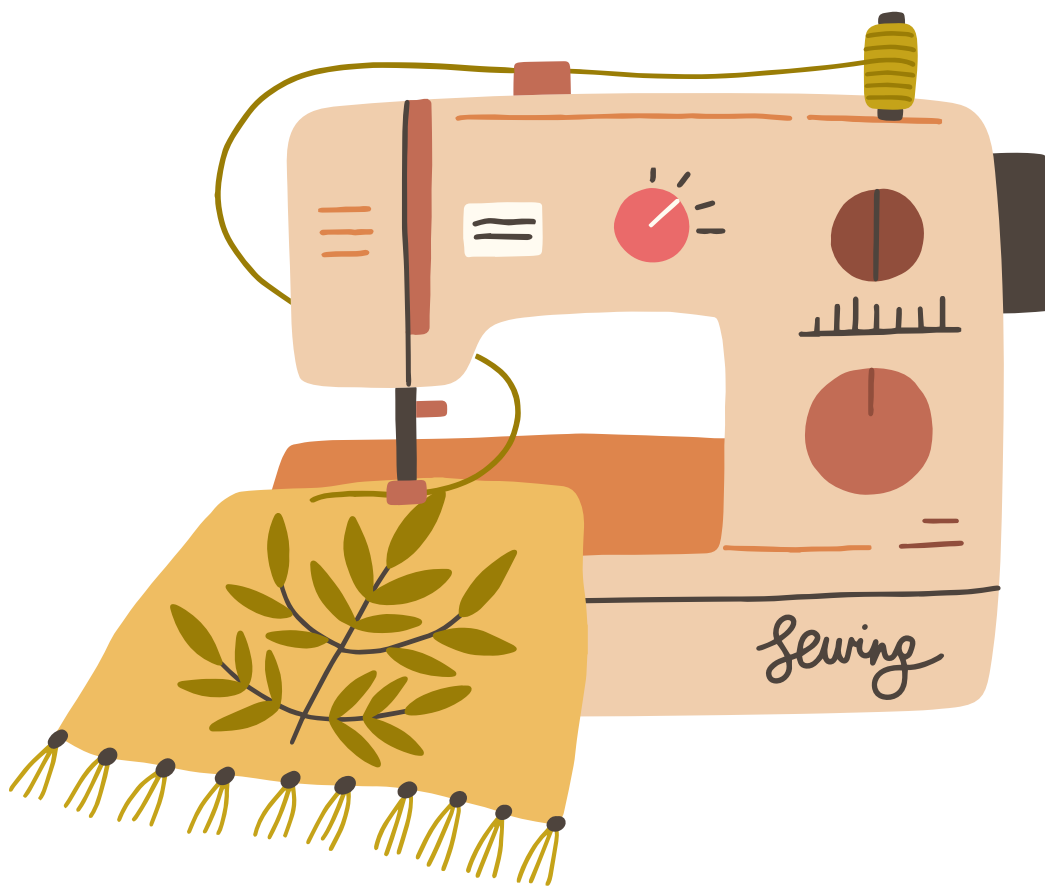


# Mini 4-H Sewing



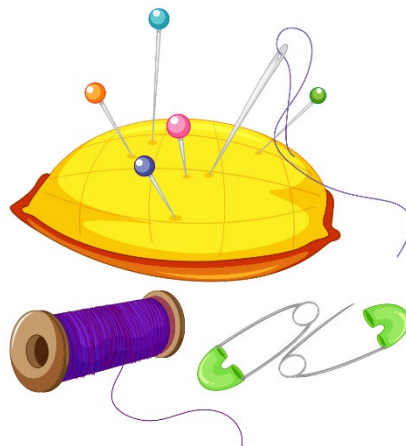
## Kindergarten, 1st & 2nd Grades

Purdue University is an equal opportunity/equal access/affirmative action institution.

## Mini 4-H Parent's Page

As a Mini 4-H parent, your job will be to guide and encourage your child through this project. We suggest that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is “Learn by doing” and is the best educational tool that we can provide for youth.

If you have any questions about this project, please contact Purdue Extension- Hancock County at 317-462-1113 or [hancockces@purdue.edu](mailto:hancockces@purdue.edu)



## 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.

An 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!

