

Sewing



- 1.** Learn how to thread a needle. Learn how to tie an overhand knot and then use it to tie the end of the thread.
- 2.** Learn what you need to do to be safe when sewing. Keep pins in a covered container. Don't put pins in your mouth. Be careful with needles. Don't run with scissors. You can think of other rules.
- 3.** Learn how to do a simple running stitch and how to do a whip stitch.
- 4.** Make a pillow. Sew two pieces of fabric together. You can choose your own fabric or use two washcloths. Place the pieces of fabric with their right sides together and sew them with a running stitch, leaving an opening on one side. Turn the fabric right side out. Use a whip stitch to close the opening. Learn how to end a line of stitching by tying off the thread.
- 5.** Make a sewing box out of a shoebox or other cardboard box. Decorate it. Fill it with sewing items you will need to complete a sewing project.
- 6.** Talk to someone who makes quilts or makes clothes. Ask this person to show you what she or he has made.
- 7.** With your troop, create a quilt or create a small square for each person to quilt and keep. Design squares using fabric or fabric paint. Help an adult sew the squares together on a sewing machine. Help an adult put the fiber fill and the front and back of the quilt together. Help quilt the pieces to complete the project. You may want to donate the quilt to someone who needs it.

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Developed by: Wendy Burton
Troop 560
Christiansburg, Virginia
(Patch designed by J.B. LaPrade)
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