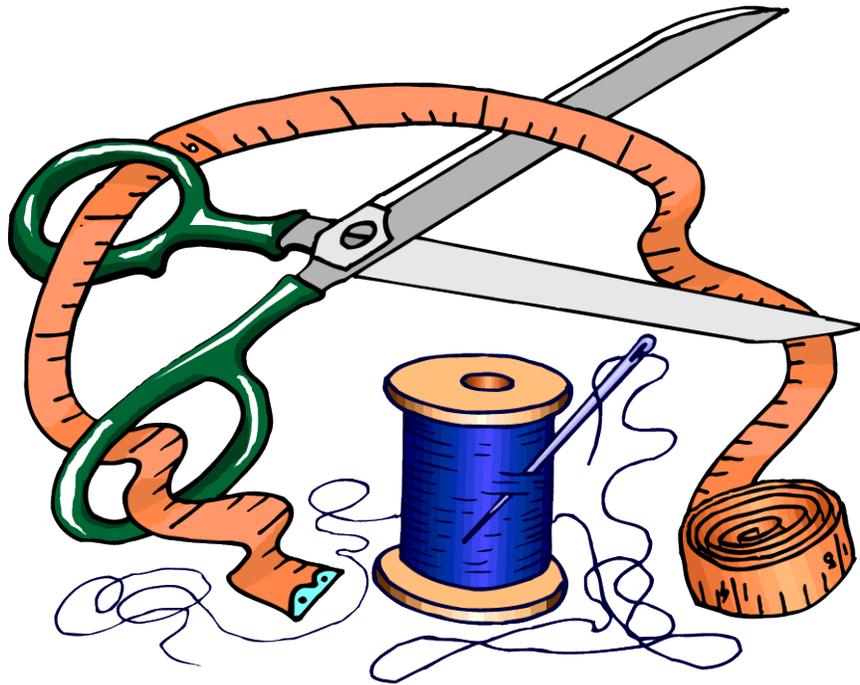


Mini 4-H Sewing



Mini 4-H Helper's Page

Welcome to the Johnson County Mini 4-H program! Mini 4-H is designed for youth to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when enrolling in Mini 4-H. This manual and the manuals on various other topics will provide fun age appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper your job will be to guide and encourage each child through the activities. A wide range of activities are provided to allow you to choose the ones most appropriate for the children you are working with. It is highly suggested 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. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information within this manual. Most children will choose to exhibit their project at the 4-H fair. The 4-H fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group.

Please help the child to bring their Mini 4-H project to the fairgrounds during the designated Mini 4-H judging time. Each exhibit will need a Mini 4-H exhibit tag and their Mini 4-H Project Record Sheet. Mini 4-H exhibits are non-competitive meaning they all receive a special Mini 4-H blue ribbon. Once the fair is over, be sure to pick up the project during 4-H Project Release.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact Purdue Extension Johnson County at **317-736-3724**.

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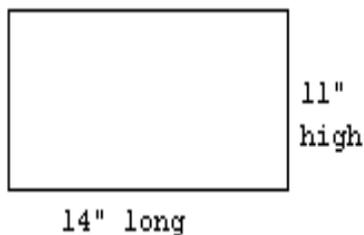
Mini 4-H Program Rules

The Mini 4-H program is designed to supplement and introduce kindergarten, first, and second graders to the Johnson County 4-H program.

RULES

1. Mini 4-H is open to any boy or girl who is enrolled in kindergarten, first, or second grade on January 1st of the current 4-H year.
2. Any Kindergartener may enroll in one (1) project.
Any first grader may enroll in one (1) or two (2) projects.
Any second grader may enroll in one (1) to four (4) projects.
3. Mini 4-H members are enrolled in the Mini Clovers 4-H Club, which is led by the Extension Educator & Volunteers. Meetings are not required, the project(s) will be done at home.
4. Mini 4-H projects include: Arts & Crafts, Bugs, Cookie Decorating, Collections, Flowers, Foods, Forestry, Horse & Pony, Livestock, Models, Sewing, Small Animals, and Wildlife.
5. Enrollment of Mini 4-H begins October 1st.
6. **ALL POSTER EXHIBITS MUST:**
 - A. Have a solid, stiff backing, which is 11" high by 14" wide.
This can be 1/4" plywood, HEAVY cardboard, foam board, or masonite.

