



## Getting Familiar with your Sewing Machine

If this is your first time sewing, or a refresher, this week's activities are sure to be fun! Here's an overview of some of the things we'll be working on this week!

### Get To Know Your Sewing Machine - Pages 2-3

- Take a look at the handy Sewing Machine Part Guide. See if you can find all those parts on your own machine.
- Then see if you can label them on your own on the next page.

### Sewing Tools - Page 4

- We bet some of these tools you've used before, but some could be new.
- Can you find these tools in your own sewing space?

### Sewing Term + Word Search - Pages 5-6

- See if you can find some of the words we've learned, plus a few new ones we'll use for our projects this summer.

### Practice Sewing Safety - Pages 7-10

- Review the Sewing Safety guidelines with an adult.
- Have an adult show you how to thread the machine and place the bobbin, then practice it a couple of times. You'll be a pro in no time!
- Trace the practice lines on a piece of white cotton or muslin and start stitching.

### Test Your New Skills - Page 11

- Put your sewing skills to the test and make a simple fabric bookmark!



## NOTES TO THE ADULTS

Anyone who sews knows that sewing can be stressful. Don't forget to take breaks if needed and keep things FUN! Sewing is a huge confidence booster and though it's important to stress good sewing techniques like trimming threads and backstitching, it all requires time and practice.

If the kiddos don't have correct seam allowances the first, second, or third time, it's OK. The main thing is that they gain confidence in working at the machine (threading, changing stitches, guiding fabric through, backstitching, etc.). Once they are more comfortable with the machine you can work on seam allowances.

Some tips for helping with seam allowances:

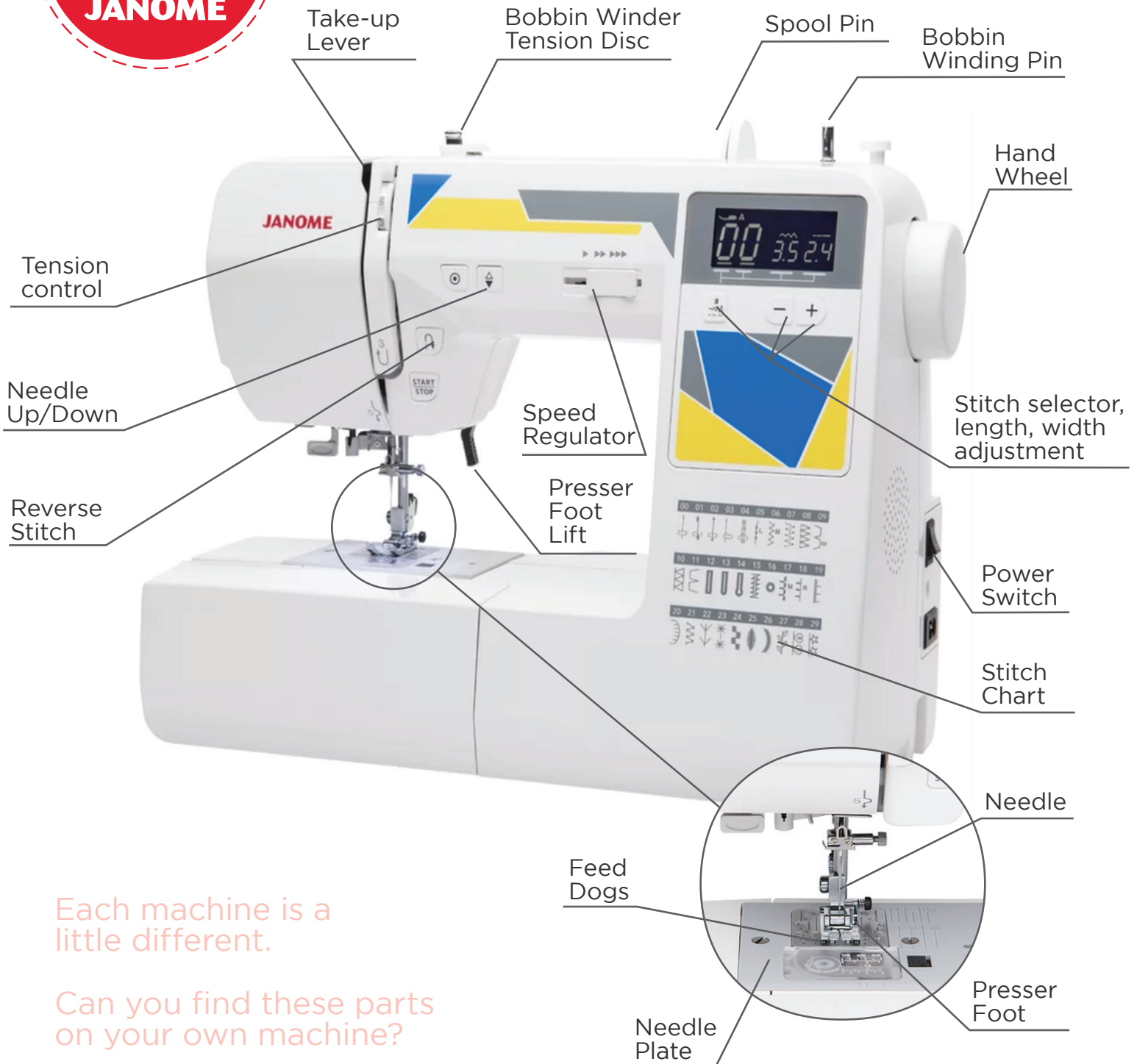
- Use a standard foot but adjust the needle position to the left/right as needed to use the edge of the presser foot as a guide
- Use a piece of washi tape to mark the seam allowance on your needle plate
- Younger kiddos benefit from quickly marking the seam allowance directly on the fabric, then they can follow the marked line





