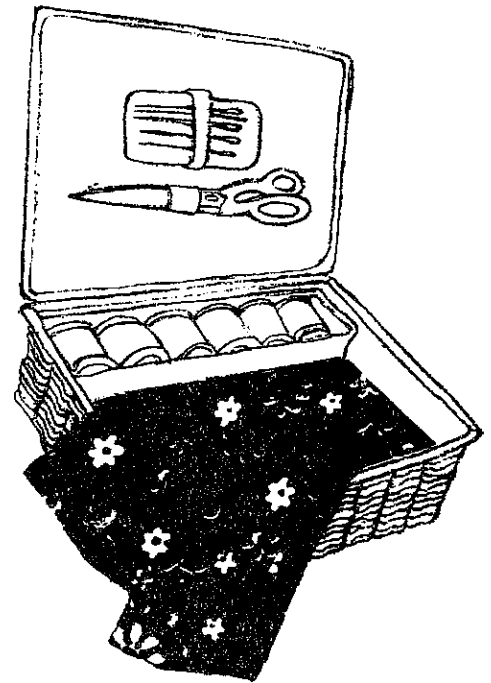
# YOUR EXHIBIT

Now it is time to start working on your exhibit for the fair.  
This year you will get to make your own sewing kit.

## MAKING YOUR SEWING KIT

What you will need:

- A sturdy school or pencil box
- Fabric
- White glue
- Decorations such as lace or rickrack



What you will do:

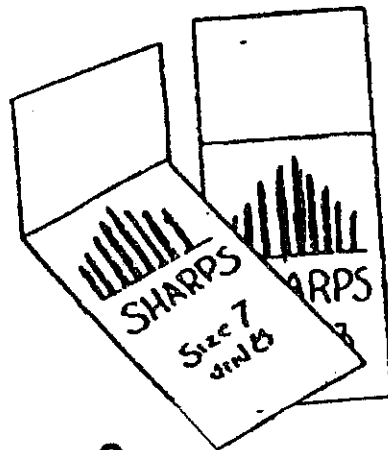
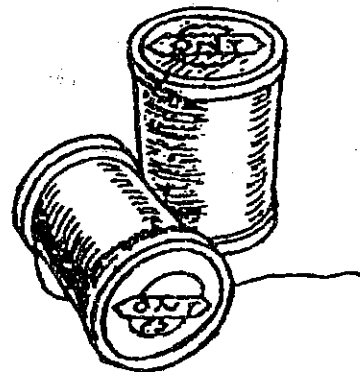
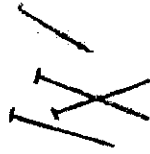
1. Cut your fabric to fit around the box.  
An adult may be able to help you with this. You can use fabric that you have at home or you can buy some at the store.
2. Glue the fabric to the box with the white glue.
3. Decorate your box any way you like. Be creative!

## ADDING YOUR SEWING TOOLS

Collect the following tools and put them in your sewing box. You can add others if you would like, but it is not necessary.

The tools you need are:

- One small pair of scissors
- A thimble
- A small ruler
- Needles (size 7 or 8)
- Pins
- A tape measure
- Thread
- A pin cushion





## FINISHING YOUR EXHIBIT

Your project is now ready for the fair. Fill out the exhibit tag on this page and attach it to the lower right hand corner of your sewing kit.

We hope that you have had a great time with this Mini 4-H project. Next year you will be able to enroll in Division II. If you have any questions about this project, please contact the Hancock County Extension Office at 462-1113.

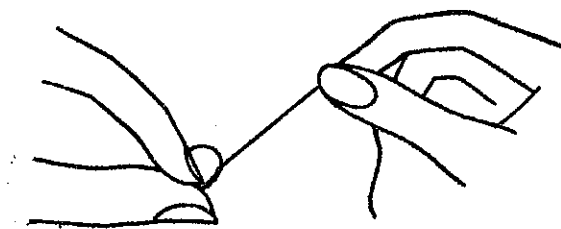
<p>Mini 4-H Sewing Division 1</p> <p>Name _____</p> <p>Age _____</p>	<p>Mini 4-H Sewing Division 1</p> <p>Name _____</p> <p>Age _____</p>
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## DIVISION II - 1<sup>st</sup> GRADE

This year in your Mini 4-H sewing project you will get to make a Cool Cat or Honey Bear felt animal. You will also learn how to sew a few basic stitches. As you learn these new stitches use the practice sheet in this book to practice them.