Exception: Wildlife poster is 11"x 22".



- B. Be positioned **HORIZONTALLY**.
- C. Have a total exhibit board no larger than 11" high by 14" wide.
(Wildlife- 11"x 22")
- D. Be completely **COVERED BY A CLEAR PLASTIC** material.

Mini 4-H Sewing

Sewing can be a very fun activity, and in this project, you will learn how to do some basic hand stitches and learn how to use a sewing machine. You will want to have a parent or another adult help you with this project.

REQUIREMENTS AND WHAT TO EXHIBIT: GRADE K

1. Read this instruction manual and prepare your sewing tools.
2. Practice the 3 hand stitches shown in the manual.
3. Make Kool Cat and Honey Bear and exhibit the one, which you think is best, at the fair.
4. Attach your name tag to your exhibit. You may use the name tag printed at the bottom of the page.
5. Bring the record sheet found in the back of this manual, and your project to the fair.

REQUIREMENTS AND WHAT TO EXHIBIT: GRADE 1

1. Learn the parts of your sewing machine.
2. Practice sewing on the “Practice Page” in this manual.
3. Make a Bean Bag and Stuffed Pillow. Take the pillow to the fair to exhibit.
4. Attach your name tag to your exhibit. You can use the name tag printed at the bottom of the page.
5. Bring the record sheet found in the back of this manual, and your project to the fair.

REQUIREMENTS AND WHAT TO EXHIBIT: GRADE 2

1. Learn the parts of your sewing machine.
2. Practice sewing on the “Practice Page” in this manual.
3. Make a basic wearable piece, such as a tie belt or scarf.

4. Attach your name tag to your exhibit. You can use the name tag printed at the bottom of the page.
5. Bring the record sheet found in the back of this manual, and your project to the fair.

NAME _____
GRADE (as of January 1) _____
SCHOOL _____

Mini 4-H'ers Page

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

Here are some things to know about 4-H:

The 4-H Symbol: A four leaf clover with a "H" on each leaf

The 4-H Colors: The 4-H colors are green and white. The four-leaf clover is green and the "H" in the leaf is white.

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

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,

I promise to use my head to make good choices.

My **HEART** to greater loyalty,

I promise to use my heart to be a good friend.

My **HANDS** to larger service,

I promise to use my hands to do helpful things for others.

And my **HEALTH** to better living,

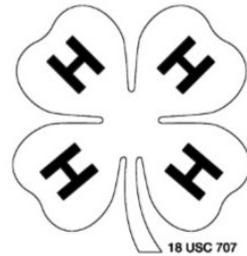
I promise to take care of my body and to show others to live in a healthy way.

For my club, my community,

I promise to help my group, my community,

My country, and my world.

my country, and my world be happy and safe for everyone.



Mini Sewing

Preparing Your Supplies

Get ready to learn how to sew!! The first thing we need to do is to prepare our supplies. There are going to be quite a few things that you are going to need so the first thing you should find is something to hold all of the supplies in.

1. You will need a **SEWING BOX!** This can be anything from a shoebox to a basket. It can be almost anything. Just make sure that it is big enough to hold all of your sewing tools, and has a lid so nothing falls out!
2. Next you will need **NEEDLES** and **PINS!!** Each comes in many different kinds and sizes.



Needles come in lots of sizes from 1 (BIG) to 12 (little). The best for us is 7, 8, or 9!!



We want rustproof dressmaker pins in No. 15, 16, or 17!! Some have flat metal heads, while some have colored heads!!