# SEWING MACHINE PART GUIDE

week ONE - Sewing 101



Each machine is a little different.

Can you find these parts on your own machine?



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# SEWING MACHINE WORKSHEET

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Try labeling the machine parts.

Did you get them all?



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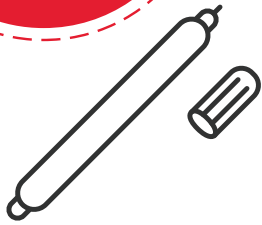
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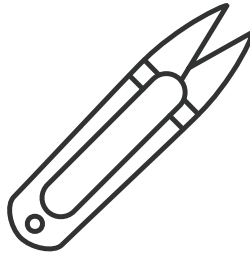


# SEWING TOOLS

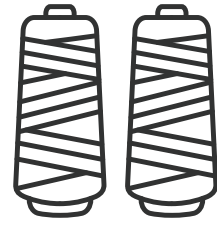
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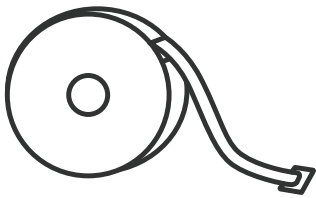
MARKING PEN



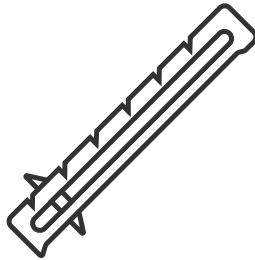
THREAD SNIPS



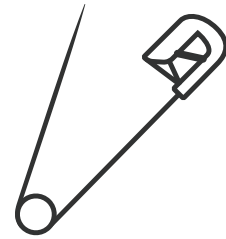
THREAD SPOOLS



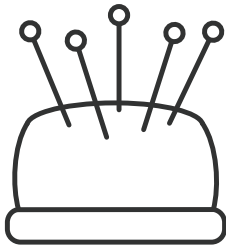
TAPE MEASURE



SEAM GAUGE



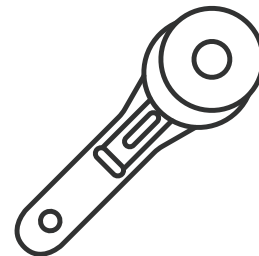
SAFETY PIN



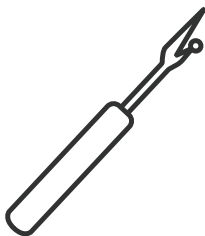
PINS & PIN CUSHION



FABRIC SCISSORS



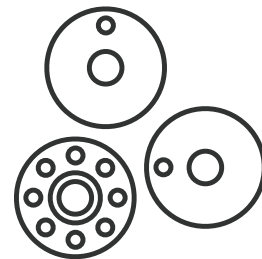
ROTARY CUTTER



SEAM RIPPER



IRON



BOBBINS



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# BASIC SEWING TERMS

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## BACK STITCH

A way to secure the beginning and ending of each stitched seam. You'll backstitch 4-5 stitches when you start and stop. This will keep what you've just sewn from coming undone.

## EDGE STITCH

This is a small stitched seam sewn on the right side of the fabric, typically about 1/8" from a finished edge.

## FABRIC RIGHT/WRONG SIDES

Fabric has a right and wrong side. Look at a piece of fabric and see if you can see which side is more colorful and which side is more muted. The right side is the side that we'll see on a finished project and the wrong side will be on the inside.