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.



## Mini 4-H Sewing

Welcome to the Mini 4-H Sewing project! If you like to create items out of fabric or enjoy sewing, this is the project for you! In this project you will learn techniques and tools to help you create a special project.

## 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.

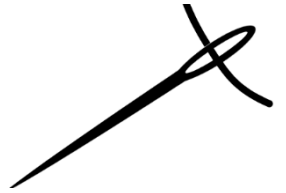


## Basic Sewing Tools

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



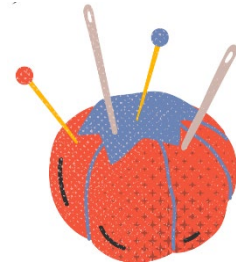
Needles: used for hand sewing. Use size 7 or 8.



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



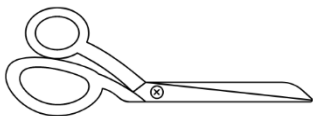
Pin Cushion: used to hold pins



Ruler: used to measure seams and hems

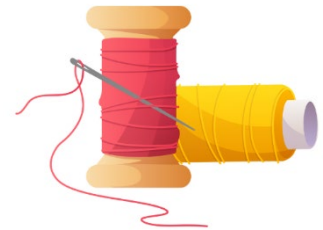


Scissors: used for clipping and trimm.



Shears: used for cutting fabric

Thread: should match your fabric



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

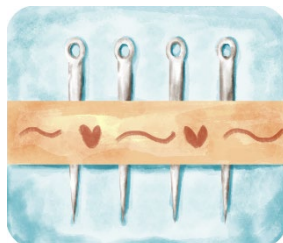


## Learning Stitches

Tying a knot- tying a knot while sewing 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 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. A double thread keeps the needle from sliding off the thread when you sew.

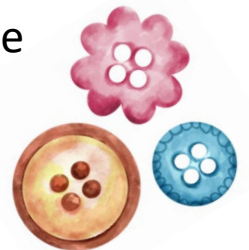
Straight stitch: the straight stitch is done by sewing in and out of the material. On a practice sheet, bring your needle and thread up through the end of one of the lines. Stick the needle back through the paper at the other end of the line.



## Learning Stitches

**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.

**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.



## Learning a Sewing Machine

Once you are in grade 2 you will learn about your sewing machine and be able to make a pillow. Here are some parts of your machine:

**Presser Foot:** Holds fabric in place while you sew

**Presser Foot Lever:** Raises and lowers presser foot

**Feed Dog:** small teeth that move the fabric as you sew

**Needle:** carries the top thread to make stitches

## Learning a Sewing Machine

Needle Hole: opening the needle goes through it goes up and down

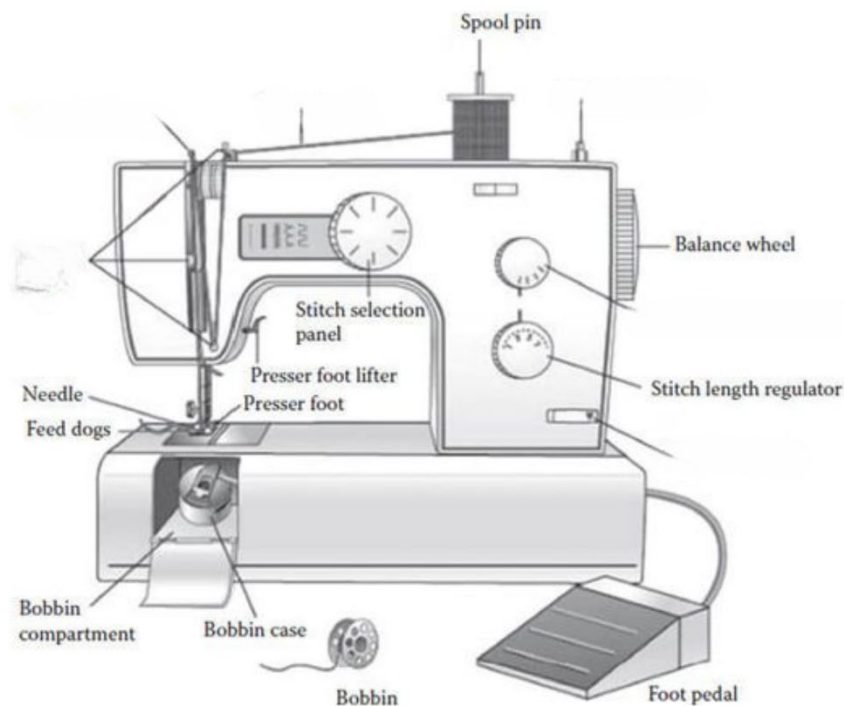
Stitch Length Regulator: makes stitches longer and shorter