### TYING A KNOT

Tying a knot when you sew is a little different from tying a regular knot. Take a piece of thread and lay it across your middle finger. Hold both ends with the other hand, and twist your finger around two or three times. Then take the short end of the thread and stick it through the hole next to your finger. Take the loop off your finger, and pull both ends tight. You have made your knot. Use this type of knot at the end of a piece of thread to keep it from pulling through the material when you sew. Practice this knot until you can do it easily, then you will be ready to move on to the next step.



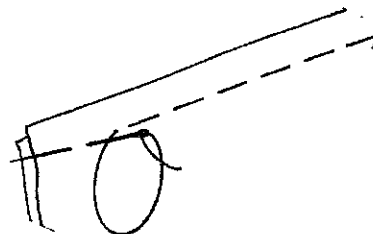
## DOUBLING THE THREAD

Thread your needle with your favorite color thread. Pull the thread through the needle until both ends are the same length. Hold the two threads together and tie a knot just as you did with one thread.

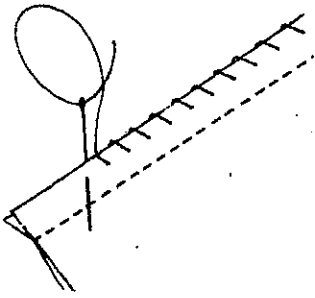
You have just made a double thread. A double thread keeps the needle from sliding off the thread when you sew. You should use a double thread when you sew Cool Cat and Honey bear.

## STRAIGHT STITCH

The straight stitch is done by sewing in and out of the material. On the practice sheet, bring your needle and thread up through the end of one of the lines. Stick the needle back through the paper at the other end of the line. You will use these straight stitches for Cool Cat's whiskers and mouth.



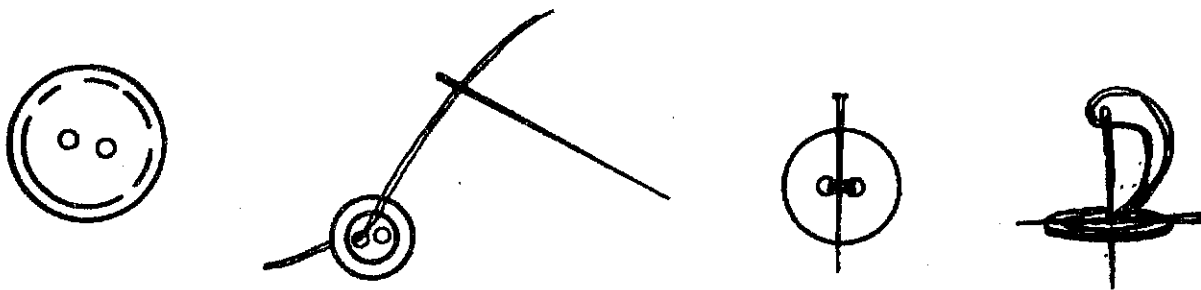
## OVERCAST STITCH



Use the overcast stitch on the edge of your material to keep it from fraying or to hold two pieces of material together. To make an overcast stitch put your needle in the edge of the material. Next bring the needle around the outside and stick it back through the material next to your last stitch. You can practice the overcast stitch on your practice sheet.

## SEWING ON BUTTONS

Bring the needle through the fabric from the underside and up through one eye of the button. Place a pin across the button between the eyes, then bring the needle down through the second eye and back into the fabric. Take about six stitches; then fasten the thread with two or three small stitches around the threads on the underside.



# YOUR EXHIBIT

Now it is time to make your Cool Cat or Honey Bear.

First you will need to decide which animal you want to make. If you have time, you can make both animals and show the best one at the fair.

## COOL CAT

What you will need:

- The pattern on page 17
- A 4 ½ in. by 9 in. piece of felt
- 2 large buttons
- 1 small button
- Thread that matches your felt
- Stuffing

What you will do:

1. Carefully cut out the pattern.
2. Fold your piece of felt in half.
3. Pin your pattern to the felt, and carefully use your scissors to cut around the pattern.
4. With a pencil lightly mark Cool Cat's eyes, nose, whiskers, and ears on one piece of felt.