3. Next we will need **PINCUSHIONS!** This gives you a place to put the pins so they do not fall on the floor.



Be sure your pins can be stuck in easily. Some pincushions attach to your sewing machine, some can be worn on your wrist, and some can just sit there. Just choose the one you like best!

You might be wondering why some pincushions have what looks like a strawberry attached to it.

4. That “strawberry” is called an **EMERY BAG**. You can polish rusty or sticky needles with it. Just do not leave them there.

5. If you are going to be doing hand sewing, (which you will) you might want a **THIMBLE** in your kit. A thimble helps push the needle through the fabric without hurting your finger. Thimbles also come in different kinds. Some are metal, some plastic, and some are made out of leather and fabric.



To use the thimble place it on your middle finger of your sewing hand.

6. Next you will need **THREAD**, and guess what, there are lots of different kinds and sizes of thread too! You will need a spool to practice your hand and machine stitches. Numbers 50 and 60 are used most often for both types of sewing. They can be found in mercerized and cotton wrapped polyester core threads.

HINT: Thread always looks darker on the spool. A darker shade will look lighter when you sew.

Now you need some “tools” in your sewing box.

1. A **Measuring Tape** is your first tool. This is usually 60 inches long.

HINT: If you see this symbol ” after a number that means inch!



Make sure the number 1 is at opposite ends of your tape measure. (It should have numbers on both sides.)

2. A **Measuring Gauge** is your next tool. This is usually 6 inches in length and is made of metal.

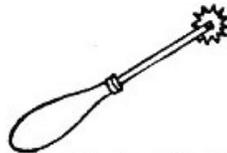
This metal gauge will let you measure and check short distances quickly.



3. The next few “tools” are different ways to mark your sewing.

A. **Tailor’s Chalk or Chalk Pencil:** These make thin lines and brush off easily.

B. **Tracing Paper and Wheel:** Paper comes in lots of colors choose one that is different than your fabric.

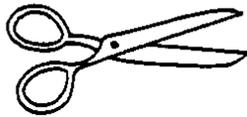


Tracing Wheel

C. **Magic Marking Pen:** The marks you make will disappear when water is applied.

4. The last set of “tools” to go into your sewing kit will be your cutting tools.

A. **Scissors:** They need to be 3-6 inches long. They are used for clipping threads, and trimming seams.



B. **Shears:** These are bigger 6-12 inches long. They also have two sizes on the handle. The small round hole is for your thumb and the other larger side is for your other fingers.



Remember to always be careful because all scissors are sharp!!

Getting Started

Now that you have all of your supplies ready there are just a few things to remember:

1. Make sure your hands are clean so that your fabric does not get dirty.
2. Choose a chair and table where you can comfortably work.
3. Make sure you have good light.
4. Handle your work with care.
5. Smile!! Sewing is hard at first, but it gets easier.

Threading the Needle:

This might be something an adult might have to help you with for a while. If you keep practicing you will soon be able to do it by yourself.

How To:

Hold the needle in one hand. It is usually easier to hold it in the hand that you do not use to write with. Then while holding the thread in the other hand try to stick the end of the thread through the hole, called the “eye” of the needle and knot the other end of the thread so it does not fall out.



Beginning to Sew:

How To:

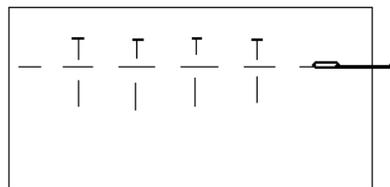
Hold your needle between your thumb and your first finger. Put your thimble on your middle finger, and you are ready to make your first stitches.

Now that your needle is threaded and you know how to hold it, let's learn three basic stitches that we will use when sewing by hand.

1. **Basting:** This stitch will hold 2 pieces of material together until you sew it with your machine.