Balance Wheel: helps needle run up and down smoothly

Spool Pin: holds the thread in place

Bobbin: holds the thread for the bottom stitches

Foot Pedal: Makes the machine go fast or slow



Practice using your sewing machine! Use the practice sheets at the end of the manual. Start by making straight lines, then start trying to turn corners. Have an adult help you thread the machine and bobbin. Practice on scrap material, before making your final project.



## Kindergarten Exhibit

This year you will make your own sewing kit! A few things you will need: a sturdy school/pencil box, fabric, white glue, and decorations (lace, rickrack, etc)

What to do:

- Cut your fabric to fit around the box. An adult can help!
- Glue your fabric to the box
- Decorate your box any way you like. Be creative!

Next, Add your sewing tools to your box. Some tools to include are:

- 1 small pair of scissors
- thimble
- small ruler
- Needles (sz 7 or 8)
- Pins
- Tape measure
- Thread
- Pin cushion



Be sure to attach a project tag on the right corner of your sewing kit.

## 1<sup>st</sup> Grade Exhibit

It is time to make your Cool Cat or Honey Bear! First you will need to decide which one you want to make. If you have time, you can make both and show the best one at the fair.

### Cool Cat:

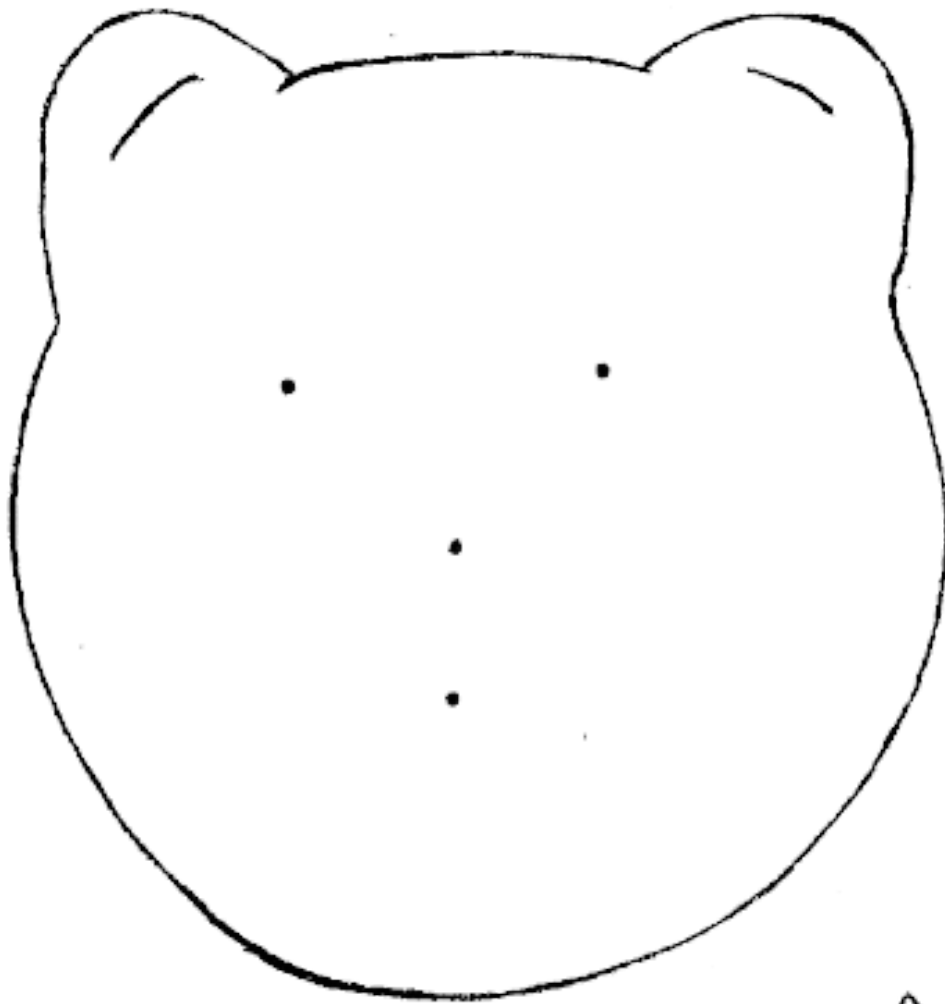
- Pattern from the back of the manual
  - 8 inches by 11 inches piece of felt
  - 2 large buttons
  - 1 small button
  - Thread that matches your felt
  - Stuffing
1. Carefully cut out the pattern
  2. Fold your piece of felt in half
  3. Pin your pattern to the felt, and carefully use your scissors 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 two large buttons for 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 an overcast stitch to sew from one side of the neck to about three inches from where you started.
  7. Stuff Cool Cat with stuffing and then finish sewing.
  8. Attach project label

