



# Mini 4-H

# SEWING



**An Introduction to 4-H  
For Youth in Grades K - 2**

*Credit to Elkhart County Mini 4-H*



# 4-H Facts



**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 to clearer thinking  
My Heart to greater loyalty  
My Hands to larger service  
My Health to better living  
For my Club,  
My Community,  
My Country,  
and my World.**



# Mini 4-H



**Welcome** to *Mini 4-H*! You are now a member of the Whitley County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

*Mini 4-H* is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

This manual contains fun, age appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions for the exhibit you will be preparing for the Whitley County 4-H Fair in July.

There is no competition in the *Mini 4-H* program. Each child who completes a project for the Fair will receive the same completion ribbon. Leaders will give each project comment sheets, they are provided only as a way to help you do your very best on future projects.

*Mini 4-H* will meet January through June. Try to attend as many workshops as you can they are planned especially for YOU! These will give you a chance to meet the leaders, have some hands-on fun, and ask questions about your important Fair display. *Mini 4-H* is FUN! You will enjoy it.

Once you enter the third grade, you can join a regular 4-H club that meets monthly. You must enroll each year of your 4-H career.

If you have questions about the *Mini 4-H* program, please call the Purdue Cooperative Extension Office at 260-244-7615. We will be happy to answer your questions.

**As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them to “learn by doing”. Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities. Choose those that interest you and your child.**



## WHAT IS SEWING?

Sewing is an important life skill. You may someday need to sew a button on a shirt, repair a hem or stitch closed a hole in your pocket. In this project, you will learn the basic skills needed for sewing. You will begin by gathering the things you need to begin to sew.

You do not need a sewing machine to do this project. There are choices for you, if you would like to use a machine to sew.

### Activity 1- LEARN THE RULES

#### Think about these things as you begin to sew.

1. Wash your hands thoroughly before you start to sew or touch your fabric.
2. Good posture always helps.
3. It's always easier to sit at a table than work on your lap.
4. Work in an area with enough light.
5. Always put your work away when you are finished for the day.
6. Good pressing helps keep work neat.



### **What did you learn?**

Why is it important to wash your hands before touching your work? \_\_\_\_\_

\_\_\_\_\_

Why is it important to work in a clean space? \_\_\_\_\_

\_\_\_\_\_

Why is it important to always put your work away when you are finished for the day? \_\_\_\_\_

\_\_\_\_\_

## **Activity 2 - A SEWING KIT**



### **Materials needed for this activity:**

A sewing kit helps give you a safe place to keep all the things you need for basic sewing. Then you can find them quickly when you need to make a quick repair, like sewing on a button.

### **Materials for this activity:**

A sturdy box to use for your sewing kit (choose one with a lid), some scraps of fabric and/or trim to decorate your box.

### **Basic Sewing Tools:**

scissors

thread

a small ruler or sewing gauge

pin cushion (the one you make)

pins

tailor's chalk

thimble

needles (size 7 or 8)

measuring tape



## **What you will do?**

1. Use a sturdy box with a lid for your sewing kit. Decorate the box to make it special. Use your imagination.

### **Ideas for decorations:**

- Cover it with fabric (use spray glue or fabric glue)
- Cover it with leftover wallpaper, contact paper or gift wrap.
- Spray paint or hand paint.
- Add trims, lace, fringe, or braid (apply with glue).

2. Gather together the sewing tools you need to keep in your box.

Scissors: Used for clipping and trimming. A small pair with straight handles are best.

Pins: Used to hold pieces of fabric together for sewing. Dressmaker, silk, or ball-point pins are best.

Thimble: To place on your finger when hand stitching to protect your finger from pricks.

Needles: Straight, sharp needles come in many sizes. Look for ones with long eyes for easier threading.

Thread: It should match your fabric when you sew.

Tailor's Chalk: Used to make sewing marks on your fabric. Washes out easily when you are finished sewing.

Ruler: A six inch ruler or sewing gauge (special ruler for sewing) is used to measure hems or seams.

Measuring Tape: Used to measure when sewing. A coated one is best because it won't stretch.

Pin Cushion: Used to hold pins. You will make one for your next activity.