How To:

1. Pin your pieces of fabric together.
2. Make sure your thread has a knot in the end so that you do not pull the thread all the way through the fabric.
3. Work from right to left unless you are left-handed, then work the other way.
4. Push the needle down through the fabric, and bring it back up about 1/2 of an inch from where you started.
5. Now practice all the way across the fabric. Keep your stitches even with the edge.
6. Practice with a few more rows.

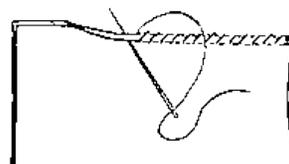


Whip or Overhand: This stitch will make your seam strong.

How To:

1. Match the 2 seam line edges together.
2. Pin them together.
3. Make sure the thread has a knot in the end so that you do not pull the thread all the way through the fabric.
4. With your needle slanted take the thread over the edge of the fabric and pull back through.
5. Try to keep the stitches the same size, the same slant, and the same distance apart.

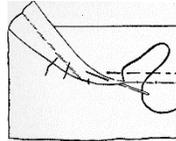
This one is a little tougher so make sure you PRACTICE!!!



Slip Stitch: You use this type of stitch when you don't want your stitches to show.

How To:

1. Pick up one thread from the bottom piece.
2. Push your needle through the fold on top.
3. Pick up one thread on the bottom.
4. Keep doing this until the row is done.



Place your sample of hand basting
Here!!

Place your sample of whip stitch
Here!!

Place your sample of slip stitch
Here!!

Sewing on Buttons

How many times have you lost a button? If you are going to replace your button you need one that matches the rest of the buttons on your shirt.

If you are putting new buttons on something- find ones that look pretty on your fabric.

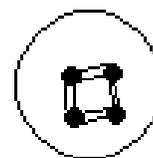
There are many different kinds of buttons, but first you will learn how to sew on a button with two or four holes.



How To:

1. Mark where you want the button to go with one of the marking tools you have in your kit or with a double knotted thread make several small stitches where you want your button.
2. Place your button in the spot you have marked. Bring the needle up through one of the holes and push the needle back through the other hole.
3. After you have made your first stitch place a pin underneath the stitch. This will keep the button from being sewn on too tight.
4. Now make three or four more stitches down through your material, and then back over the pin. After you have done this you can remove the pin.
5. Pull your button up from your fabric and wrap your thread around the “shank” this is the thread under the button. Push your needle through the material and make a knot.

The top of your button, after you have sewn it on can look like one of the following.



The other kind of button you might use has no holes at all! It is called a SHANK button. There is a small loop underneath the button.

How To:

1. You begin to sew on a shank button in the same way you sew on a two or four hole button.
2. You then make several stitches through the loop “shank” of the button.
3. Pull the needle through the fabric and make a knot on the underside.

Now that you have learned how to do the three basic stitches and how to sew on three different kinds of buttons it is time for you to try to make something.

Remember what you learned about getting started. There are five things that you should always do before you begin sewing. Just a reminder:

1. Wash your hands so that your fabric stays clean and you will have a clean beautiful finished project.
2. Sit at a table that you can easily reach, and in a chair that you are comfortable sitting in.
3. Make sure you have good light.
4. Handle your work with care to avoid rips in the fabric.
5. SMILE!!! If you begin to get frustrated take a break for a few minutes and come back. Sewing is not easy, it takes some practice.

Kool Cat and Honey Bear

TO CUT OUT KOOL CAT AND HONEY BEAR:

Cut out the patterns carefully. Place the pattern found on the next page, on the felt and trace around the pattern with a pencil. Cut out the pattern that you have just drawn on your felt. Draw in the lines for where the ears, whiskers, eyes, nose and mouth are to go.

