



MINI 4-H SEWING

Welcome to Mini 4-H!

You are now a member of the 4-H family. You are a special person.

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

Mom, Dad or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for Mini 4-H'ers.

Here are some things to know about 4-H.

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

4-H Colors: Green and White

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

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

Display at the Fair:

Bring the sock puppet or pin cushion that you make to display. Don't forget to mark it with your name!

Some of the items you may need for Sewing, include:

- Pencil
- Crayons, colored pencils
- Marker
- Scissors
- Needles
- Thread
- Measuring Tape
- Ruler
- Pins
- Buttons
- Fabric pieces

Sewing is an important life skill.

You may someday need to know how to sew a button on your shirt, repair a hem, or stitch closed a hole in a pocket. In this project you will learn the basic skills needed for sewing. You will also begin assembling the equipment necessary for doing basic home sewing and repair work.

Step 1: General Sewing Terms.

Right side - This is the patterned side of the cloth, or the side that you want to show on the outside.

Wrong side - This is the back of the cloth, the un-patterned side, the side you don't want people to be able to see. Usually the wrong side of the fabric ends up on the inside of your sewing.

Seam - The line where the stitches hold two bits of cloth together.

Step 2: Thread.



I like to have a length of thread that's as long as my arm so I don't get in a tangle. You could have it shorter if you like, maybe if you are only doing a tiny bit of sewing.

1. Hold the reel of thread in one hand and the loose end in the other.
2. Put the hand with the reel under your chin.
3. Stretch your other arm out away from you as far as it'll go letting the thread unravel as you go.
4. Chop the thread next to the reel with sharp scissors so you get a nice blunt end for threading your needle.

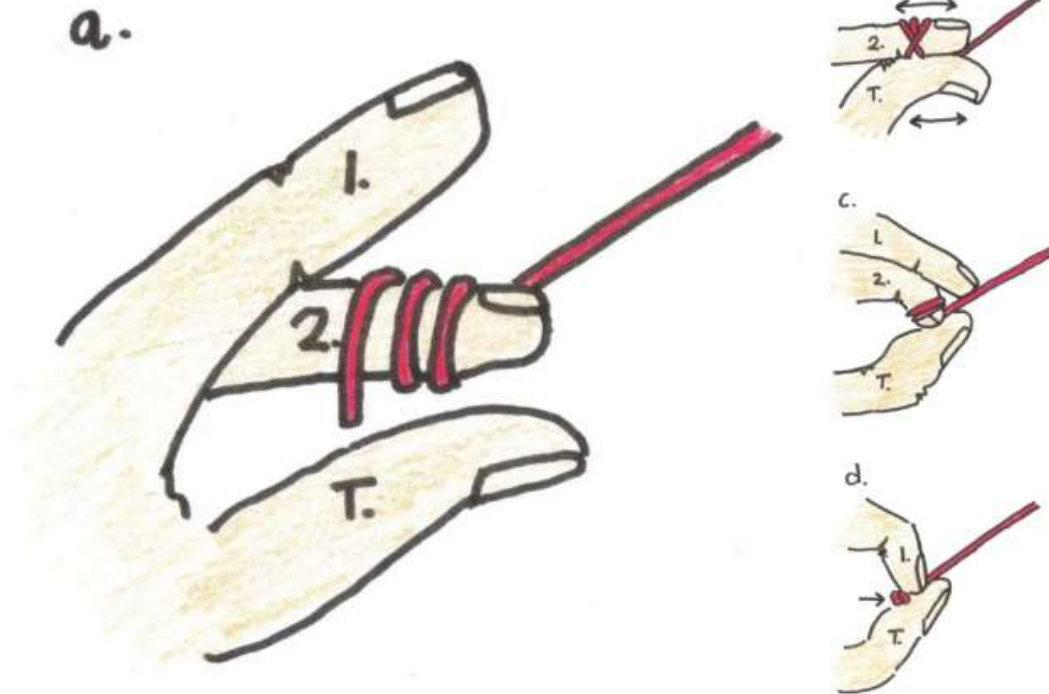
Single thread. (First Picture)

This is good to use if you are worried you might go wrong. It's really easy to take off the needle and unpick a few stitches, then just re-thread the needle and carry on. You need to watch out that you don't pull your thread out of the needle by accident while sewing though, or get the free end tangled up in the stitches. The arrow shows you where to tie the knot.