## **What did you learn?**

What did you use to make your sewing box? \_\_\_\_\_

\_\_\_\_\_

What did you use to decorate your box? \_\_\_\_\_

What else could you put into your sewing kit? \_\_\_\_\_



### Activity 3 - MAKE A PIN CUSHION

There are different kinds of pin cushions available. Some attach to your wrist so they are always with you. Some are magnetic so you don't need to stick the pins into them. The cloth ones come in many shapes and sizes.

A pin cushion is a very important sewing tool. It will help you to handle and store your pins and needles while you are sewing. It also keeps these sharp tools in a safe place.

#### **Materials needed for this activity:**

One - 3 inch Styrofoam ball

Scissors

Medium weight fabric

Pins

Tailor's chalk

Embroidery floss or yarn

Large eyed needle or #14 Arts & Crafts needle

#### **What you will do:**

1- Read all the instructions first.

2- Definitions to know:

Fold: Refers to the edge of the fabric that is folded, when a piece of fabric is folded in half.

Pattern: A guide (like the one in this manual) which is pinned to the Fabric and cut around.

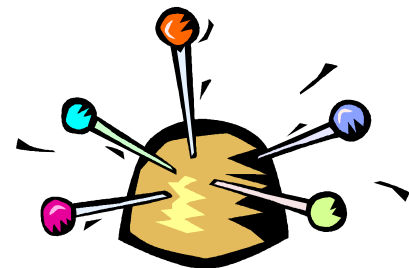
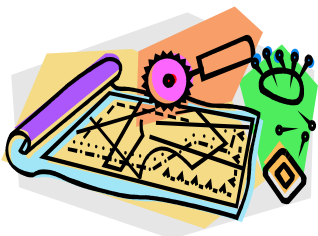
3. Now you are ready to begin sewing.



## ***Instructions for Pin Cushion***

1. Fold your fabric in half. Your fabric must be at least 12 inches wide and 12 inches long.
2. Cut out the half circle pattern which is in the manual and place the pattern on the fold of the fabric.
3. With straight pins, pin the pattern in place on the fabric.
4. Very carefully, cut around the pattern, keeping the fabric flat on the cutting surface. Do not cut the fold side of the fabric.
5. Open up your fabric and you have a circle.
6. With Tailor's Chalk, mark the broken lines on your fabric circle, in the same places they are found on your pattern, about 1 ½ inches from the edge.
7. Thread your needle. If you are using yarn, use an arts & crafts needle #14. If you are using embroidery floss, use a large eyed needle. An adult may need to help you thread your needle.
8. Following the broken lines on the fabric, very carefully make your stitches. These are called basting stitches (large stitches). Try to make all the stitches about the same size and be sure to stitch all the way around the circle.
9. With the help of an adult, use a knife to cut about 1/3 inch off the bottom of the Styrofoam ball. This is so the ball will sit flat.
10. Place your fabric with the wrong side up on the table. Put the ball in the center of your fabric circle (with the flat side down, and slowly draw the strings tightly. When the fabric is drawn tight, make a tight bow.
11. Ties a knot in each end of your ties so they don't unravel.
12. Now you have a pin cushion for your sewing kit.

***Great Job!***





### **What did you learn?**

What was the hardest part of making the pin cushion? \_\_\_\_\_

\_\_\_\_\_

What was the easiest part of making the pin cushion? \_\_\_\_\_

\_\_\_\_\_



## **Activity 4 - SEWING ON BUTTONS**

### **Materials needed for this activity:**

Buttons

Needle

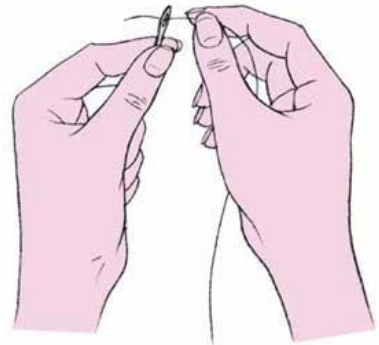
Thread to match the button

### **What you will do:**

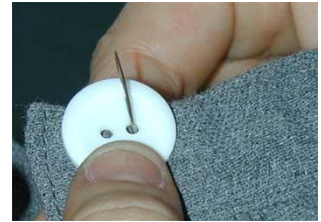
1. Select a button to sew. Buttons come in many different patterns, colors and shapes. The button holes also have different shapes or patterns.
2. Thread your needle with your thread and knot the end of the thread (the end away from the needle). If you use double thread, your thread will not come out of the needle as you sew. A double thread means you knot both ends of the thread together.