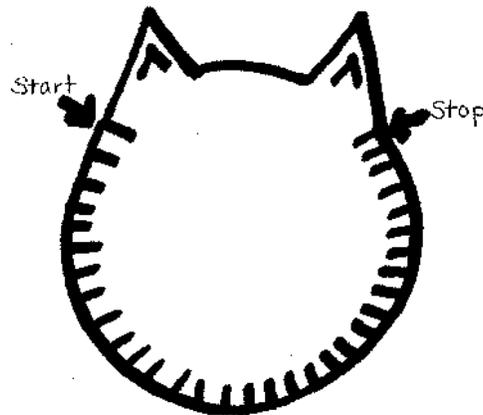
For Kool Cat, thread your needle with black thread, and knot the end. Using straight stitches sew the whiskers, nose, and ear marks. Sew on buttons for the eyes and the mouth. Place the face on top of the back of the head. Holding these pieces together, use the whip stitch on page 32 to sew them together. Sew from the bottom of one ear around to the bottom of the other ear.

Honey Bear has straight stitches in his ears, and buttons for his eyes, nose and mouth. His face and back of the head are sewn together like Kool Cat's.

For the sewing project, you are required to make both of the animals and complete the project manual record sheet found in the back of the manual. Your exhibit will be the animal which you think you did the best on!!!

DO NOT STUFF!!!

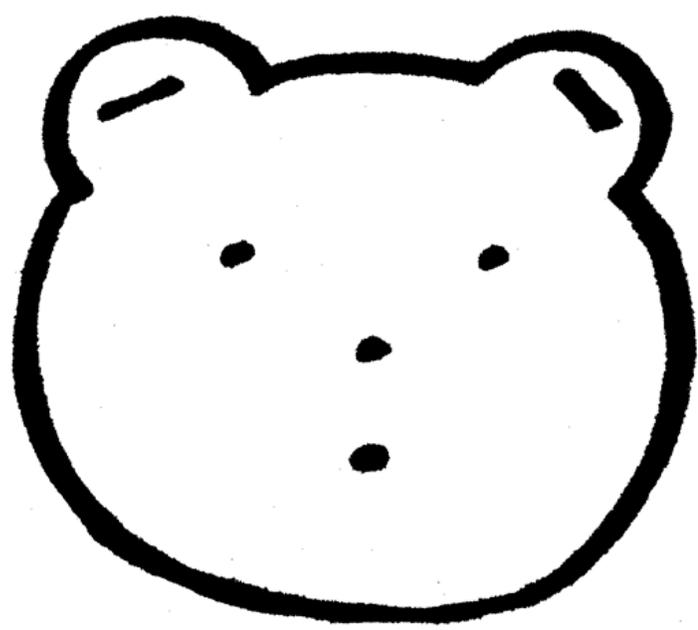
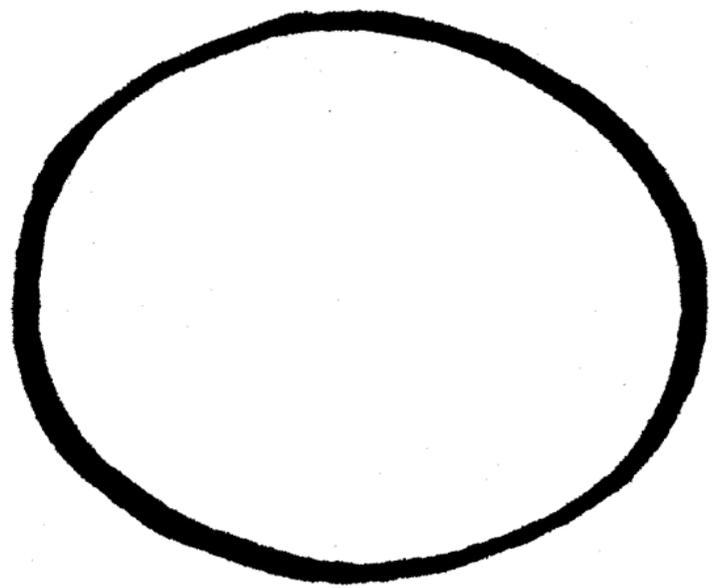
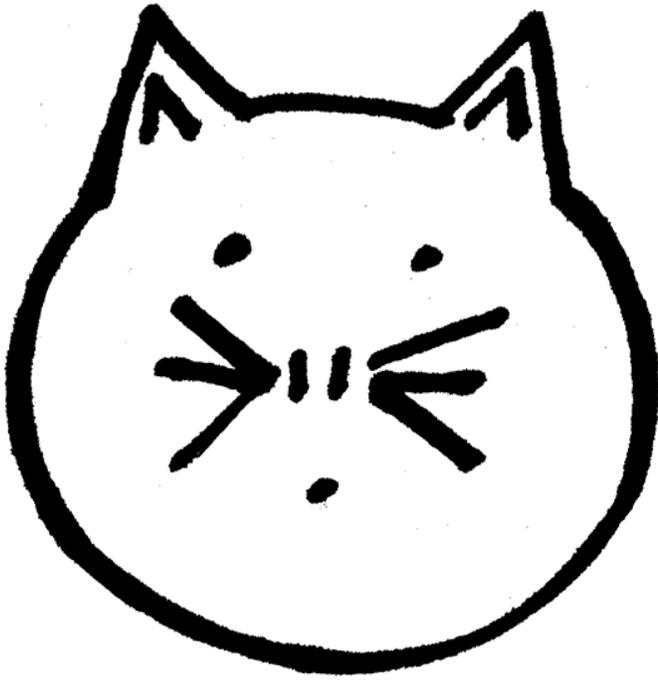
EXAMPLE