## 1<sup>st</sup> Grade Exhibit

### Honey Bear:

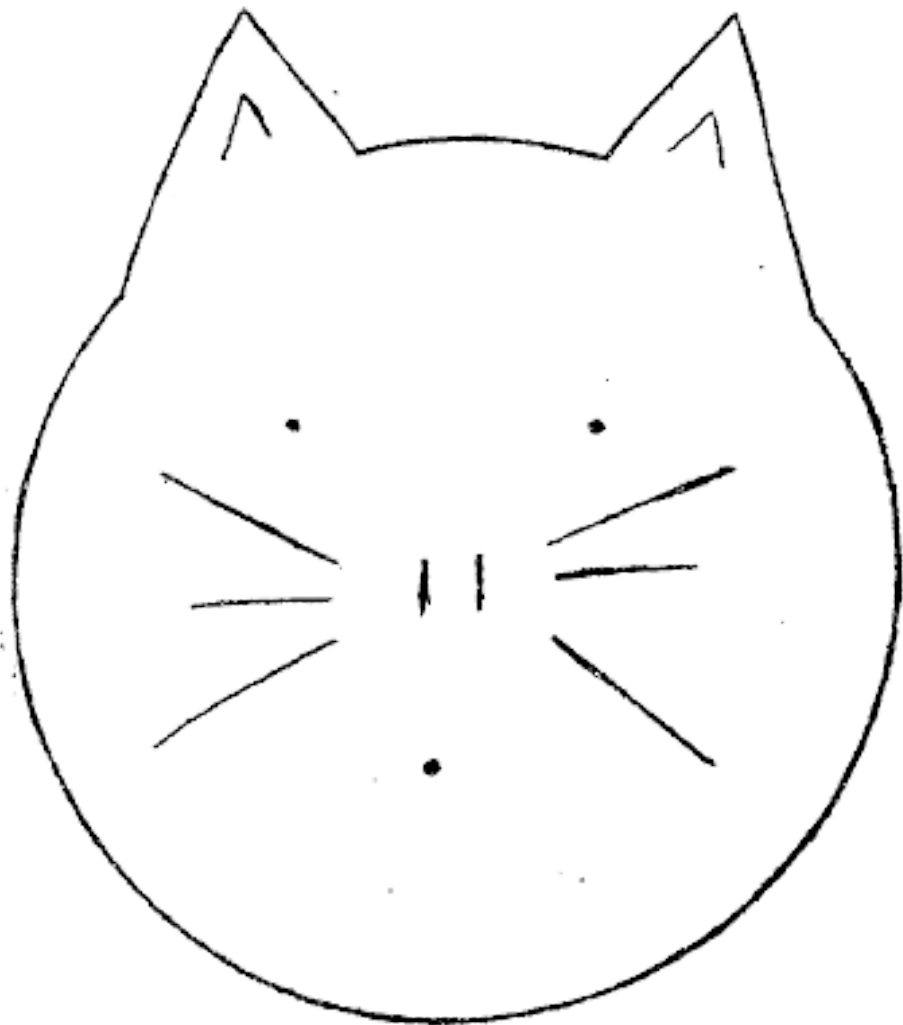
- Pattern from the back of the manual
  - 8 inches by 11 inches piece of felt
  - 2 large buttons
  - 2 small button
  - Thread that matches your felt
  - Stuffing
1. Carefully cut out the pattern
  2. Fold your piece of felt in half
  3. Pin your pattern to the felt, and carefully use your scissors to cut around the pattern.
  4. With a pencil lightly mark Honey Bear's eyes, nose, whiskers, and ears on one piece of felt
  5. Use the thread to sew on two large buttons for eyes and the small buttons for his mouth. Use straight stiches to make his nose and ear marks.
  6. Place the face on top of the back head piece and pin the two together. Use an overcast stitch to sew from one side of the neck to about three inches from where you started.
  7. Stuff Honey Bear with stuffing and then finish sewing.
  8. Attach project label