### *Tips for sewing on buttons*

1. Cut a piece of thread as long as your arm. Thread your needle. Pull the ends of the thread together, tie a knot. This makes a double thread.
2. Using double thread, take 1 or 3 small stitches at a point where the button will be attached.
3. Hold a pin across the top of the button and take a stitch over it. This will help you to not sew the button on too tight.



4. From under the material, push the needle up through the material and one of the holes on the button. Pull all the way through until the knot is anchored against the material.



5. Push the needle down through the next hole on the button.

6. Take several stitches to fasten the button securely.

7. Fasten the thread on the underside of the fabric.



### **What did you learn?**

1. Was it hard to thread the needle? \_\_\_\_\_
2. What was the hardest part of sewing on the button? \_\_\_\_\_  
\_\_\_\_\_
3. How long did it take you to sew on the button? \_\_\_\_\_



## **Activity 5 - MAKE A PLACEMAT**



### **Materials needed for this activity:**

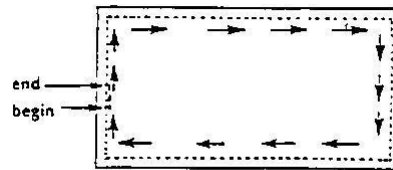
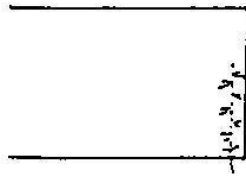
Fabric 13 inches X 19 inches for each placemat  
Matching thread

### ***Definitions to Know:***

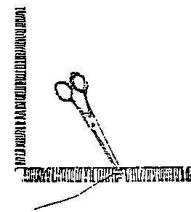
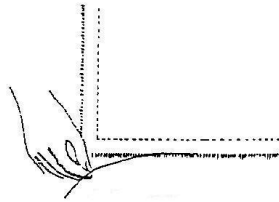
Lengthwise grain: threads that run the long way of the fabric  
Crosswise grain: threads that run across the short side of the fabric

### **What you will do:**

1. Cut your fabric to 13 inches X 19 inches for each placemat. Be sure the lengthwise and crosswise grains are straight.
2. Measure  $\frac{1}{2}$  inch from the edge of the fabric. Pull a thread at this point. Do this on all 4 sides. (see figure)
3. Stitch to where you pulled the threads, using a regular straight stitch on a sewing machine (10-12 stitches per inch). Begin in the center of one side and stitch around the fabric. Make sure you turn the corners square. Trim the ends of the thread close to the fabric.



4. Make a fringe by pulling out all the threads between the stitching and the edge. It is best to pull threads out one at a time.



5. Press your placemat.

**What did you learn?**

What color is your placemat? \_\_\_\_\_

What fabric did you choose to make your placemat? \_\_\_\_\_

\_\_\_\_\_

Was it hard to pull out the threads? \_\_\_\_\_

Do you think some fabric would be easier to use than others? \_\_\_\_\_

How many placemats did you make? \_\_\_\_\_

1. Once you have learned to follow the pattern, you are ready to sew with thread. Have an adult help you to thread the machine correctly. Now you can follow the pattern and stitch on scraps of fabric in the same pattern as you practiced with the paper.

**What did you learn?**

Was it hard to stay on the stitching lines of the pattern? \_\_\_\_\_

Why? \_\_\_\_\_

What was the hardest part?

Curves? \_\_\_\_\_ Corners? \_\_\_\_\_ Straight? \_\_\_\_\_

How long did you practice before sewing on fabric? \_\_\_\_\_

Was sewing on fabric harder than on paper? \_\_\_\_\_



**Activity 7 - CHECK OUT 4-H SEWING**



In third grade when you are old enough to join regular 4-H, you may want to try the Sewing project. There are two kinds of Sewing projects in regular 4-H. Wearable Sewing – where you make an article of clothing that you can wear with pride because you made it yourself, or Non-Wearable Sewing - where you make something for your room, or something else that is made of fabric. You will need to check out the requirements for the specific project type you will need to enter for each grade.

There is also a special project under Arts & Crafts called Fabric Crafts where 4-H'ers can make things from fabric that do not meet the requirements for sewing projects.

Members who complete Wearable Sewing items can also enter their garments in Fashion Revue. Fashion Revue allows 4-H members to model their garments in a fashion show for their parents and friends the Saturday before the fair. Members earn extra recognition for their garments at this event.