Materials Needed:

Kool Cat: Felt 4"x 9", Buttons: 2 large, 1 small, thread to match felt and black thread.

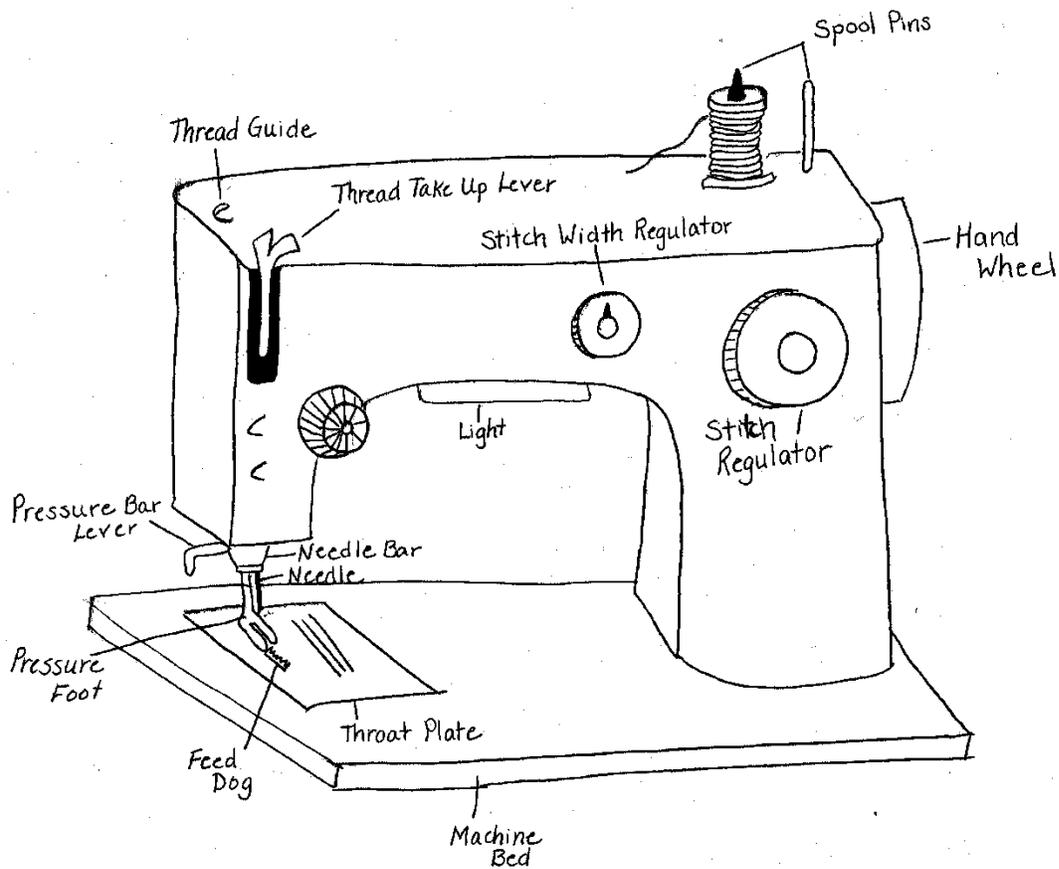
Honey Bear: Felt 4"x 9", Buttons: 2 large, 2 small, thread to match felt and black thread.