5. Use the thread to sew on the two large buttons for Cool Cat's eyes and the small button for his mouth. Use straight stitches to make his nose, whiskers, and ear marks.
6. Place the face on top of the back head piece and pin the two together. Use overcast stitch to sew from one side of Cool Cat's neck to about three inches from where you started.
7. Stuff Cool Cat with stuffing and then finish sewing.

## HONEY BEAR

What you will need:

- The pattern on page 17
- A 4 ½ in. by 9 in. piece of felt
- 2 large buttons
- 2 small buttons
- Thread that matches your felt
- Stuffing

What you will do:

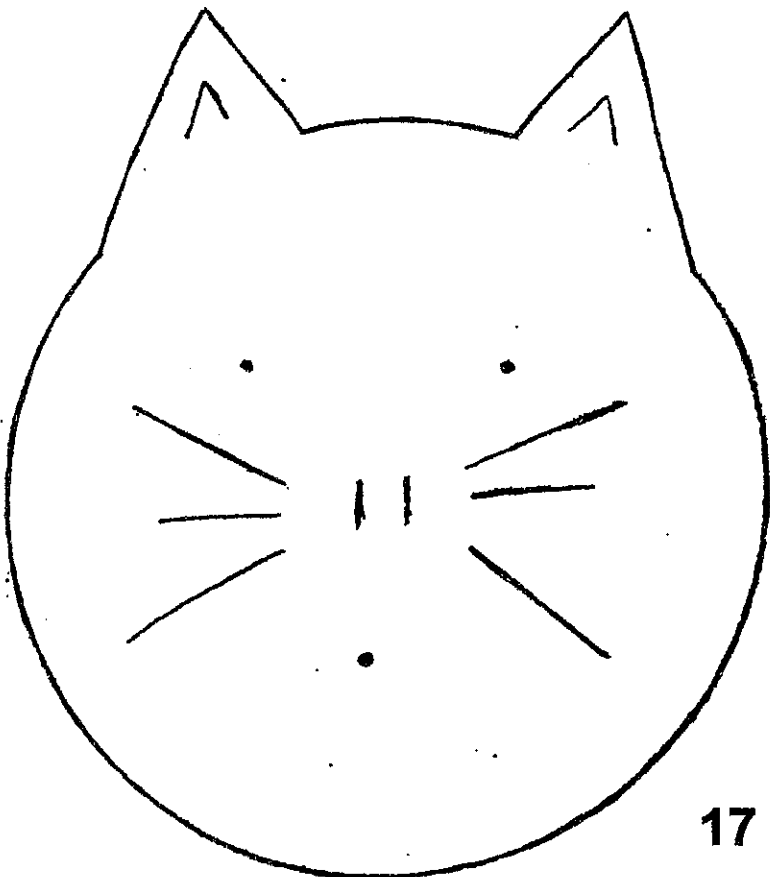
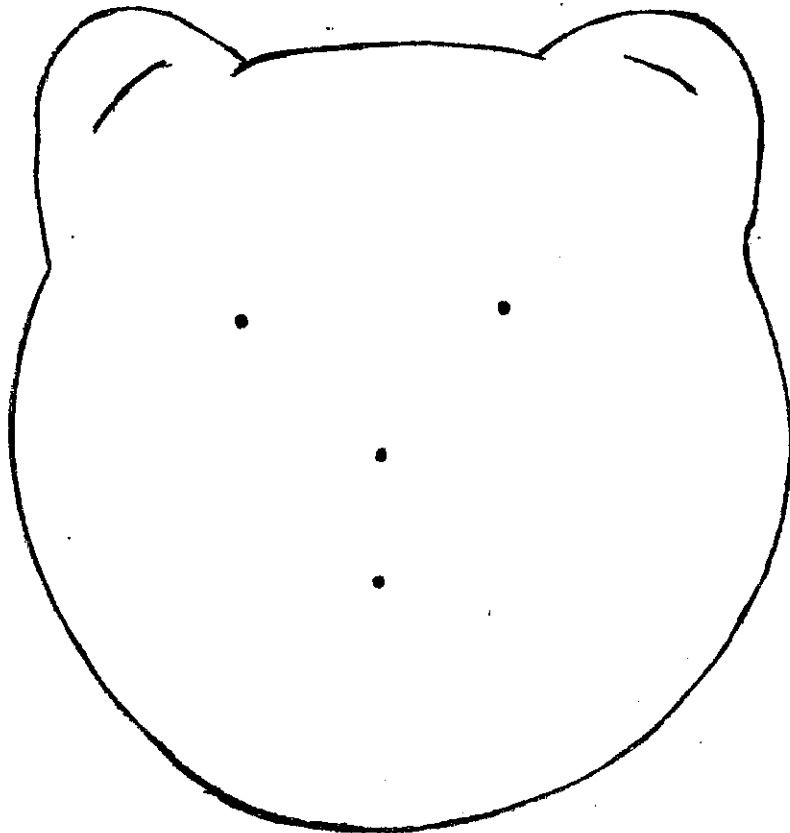
1. Carefully cut out the pattern.