**Honey  
Bear**

**Cool  
Cat**



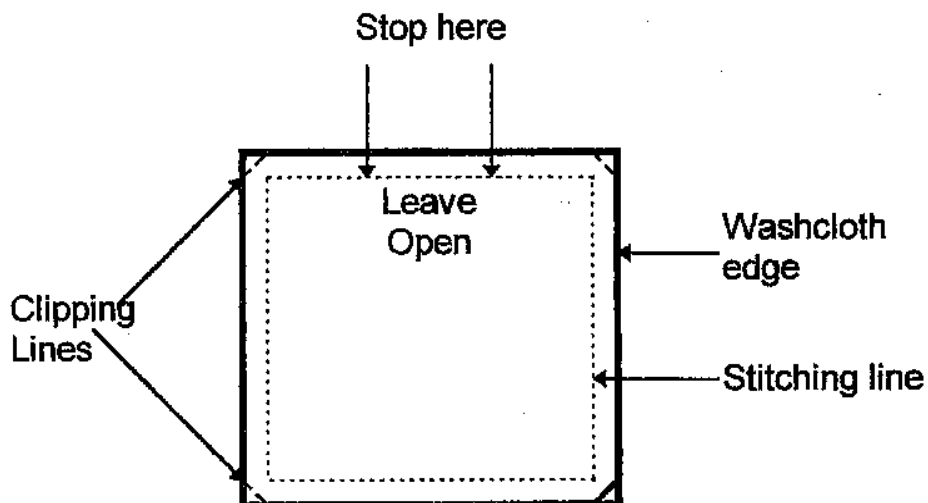


## 2<sup>nd</sup> Grade Exhibit

In this division you can make either a throw pillow or a wash cloth pillow. The directions are below

### Wash Cloth Pillow:

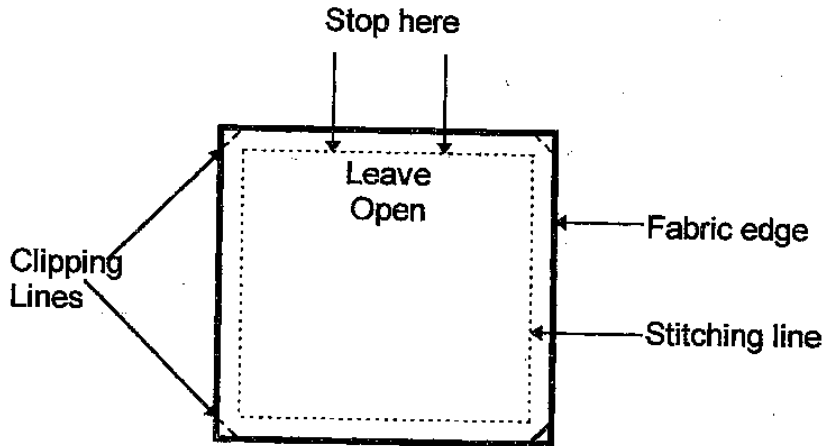
- Two terry wash cloths
  - Thread
  - Stuffing
  - Needle
1. Place the right sides of your wash clothes together and pin
  2. Using the sewing machine, stitch 1/2in from the edge of three sides of your wash cloths
  3. On the last side, stitch 1in from edge, but leave a 3in hole
  4. Turn the pillow inside out
  5. Stuff your pillow
  6. Hand stitch the opening closed