**What did you learn?**

Do you think you might like to take Sewing when you are in 4-H? \_\_\_\_\_

What would you like to make? \_\_\_\_\_



## Activity 8-TERRY BEACH BAG

You may want to ask your mother or someone who knows how to sew to help you.

The materials you will need to make your beach bag are:

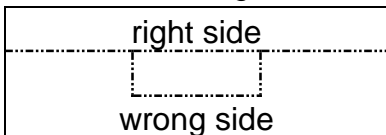
1. One large bath towel
2. One wash cloth
3. Draw string (long enough for the length of your bath towel – about 40 inches).



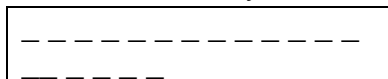
Now you are ready to start your terry beach bag.

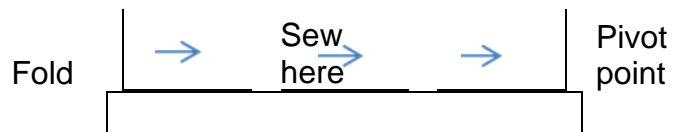
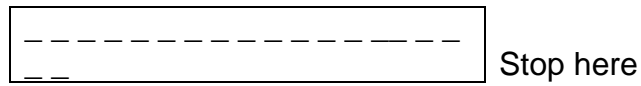
1. Lay the wash cloth on the front side of the towel in the center.
2. Sew the wash cloth to the towel on three sides (right, left, and bottom) to make a pocket.
3. Turn the top edge of the towel down about 1 1/2" with the wrong sides together. Sew a straight seam across the edge of the towel to make a casing for your drawstring.

Casing for drawstring:



4. Take the two short ends of the towel and put them right sides together with the pocket on the inside. Sew 5/8" seam across the bottom of the towel starting at the folded edge and stopping when you are 5/8" from the open edges. Leave the needle down in the fabric, pivot the fabric to turn the corner then continue to sew up the side seam until you come to the casing seam. (backstitch)





5. Turn your bag right side out, and you will be ready to put the drawstring in your terry beach bag.
6. Take your drawstring and put it in the top hem of your towel. Put a safety pin on the end of your string and work it through your hem. Knot the draw string. Now you are finished.