Double thread. (Second Picture)

I like to use double thread as it's a bit stronger, good for stuffed items. I love making stuffed items! The thread can't slide out of the needle while you are sewing, so you can maybe go a bit faster.

Step 3: Tying a Good Knot.a.



I tie knots this way but you can use your favourite way.

Some people don't tie a knot at all, they just do a few teeny stitches on top of each other to hold the thread at the beginning of their sewing.

I tie knots this way but you can use your favourite way.

Some people don't tie a knot at all, they just do a few teeny stitches on top of each other to hold the thread at the beginning of their sewing.

I like a knot though as it feels safer, especially if I'm going to stuff the thing and then play with it!

Key to diagrams:

1 = Index finger

2 = Middle finger

T = Thumb.

a. Wrap the thread a few times around your middle finger, keep hold of the other end in your other hand.

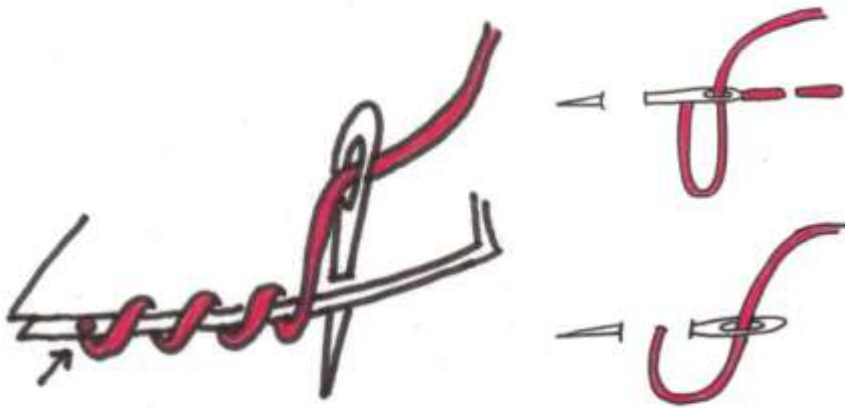
b. Rub your middle finger and your thumb together to tangle up the threads you wrapped around.

c. Work the tangle towards the end of your middle finger, bring in your index finger and run it down the thread towards the tangle ready to catch the tangle between your index finger and thumb.

d. Pull the thread gently with your other hand and slide the tangle off your middle finger. Use your index finger to pull the tangle to the end of the thread, hopefully making a knot!

When you are a beginner, this doesn't always work every time and it does take practice. It's worth it though as when you get good at it, you can tie big knots really fast. :D

Step 4: Stitches.



There are loads of different types of stitch, each one is good for a different thing, I only use a few.

Over stitch. (First Picture)

I use this stitch a lot. It's an easy one and it's quite strong too, great for sewing two halves of something together.

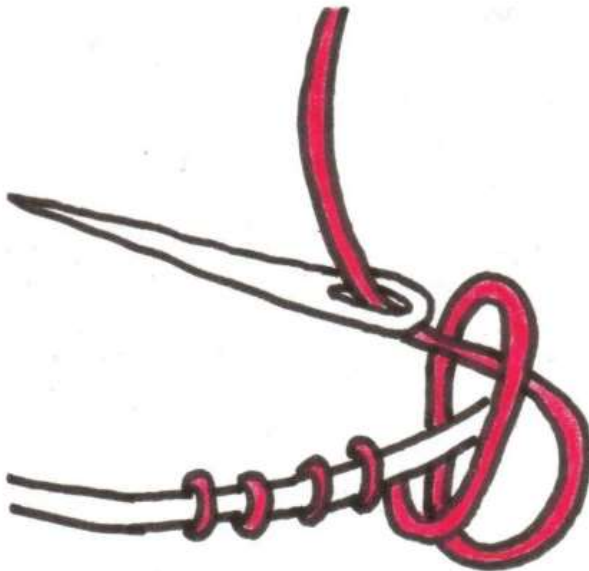
Running Stitch. (Second Picture)

This is a good one for quickly sewing a seam or for decorating with. You also can use it to gather up the cloth to get a ruffle effect.