## 2<sup>nd</sup> Grade Exhibit

### Throw Pillow:

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

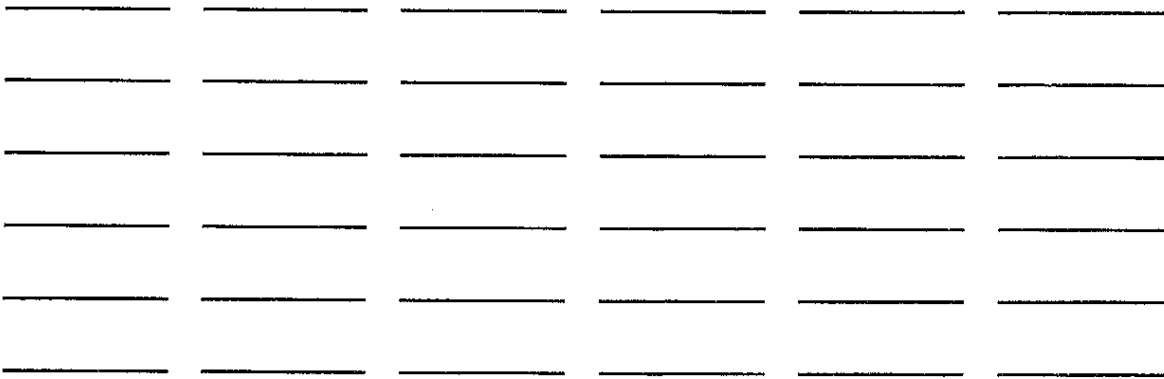


1. On your grocery bag, draw a 13 ½ by 13 ½ inch square. Carefully cut this pattern out on the line.
2. Fold your fabric in half and lay the pattern on it. Secure the pattern with pins and carefully cut around the pattern.
3. Place the fabric right sides together.
4. Using your sewing machine, stitch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

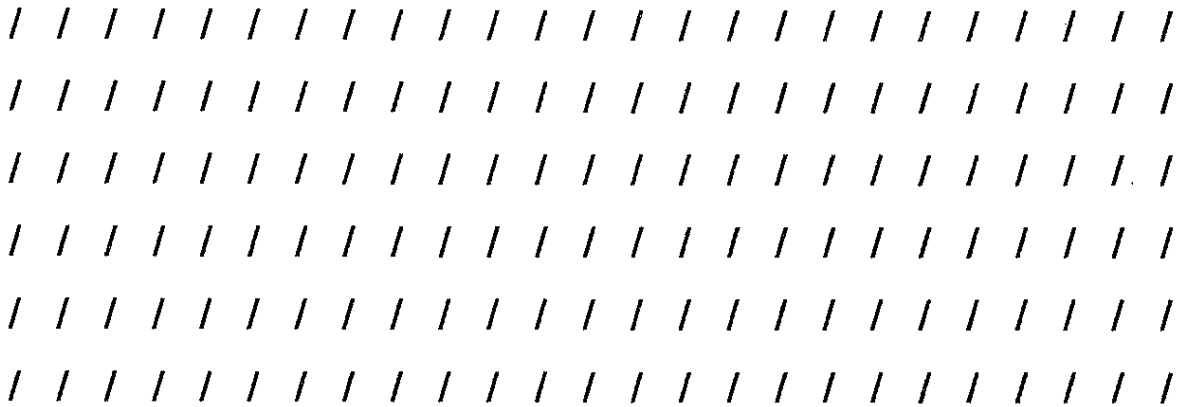


# PRACTICE SHEET - DIVISION II

Straight Stitch:



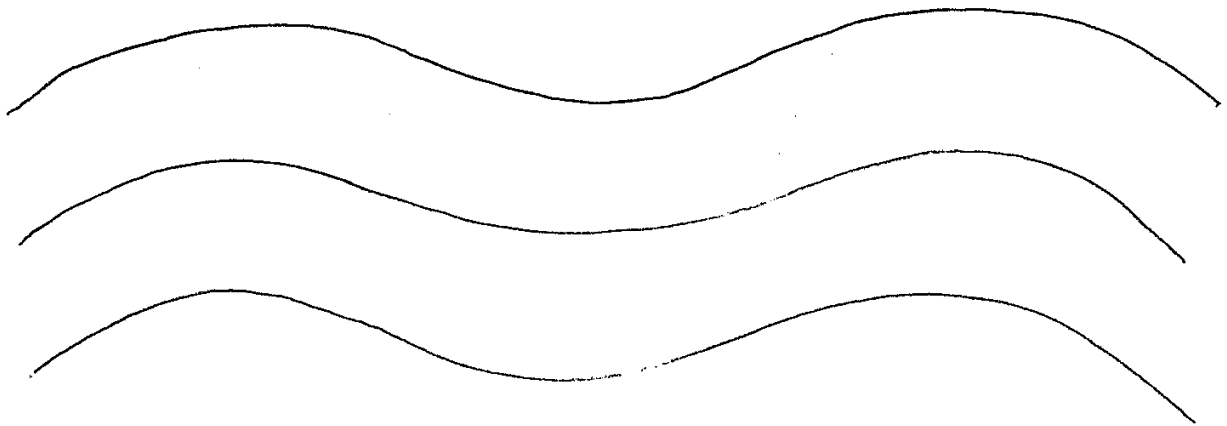
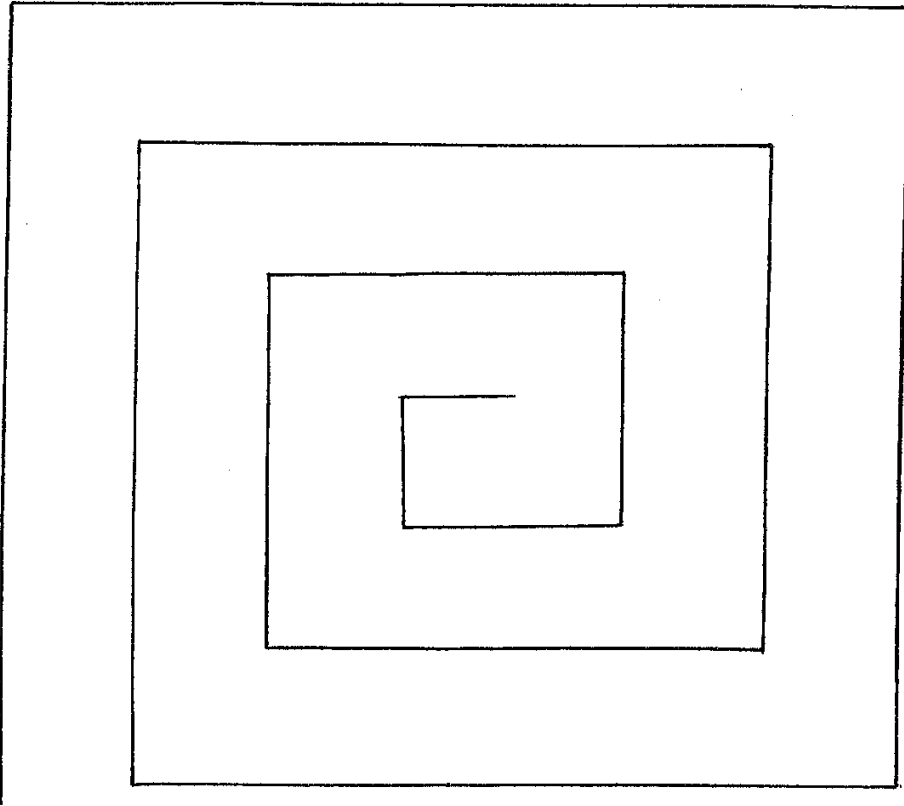
Overcast Stitch:



Sewing on buttons:



PRACTICE SHEET - DIVISION III



Mini 4-H

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Project: \_\_\_\_\_

Mini 4-H

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Project: \_\_\_\_\_

Mini 4-H

Name: \_\_\_\_\_

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Mini 4-H

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Mini 4-H

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Mini 4-H

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