## Activity 6 - STITCHING GUIDE

### **Materials needed for this activity:**

Sewing machine

Pattern in this manual

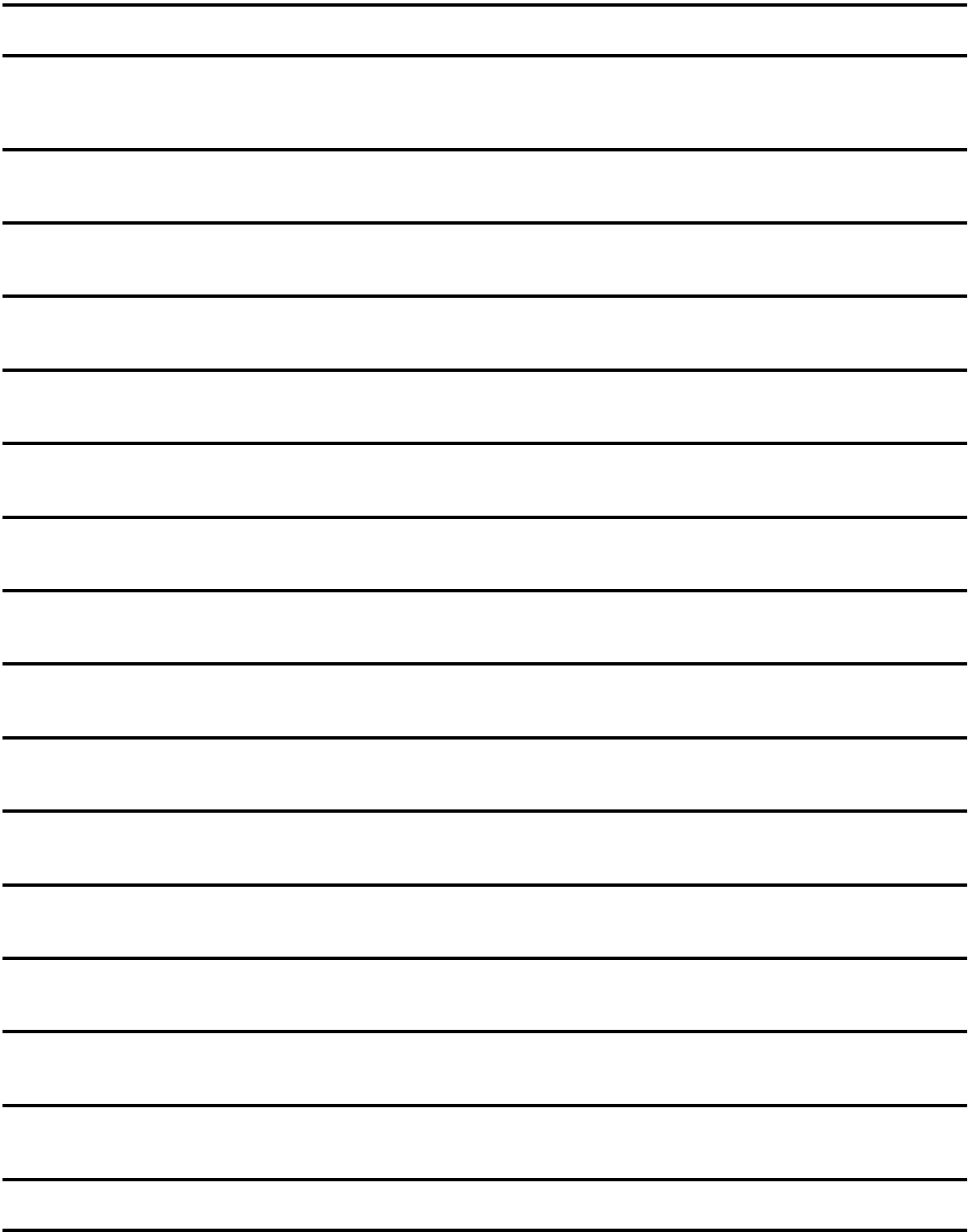
### **What you will do:**

1. Remove the stitching guide from this book. It is best to make several copies before beginning so you can practice.
2. Remove thread from the sewing machine.
3. Adjust the stitch length on the sewing machine to 12 inches per inch.
4. Place the stitching guide under the presser foot. Lower the presser foot.
5. Begin to “stitch” and turn corners or curves as necessary to follow the pattern. To turn the corner, leave the needle in the paper and lift the presser foot and turn the paper. Then lower the presser foot and continue to stitch.
6. Try to start and stop smoothly and slowly.
7. Guide the paper with your left hand on the machine. Don’t push or pull the paper to keep the stitches even.
8. Be careful not to get you fingers near the needle.