GRADE 1 & 2 - LET'S USE THE SEWING MACHINE

Let's meet our machine and learn the parts. Let's get an adult to help us here! There are LOTS of parts and most machines are different.

Basic Parts of a Sewing Machine



Practicing

Have an adult show you where the seam guide is underneath the pressure foot. If you do not have this guide on your machine, you can easily mark the 5/8 position with a piece of bright colored tape.

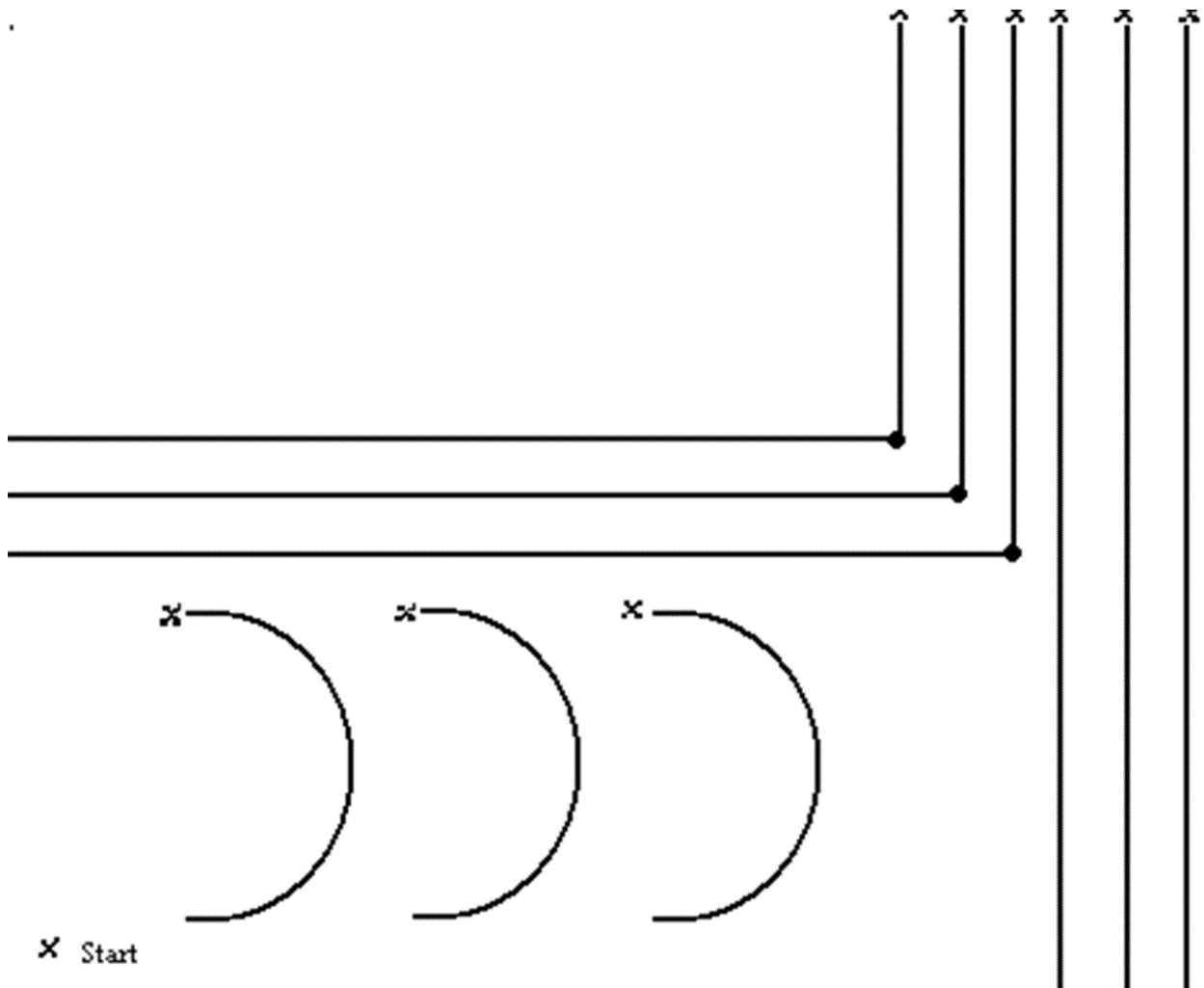
Before you start to sew on material, take the practice sheet out of this book, and **without** thread try to sew along the lines. This is kind of tricky. You have to be able to control the speed of your machine and at the same time be able to move the paper in the direction that you want to sew. This could take a few tries but keep practicing and you will get it.