2. Fold your piece of felt in half.
3. Pin your pattern to the felt, and carefully use your scissors to cut around the pattern.
4. With a pencil lightly mark Honey Bear's eyes, nose, and ears on one piece of felt.
5. Use the thread to sew on the two large buttons for Honey Bear's eyes and the small buttons for his mouth and nose. Use straight stitches to make his nose, and ear marks.
6. Place the face on top of the back head piece and pin the two together. Use overcast stitch to sew from one side of Honey Bear's neck to about three inches from where you started.
7. Stuff Honey Bear with stuffing and then finish sewing.

## FINISHING YOUR EXHIBIT

Your exhibit is now ready for the fair. Fill out the project label on page 17 and attach it to your animal with a safety pin. We hope that you have had a great time with this Mini 4-H project. Next year you will be able to enroll in Division III. If you have any questions with this project, please contact the Hancock County Extension Office at 462-1113.

# COOL CAT AND HONEY BEAR PATTERNS



Mini 4-H Sewing Division II Name _____ Age _____
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Mini 4-H Sewing Division II Name _____ Age _____
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## DIVISION III - 2<sup>nd</sup> GRADE

This year in your Mini 4-H sewing project you will learn about the basic parts of your sewing machine and make a pillow.

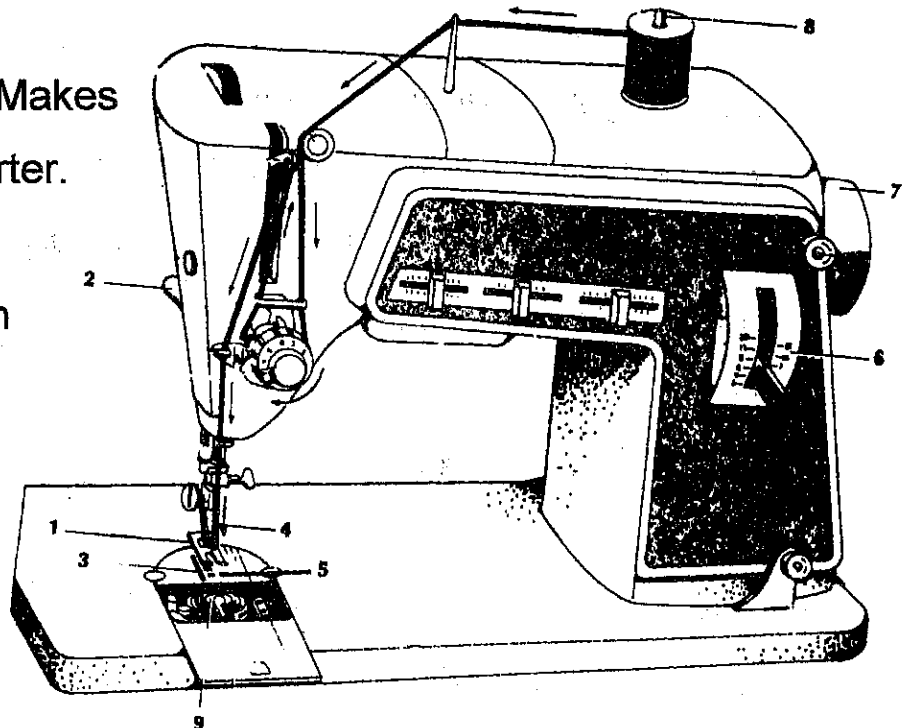
### PARTS OF YOUR SEWING MACHINE

1. Presser Foot: Holds fabric in place while you sew.
2. Presser Foot Lever: Raises and lowers presser foot.
3. Feed Dog: Small teeth that move the fabric as you sew.
4. Needle: Carries the top thread to make stitches.
5. Needle hole: Opening the needle goes through when it goes up and down.
6. Stitch length regulator: Makes stitches longer and shorter.
7. Balance Wheel: Helps needle run up and down smoothly.
8. Spool Pin: Holds the thread in place.