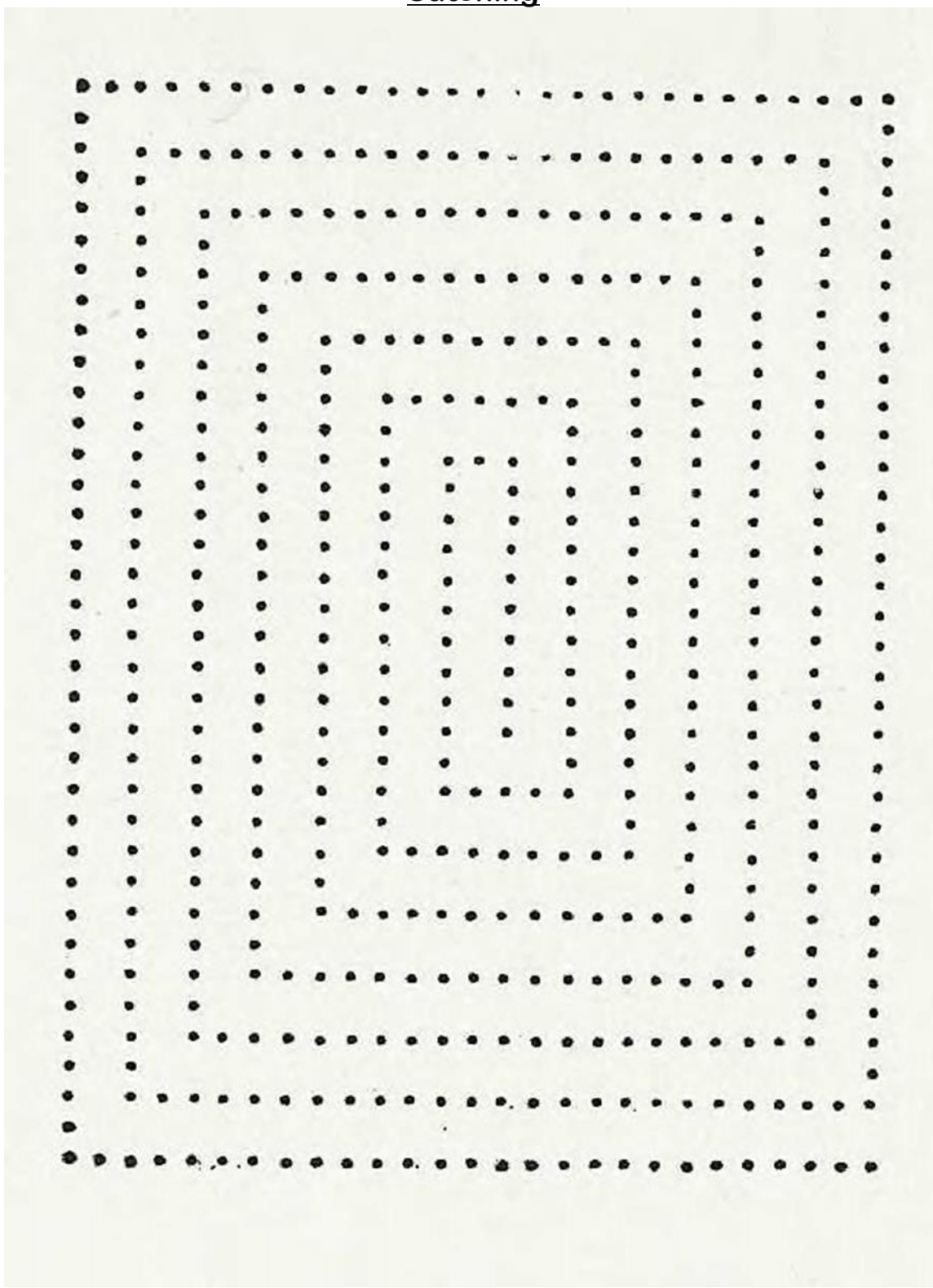


## Stitching Straight Lines



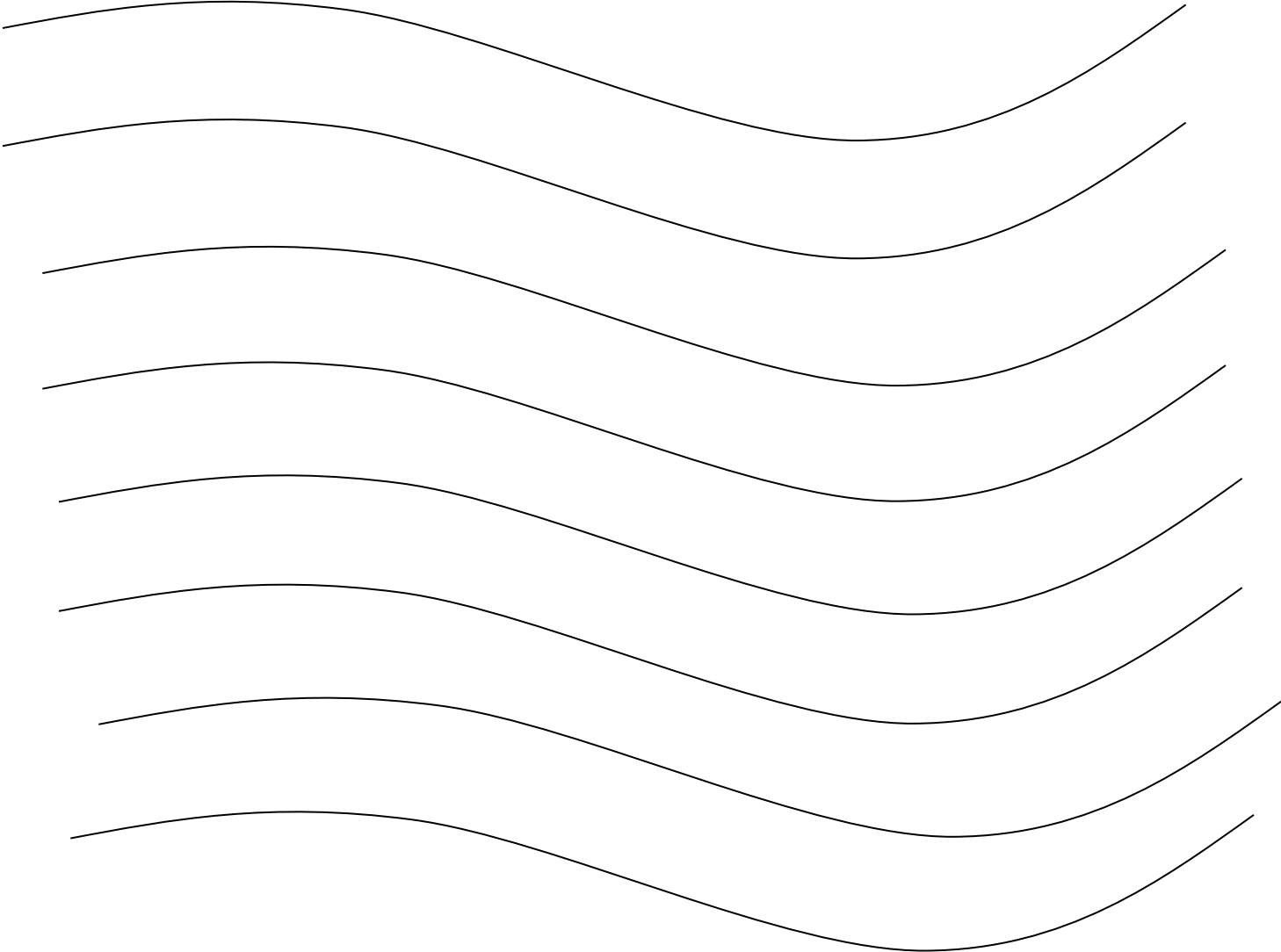


Corner  
Stitching

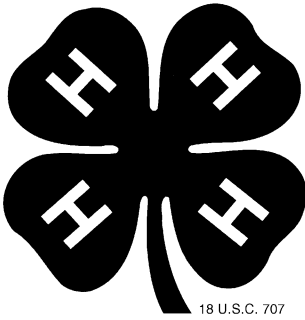




**Stitching Curves**







# What to Exhibit *SEWING*

**Kindergarten:** Fringed Placemat or poster of practice stitching sheets must be 14 X 22 inches, displayed horizontally (wider than it is tall) and attached to a stiff backing (like cardboard or foam board). Your poster must be covered with clear plastic or a poster sleeve. Your poster must have a title.

**1<sup>st</sup> Grade:** Simple 12x12 pillow

**2<sup>nd</sup> Grade:** Terry Beach Bag

## Poster Layout

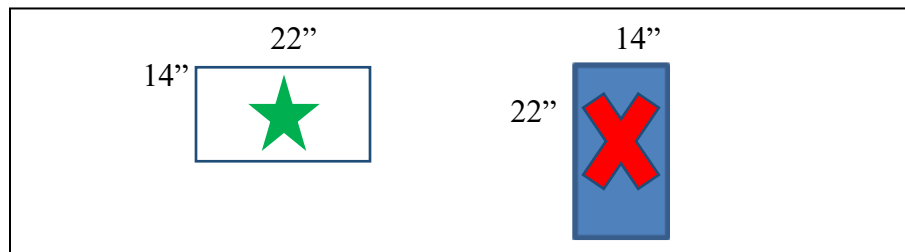






Exhibit Tag:

<p style="text-align: center;"><b>Mini 4-H</b></p> <p>Name _____</p> <p>Township _____</p> <p>Grade _____</p> <p style="text-align: center;"><b>SEWING</b></p>
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**Mini 4-H Sewing Record Sheet**

Name \_\_\_\_\_ Grade \_\_\_\_\_

What I made? \_\_\_\_\_  
\_\_\_\_\_

How much time did you spend on this project? \_\_\_\_\_

What kind of fabric did you use? \_\_\_\_\_  
\_\_\_\_\_ Color? \_\_\_\_\_ Cost? \_\_\_\_\_

Who helped you with your project? \_\_\_\_\_

What do you like about sewing? \_\_\_\_\_  
\_\_\_\_\_