Back stitch. (Third Picture)

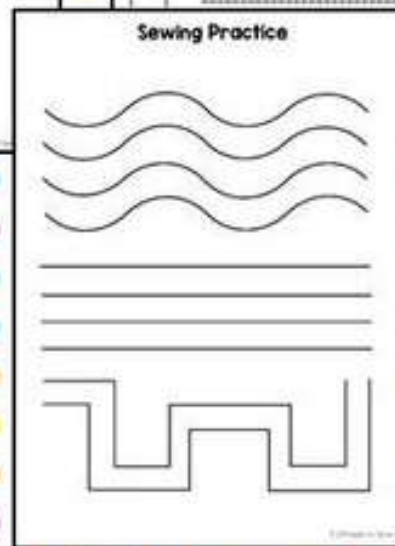
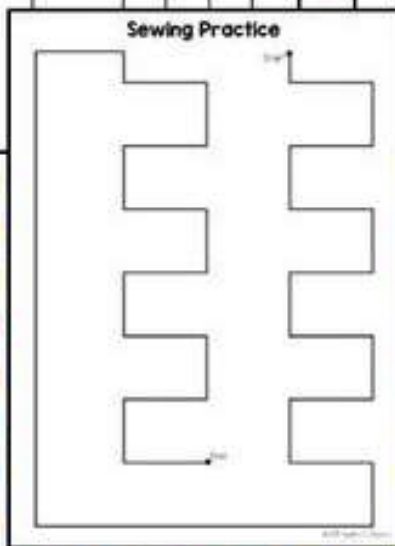
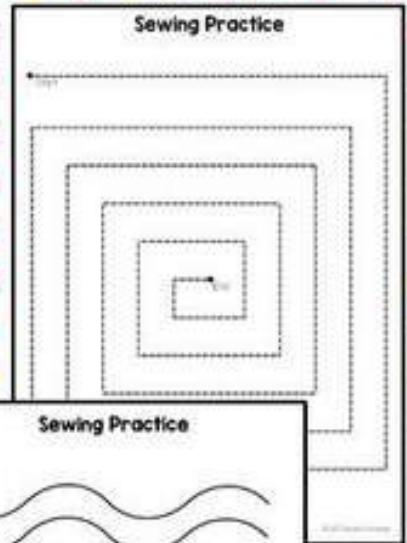
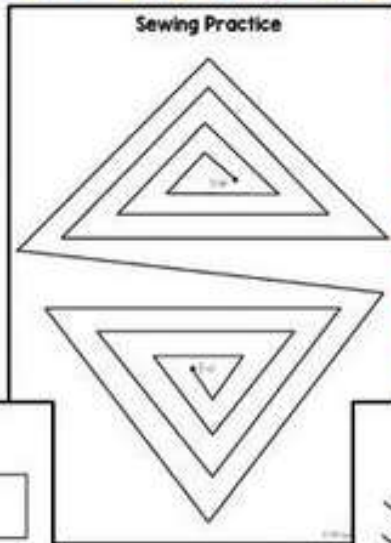
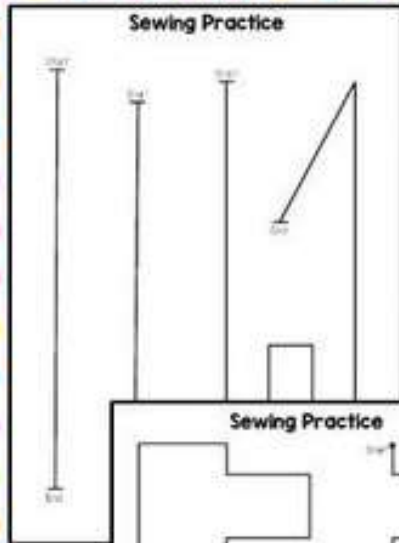
This is a good strong stitch to use when the seam you are sewing is going to get stretched or stressed. You might use it when making clothes or a purse, something that's going to be used a lot. It won't pucker or gather like running stitch will. It looks messy on the back but should look like a solid line on the front.

Step 5: Finishing Knot.



This is for when you get to the end of the bit you are sewing or if you think your thread might be running out and you want to get a new piece.

