LaPorte County
Mini 4-H

Sewing

Adapted from: Purdue Extension Hendricks County 4-H

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Mini 4-H Parent’s Page

We welcome you and your child to the LaPorte County Mini 4-H program. Mini 4-H is for youth who are in kindergarten, first or second grade during the 4-H year (October 1-September 30).

This program is designed to encourage positive development, give youth the opportunity to explore interests, practice small and large muscle control, and introduce you to the LaPorte County 4-H program.

As a Mini 4-H parent or guardian, please support your child through the activities in this handbook. Encourage and praise your child as they have fun learning and sharing with you. Please avoid completing activities for them. Learning by doing is the best educational tool that we can provide for youth.

Mini 4-H exhibition, held annually at the LaPorte County Fair, is an exciting time for all 4-H members, families and friends. It is a week that allows youth to showcase their talents, interests and enthusiasm for learning.

Where Do I Begin?

1. Mini 4-H is open to any youth who is enrolled in either kindergarten, first or second grade January 1st of the current year.

2. Enroll your Mini 4-H youth on v24honline.com and pay the annual $5 program fee to be an active Mini 4-H member. Once registered, you will receive a bimonthly email bulletin keeping you informed of Mini 4-H and 4-H opportunities. Any questions can be answered by LaPorte County Purdue Extension at 219-324-9407.

3. Mini 4-H participants complete activities and projects found in this guide. Activities are completed at home.

4. One (1) project from this handbook can be exhibited at the Mini 4-H exhibition. Please complete the Mini 4-H Exhibit tag and attach it to your project, as well as a record sheet (both are included in this manual). Watch your email for dates of exhibit check-in.

5. Mini 4-H posters must be exactly 11 X 14 inches, displayed horizontally (wider than it is tall) and attached to a stiff backing. Posters must be covered with clear plastic. This can be a poster sleeve. Poster sleeves can be purchased at the Extension Office while supplies last.
What Do the H’s in 4-H Mean?
Head, Heart, Hands, and Health

4-H Symbol: A four-leaf clover with an “H” on each leaf
4-H Colors: Green and White
4-H Motto: “To make the best, better!”

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.
Mini 4-H Sewing Exhibition

Sewing is a skill you can use your entire life. You may someday need to repair a tear in your clothing, sew a button on a jacket, or hem a pair of pants. You will begin to put together items necessary for doing basic sewing at home. You will also learn the basic skills needed for sewing.

Kindergarten Project Options:
A product from “My Sewing Kit” with a list of tools you will put in the kit and “Pin Cushion”. Note: DO NOT exhibit with the sewing tools in the kit and no pins in pin cushion).
Completed Record Sheet

1st Grade Project Options:
A puppet
Completed Record Sheet

2nd Grade Project Options:
A placemat
Completed Record Sheet

Emails and the biweekly 4-H bulletin will note the date and time for Mini 4-H exhibit check in. You may exhibit 1 project from this handbook. Remember to include the completed Record Sheet and Mini 4-H Exhibit Tag with your exhibit. Your Mini 4-H questions can be answered by calling Purdue Extension at 219-324-9407.
My Sewing Kit

Needed Materials:

- Sturdy Shoe Box with Lid
- Scissors
- Fabric Glue
- Fabric Scraps/scrapbook paper/heavy wrapping paper
- Sewing Scraps, such as: lace, rick rack, fringe, beads, etc. (optional)
- Sewing Tools (optional)

Directions:

Cover your shoe box with scraps of fabric or paper from home or from a store. Fabric glue works well. Trim or decorate your box with other scraps if you wish (lace, fringe, rick rack, etc.).

When dry, add sewing tools to your kit. See the Sewing Tools page in the manual for ideas of what to put in the box.

If you wish to exhibit this item, add a list of the tools you will put in your sewing box.

DO NOT exhibit the tools in the box!

Clean up your work area.