Not Shown:

Bobbin: Holds the thread for the bottom stitches.

Foot Pedal: Makes the machine go fast or slow.



## USING YOUR SEWING MACHINE

Practice will help you learn to use your sewing machine. Begin by running the machine without thread or material. Use the practice sheet in the back of this manual. First you will learn to sew straight lines. Put the needle through one end of the line. Next put the presser foot down and begin to stitch. Gently guide the paper with your hand. Do not push or pull; the sewing machine will naturally sew straight. Be careful to keep your fingers away from the needle.

Now, try turning a corner. Leave the needle in the paper, raise the presser foot and turn the paper. Then lower the presser foot and start stitching again. Practice stitching corners and curves. When you can stitch straight and curved lines and turn corners, try sewing with thread and fabric. Have an adult help you thread the machine and a bobbin. Then practice on scraps of material.

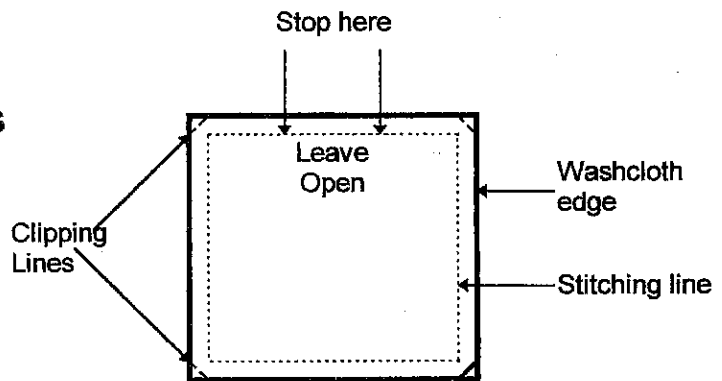
# YOUR EXHIBIT

For your exhibit in division three you can make either a throw pillow or a wash cloth pillow. Follow the directions below.

## WASH CLOTH PILLOW

What you will need:

- Two terry wash cloths
- Thread
- Stuffing
- Needle



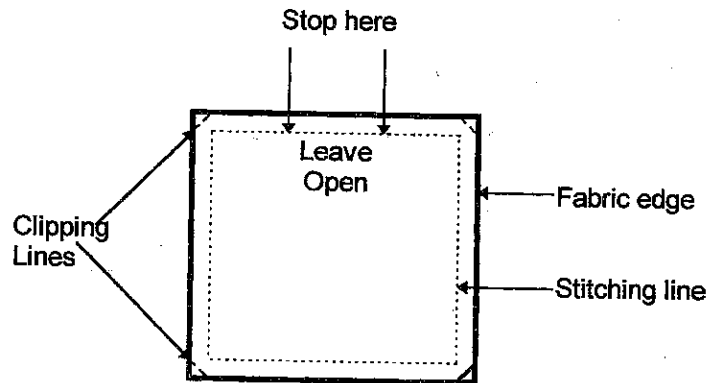
What you will do:

1. Place the right sides of your wash clothes together, and pin.
2. Using the sewing machine, stitch  $\frac{1}{2}$  in. from the edge of three sides of your wash cloths.
3. On the last side, stitch 1 in. from the edge, but leave a three inch hole.
4. Turn the pillow inside out.
5. Stuff your pillow.
6. Hand stitch the opening closed.

# THROW PILLOW

What you will need:

- Yardstick
- Brown grocery bag
- Scissors
- Fabric
- Thread
- Stuffing
- Needle



What you will do:

1. On your grocery bag, draw a 13 ½ in. by 13 ½ in. square. Carefully cut this pattern out on the line.
2. Fold your fabric in half and lay the pattern on it. Secure the pattern with pins and carefully cut around the pattern.
3. Place fabric right sides together.
4. Using your sewing machine, stitch 5/8 in. from the edge of the fabric. Sew around three sides of the pillow.