Sewing on Paper Practice Worksheets



32
pages





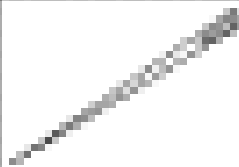
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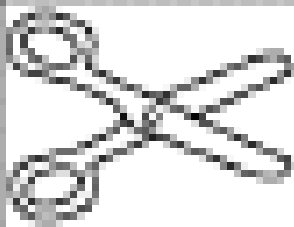
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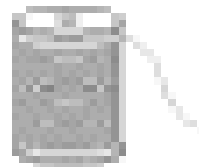
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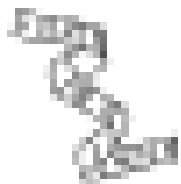
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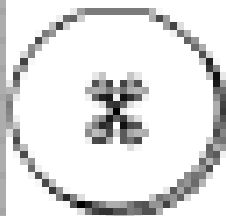
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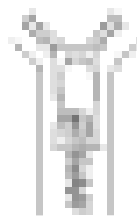
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npi
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tuntob



pepzir



A Stitch in Time

DIRECTIONS: Find and circle the sewing vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BOBBIN
BUTTON
CLOTH
CUT
DRESS
ELASTIC
FOOT
HEM
IRON
MACHINE
MEASURE
NEEDLE
PANTS
PATCH
PATTERN
PEDAL
PIN
PINKING
POCKET
RULER
SCISSORS

L	N	V	Q	S	V	K	G	S	R	F	S	E	C	V	Y	B	Z	N
N	O	R	I	H	S	H	A	A	I	P	T	O	L	L	I	S	F	I
L	P	U	K	F	E	E	Z	X	S	U	S	G	S	A	K	P	T	B
D	G	A	L	G	N	M	G	N	E	E	D	L	E	I	S	A	X	B
V	J	T	N	I	Z	P	I	N	K	I	N	G	R	H	P	T	Z	O
U	V	R	H	S	B	I	Z	Q	T	Z	M	T	B	E	U	T	I	B
N	M	C	E	X	D	B	P	R	H	Q	N	R	R	T	O	E	A	C
C	A	F	L	N	U	S	B	P	R	Y	S	M	L	H	I	R	C	M
M	U	Q	K	T	S	T	R	K	E	D	I	A	N	C	Y	N	A	S
A	Q	J	T	D	R	I	Q	L	A	R	D	T	I	T	O	B	W	P
E	V	O	E	V	K	T	Q	P	D	E	B	O	P	A	C	S	Z	A
S	N	O	J	R	P	C	L	M	P	Y	J	O	A	P	V	U	C	N
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H	G	R	Y	N	E	V	G	Z	V	O	W	D	R	E	S	S	Y	C
E	Q	T	U	Y	Y	A	X	C	J	Z	S	I	T	N	Q	D	L	G

SEAM
SKIRT
SNAP
STITCH
TAPE

THIMBLE
THREAD
ZIGZAG
ZIPPER



Tips for Sewing on Buttons

1. Using double thread, take 1 or 2 small stitches at the point where the button will be attached.



2. Hold a pin across the top of the bottom and take a stitch over it. Use 2-hole buttons.



3. Take several stitches over the pin & through the fabric.



4. Remove the pin, and bring the needle and thread through the fabric.



Make a Sock Puppet with your new button skill.

You will need a sock, 2 buttons, and any item to decorate (yarn, felt, more buttons, fabric, items to glue on like artificial flowers, emblems...)

Step 1: Place the sock on your hand and mark where the eyes (buttons) should go.

Step 2: Sew the buttons on your puppet.

Step 3: Customize it – make it your own!

Make a Pin Cushion

Use the skills noted above to make your own pin cushion.

You will need: 7-8 inch circle of fabric (you can use a small salad plate to trace the fabric out if you are unsure of the size), stuffing, 3-4 inch circle of felt, stuffing, optional (3-4 inch circle felt piece)

Step 1: Trace your plate on the wrong side of fabric and cut it out.

Step 2: Sew a running stitch around the outside edge of the fabric. These are big loose stitches and should be about a ¼ inch from the edge. When you are finished, pull the thread leaving a small hole to put in stuffing.

Step 3: Place the stuffing into the hole. Once it is stuffed. Pull the thread tight and tie it off. If you have a small piece of felt, sew it over where you had the hole.