If this is your exhibit for the county fair, attach the County Tag.
Kindergarten

Pin Cushion

**Needed Materials:**
- Scraps of wool or loose weave cotton
- Thread to match material
- Polyester batting or stuffing
- 6-inch ruler or seam gauge

**Directions:**

1. Cut 2 pieces of material that are 5 inches long and 4 inches wide.
2. Place the two pieces together with right (printed or bright) sides together.
3. Pin the pieces together. Stitch 5/8 inch from the edge on three sides. Leave short side alone. Be sure to leave needle down when turning at the corners. Also stop the machine before a pin and remove the pin before sewing.
4. Cut the two corners close to but not through the stitching as shown in diagram 1.

![Diagram 1](image)

5. Turn the cushion inside out.
6. Stuff the cushion with polyester batting.
7. Fold the two open ends inside 5/8 inch. Pin the two sides together.
8. Using a needle and a thread, hand stitch the two sides together as shown in diagram 2.

![Diagram 2](image)

Pull knot through top layer at one end so knot is between layers. Then pull needle from bottom up through both layers. Continue sewing from bottom through both layers to end. Tie off thread.
You will make a hand puppet using felt. You will hand sew around the edges of your puppet and "dress" your puppet however you like. Remember to read all the directions before you start!

**HAND PUPPET**

**Needed Materials:**
- 2 Squares of felt (9" x 12")
- Any Color matching yarn
- 2 buttons (for eyes)
- Thread
- Yarn or fabric paint (for mouth)
- Yarn (for hair)
- glue (Optional)
- Felt scraps for clothes

**Directions:**

1. Pull out the enclosed puppet pattern
2. Lay it out on one piece of your felt, and pin it on.
3. Cut out one puppet front.
4. Repeat directions 2 & 3 with your second piece of felt for the puppet back.
5. Sew your two "eye" buttons to the front piece of your felt puppet using thread. Glue yarn or paint on the mouth. It will be easiest if you draw the mouth outline on with a pencil first.
6. If you are going to add clothes to your puppet, do that now. You can use the shirt and pants pattern included. Cut your clothes out of felt, and place them to your puppet front. You can glue them on. You can glue on sequins or decorate the clothes any way you wish. You could also paint clothes on your puppet using fabric paint if you like.
7. Leave your puppet dry for 24 hours.
8. Lay the front decorated piece of your puppet on top of the back piece, and pin them together. Leave the bottom end open. This is the end you will put your hand into when the puppet is finished.
9. Thread your needle with matching thread or yarn. Hand sew the sides and top of your puppet close to the edge. Your puppet should look like this.

10. Now you are ready to add your yarn hair. Make your puppet have long or short hair. Glue it on.

Congratulations - You did a wonderful job!

Now you are ready to bring your puppet to the fair for exhibit.
COAT PATTERN
(OPTIONAL)

BOW TIE PATTERN
(OPTIONAL)

PANTS PATTERN
(OPTIONAL)
PLACE MAT

Needed materials:
  • Cotton or cotton blend fabric
  • Matching Thread

Directions:

1. Cut the fabric 13 inches by 19 inches.

2. Find the ½ inch guide marker on the sewing machine base. (It is helpful to put a piece of masking tape along the ½ inch mark across the base of the sewing machine for a bigger guide.

3. Beginning in the middle of one side of the rectangle, sew ½ inch from the edge all the way around the rectangle. Remember to stop at the corner with the needle down, lift the presser foot, turn the fabric and put the presser foot down and sew to the next corner.

4. Make fringe by pulling out all the threads between the stitching and the edge. Its usually best to pull one thread at a time. See the picture.

5. Sometimes some of the threads will not unravel. Stop when the thread of the fabric is caught with the machine stitching. With scissors, cut the thread that you are raveling out and pull it away from the mat. See the picture.

6. Press (iron) your place mat. Ask your parent for help and be very careful not to burn yourself.

You are done! Congratulations, you did a great job! Now you can make one for everyone in your family. Bring 1 placemat to the fair.
Sewing Tools

**Shears:** Used for cutting the fabric; shears are 7 or more inches long and should be sharp. Shears with bent handles are easier to use on flat surfaces. Do not cut paper with your fabric shears because it makes them dull.

**Pin Cushion:** Used to hold pins.

**Measuring Tape:** A 60-inch coated measuring tape is best because it will not stretch.

**Ruler or Seam Gauge:** A 6-inch ruler or seam gauge is useful for measuring hems or seams because it has a sliding piece to guide you as you measure.