The same rules apply when sewing at a machine as they do when you are hand sewing something. Once you make sure you have everything you need, and have an adult close by just in case, you can start practicing on the practice sheet provided in this book.

Practice Page

Take this page out of the book
sit down at your sewing machine.
DO NOT use thread yet!!!
This is just for practice.

At the corner stop your machine.
Lift the pressure foot, turn your paper
set the pressure foot complete the line.



LET'S SEW!

The first thing you may want to do is practice your sewing skills by first making a bean bag before you begin making your pillow. Listed below are the directions for making this bean bag.

BEAN BAG:

Materials You Will Need:

1. 5" wide and 10" long piece of fabric (felt, cotton blend knit, or scraps on hand.)
2. Thread to match.
3. Beans, corn, or rice are good choices.

You may want to ask someone to help you thread the sewing machine and show you how to sew.

How To:

1. Fold the fabric piece in half.
2. Begin 1/2 inch on each side of open end.
3. Stitch down each side the width of the pressure foot.
4. Put filling in the bag, being careful not to fill to full.
5. Sew opening closed by sewing width of pressure foot.

Your bean bag is now ready for play!!

Now that you have had some practice on your sewing skills, you are ready to go onto bigger things. Listed below are the directions for the stuffed pillow.

STUFFED PILLOW:

You may want an adult to help you.

Materials you will need:

1. 1/2 yard of fabric (the fabric should be sturdy like knit, denim, sailcloth, or scraps on hand.)
2. Matching thread
3. Dacron Fiberfill for stuffing.

How To:

1. Straighten fabric on grain.
2. Cut pillow shape in desired size, a good size is 14" by 18" on each side. Cut two pieces of equal size in a perfect square shape.
3. Place right sides together
4. Machine stitch all around, starting in the middle of one side sewing to within 6" of starting point, leaving a space open.
5. Turn right side out. Stuff to desire fullness.
6. To close opening, use a slip stitch with very small stitches. To slip stitch: put the needle in one seam allowance and then to the other (on the inside edge) so that stitches do not show on right side. Go back and forth until the seam is tightly closed.



14"x18"

Now you have made a nice pillow for your room!

Be sure to show your project at the 4-H fair!!

RECORD SHEET

MINI 4-H SEWING

Name _____ Grade _____

School Attending _____

Please complete and bring with Mini 4-H Exhibit.

I choose to exhibit _____.

I liked making _____

_____.

I learned _____

_____.

My favorite part of Mini 4-H this year was _____

_____.

List who helped you with the project _____