5. On the last side, sew it closed except for a hole four inches wide in the center.
6. Clip the four corners of the pillow as shown. Be careful not to cut through your sewing.
7. Turn your pillow inside out, and stuff it.
8. Now you can hand stitch your pillow closed.

## FINISHING YOUR EXHIBIT

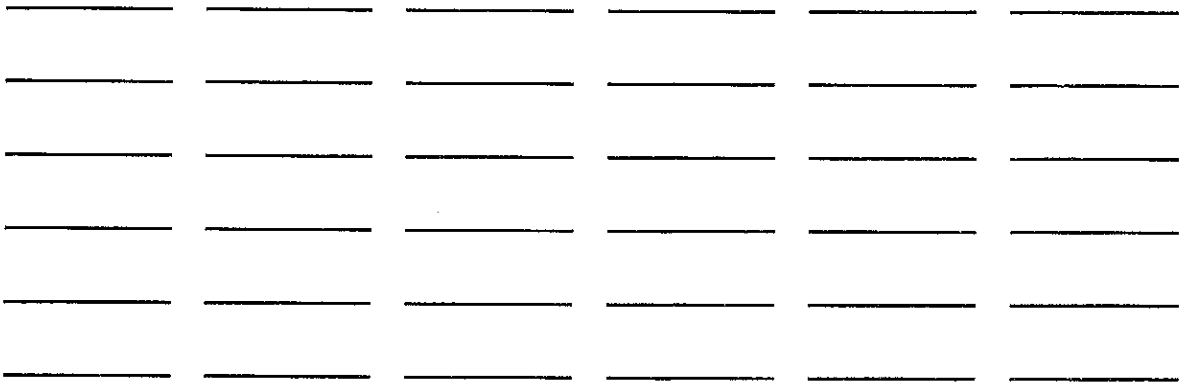
Your exhibit is now ready for the fair. Fill out the project label on this page and attach it to the bottom corner of your pillow with a safety pin.

We hope that you have had a great time with this Mini 4-H project. Next year you will be able to enroll in Division I of regular 4-H. If you have any questions with this project, please contact the Hancock County Extension Office at 462-1113.

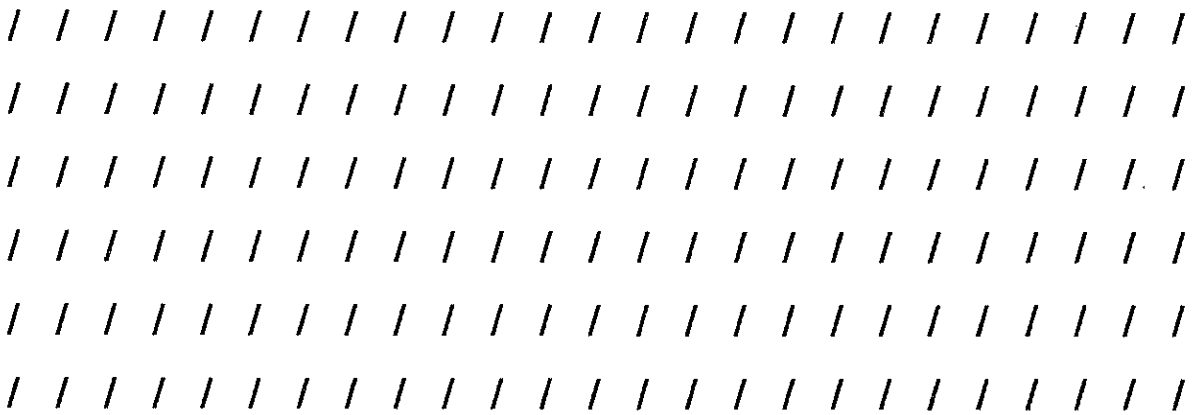
<b>Mini 4-H Sewing</b> <b>Division 111</b>  Name _____ Age _____	<b>Mini 4-H Sewing</b> <b>Division 111</b>  Name _____ Age _____
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# PRACTICE SHEET - DIVISION II

**Straight Stitch:**



**Overcast Stitch:**



**Sewing on buttons:**



# PRACTICE SHEET - DIVISION III