**Thread:** It should match your fabric. You may want to ask your parent or an adult to help you select the best type or color.

**Needles:** Straight, sharp needles come in different sizes. The ones with long eyes are easier to thread.

**Pins:** Used to hold pieces of fabric together for sewing. Pins with a big head on the top are easier to use. Do not use bent or rusty pins.
Sewing Hints

Definitions

**Double Thread** - A double thread is made by threading a needle and tying the two ends together.

**Basting Stitches** - Large, loose stitches that weave in and out of the fabric. Stitches are all about the same size.

**Straight Stitches** - Done by sewing in and out of the fabric. Put the needle and thread through the fabric, bring the needle back through the fabric. Stitches are all about the same size. Repeat.

How To

**Knot a Thread** - Twist the end of your thread around the first finger of your hand 2 times and with your thumb, roll it off your finger. Pull the thread with your finger and thumb, and you will have knotted the thread. Do this several times until you can easily tie a knot.

If you use a double thread, your thread will not come out of your needle while you are sewing. A double thread means you knot both ends of your thread together.

**Sew on a Button** - Thread the needle and knot the thread.

Position the button on the fabric. Push the needle up through the back of the fabric and through one hole in the button. Push the needle back down through the other hole to the back side. To make a “shank” button, place a pin or toothpick under your first stitch. This will keep the button from being sewn on too tight.

Now make 3 or 4 more stitches down through your fabric, and then back up and over the pin. Remove the pin or toothpick.

Pull your button up from your fabric and wrap the thread around the “shank” or thread under the button. Push the needle to the back side, and make a knot.
Parts of a Sewing Machine

The next step is to know about your sewing machine. Here is a picture of a sewing machine, let’s see how many parts you already know. Fill in as many of the blanks as you can. The answers are in the back of this manual.

1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________
6. __________________________
7. __________________________
8. __________________________
9. __________________________

How many were you able to name?
Which parts do you need to learn about?
Practice Pages

Basting Stitch
Knot your thread or leave extra as you begin. This stitch is long and loose. They are temporary and usually removed. Work right to left unless you are left handed. Push the needle up through the fabric and come back up about 1/2 “ from where you started. Practice on the lines below. Go up from the bottom on “1” and down from the top on “2”. You may switch sides and go from left to right, if that is easier.

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Straight Stitch
This is the basic stitch in sewing. Unlike the basting stitch, tie a knot in the thread like you did for the button. This will keep it from pulling through the fabric. You may switch sides and go from left to right.

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Buttons

Whip or Overhand Stitch
This stitch makes seams strong. It is used at the edge of fabric to keep it from fraying. It also holds two pieces of fabric together. Start at the top of the mark, bringing your needle from the back side. Go back through at the bottom of the mark. Move left to right , unless left handed, and top to bottom.
Paper Stitching
Sewing is Fun!

BUTTON
FABRIC
KNOT
NEEDLE
PATTERN
PINCUSHION
PINS
SEAM
SEWING
SHEARS
STITCH
THREAD
Make a Quilt

Cut and attach them to the quilt on page 19. Draw “X” stitches between the pieces. Have fun and design it using some or all of the patterns.
Sewing Machine Parts answer key

1. Presser foot
   It holds the fabric in place as you sew.

2. Presser bar level
   It raises and lowers the pressure foot.

3. Feed dog
   These are small teeth, under the presser foot, that move the fabric to the needle as you sew.

4. Needle
   It carries the top thread to make stitches.

5. Needle hole
   This is the opening the needle goes through as it goes up and down.

6. Stitch length regulator
   This makes stitches longer or shorter.

7. Balance wheel
   This helps the needle run up and down smoothly.

8. Spool pin
   The spool pin holds the spool of thread in place.

9. Bobbin
   This hold the thread for the under-side of the seam.

Not shown

10. Knee lever or foot control
    It makes the machine go faster or slower.
Mini 4-H Sewing Record Sheet

I learned ________________________________
____________________________________
____________________________________

Does anyone else in your family sew?_____
Who? ________________________________
My favorite part of this project was ______
____________________________________
____________________________________

Name: ____________________________ Date: _____