## HEM

The hem is a finished single edge of fabric, usually used to finish off clothing like shirts, skirts, or PJ pants. The fabric is folded under twice to hide away the raw edges and keep it from unraveling.

## SEAM ALLOWANCE

Seam allowances are how far away from the edge you'll stitch. When you stitch a 1/2" seam allowance, you're stitching a seam 1/2" away from the edge of your fabric. Common seam allowances are 1/4", 1/2", and 5/8".

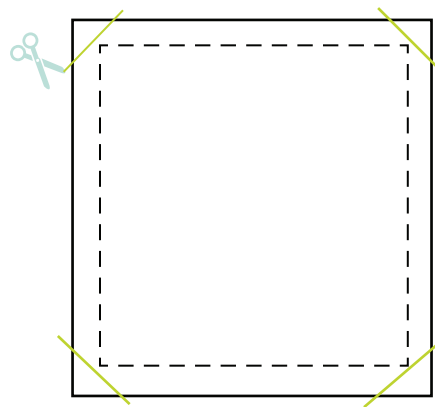
## TOP STITCH

This type of stitch is very similar to an edge stitch but will be sewn a little farther away from a finished fabric edge. This type of stitch gives a very professional finish and is used often.

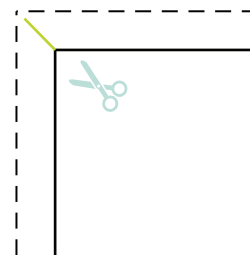
## CLIPPING

This refers to trimming away excess fabric from a sewn seam before turning right sides out or clipping notches in a seam to allow for fabric easement.

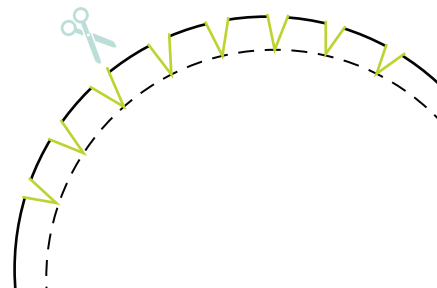
Here are some different kinds of clipping:



Clipping Outside Corners



Clipping Inside Corners



Clipping Curves Inside & Outside



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# SEWING WORD SEARCH

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Q K A J A F S R S J J K T N X Y S S C L  
R D I H O A N R E T T U C Y R A T O R B  
D W F J L D I A A G D G H C Z U P K U R  
T H R E A D P O M U P P S O X C B T A E  
I X W F G A C A A L M S J Z L J T F K P  
O B G F R J P O L R R X D Q V O N N G P  
X Y O H J G W Y L A A W S L N K L V U I  
H M B Y E O L L O Y I E Z P M N B H Q R  
N C L O R M Z A W P W J J U W E D T Z M  
Q H T M B O R W A I S G V D Y E L N H A  
B T Z I H B I I N R H F S W Y D F R G E  
T R I M T V I G C P E R K L G L S K X S  
V G Z N Y S M N E Q O L A G R E P P I Z  
N B O S W A K Y E S S B U J R N S G U I  
I R N P C F X C S M D T Y R L B O B V F  
I Q L H X J E I A Y J I L A V C Z G R I  
F X I B J W C X I B Y F Y O R A T K K G  
Z N D D P S X A W K O W A B H V Y H F O  
E L W G L E R C H P U W B Q Z K Y L M O  
U H V Y P B C Q J O K P E J O R N W B U

Find the words listed below:

Back stitch  
Bobbin  
Button  
Hem

Iron  
Needle  
Pins  
Rotary Cutter

Ruler  
Seam Allowance  
Thread  
Trim

Seam Ripper  
Zipper  
Scissors  
Sewing Machine



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# SEWING SAFETY

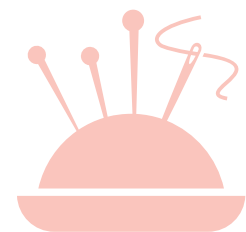
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Review these guidelines with your favorite adult. Sewing is always more fun when we follow rules so no one gets hurt.

## TIPS FOR SEWING SAFETY

- Keep cutting tools like scissors and rotary cutters closed when not in use.
- Make sure cords are out of the way so no one trips on them.
- Turn off machine before unplugging.
- Always watch where your hands and fingers are. Always keep them away from the sewing needle.
- Let the machine feed the fabric, no pushing or pulling necessary.
- Keep pins in a pincushion when not in use, never in your mouth.
- Don't sew over pins. Stop and remove them before you get to them.
- Test the heat of the iron by ironing the ironing board and touching the board itself, not moving your hand close to the iron.



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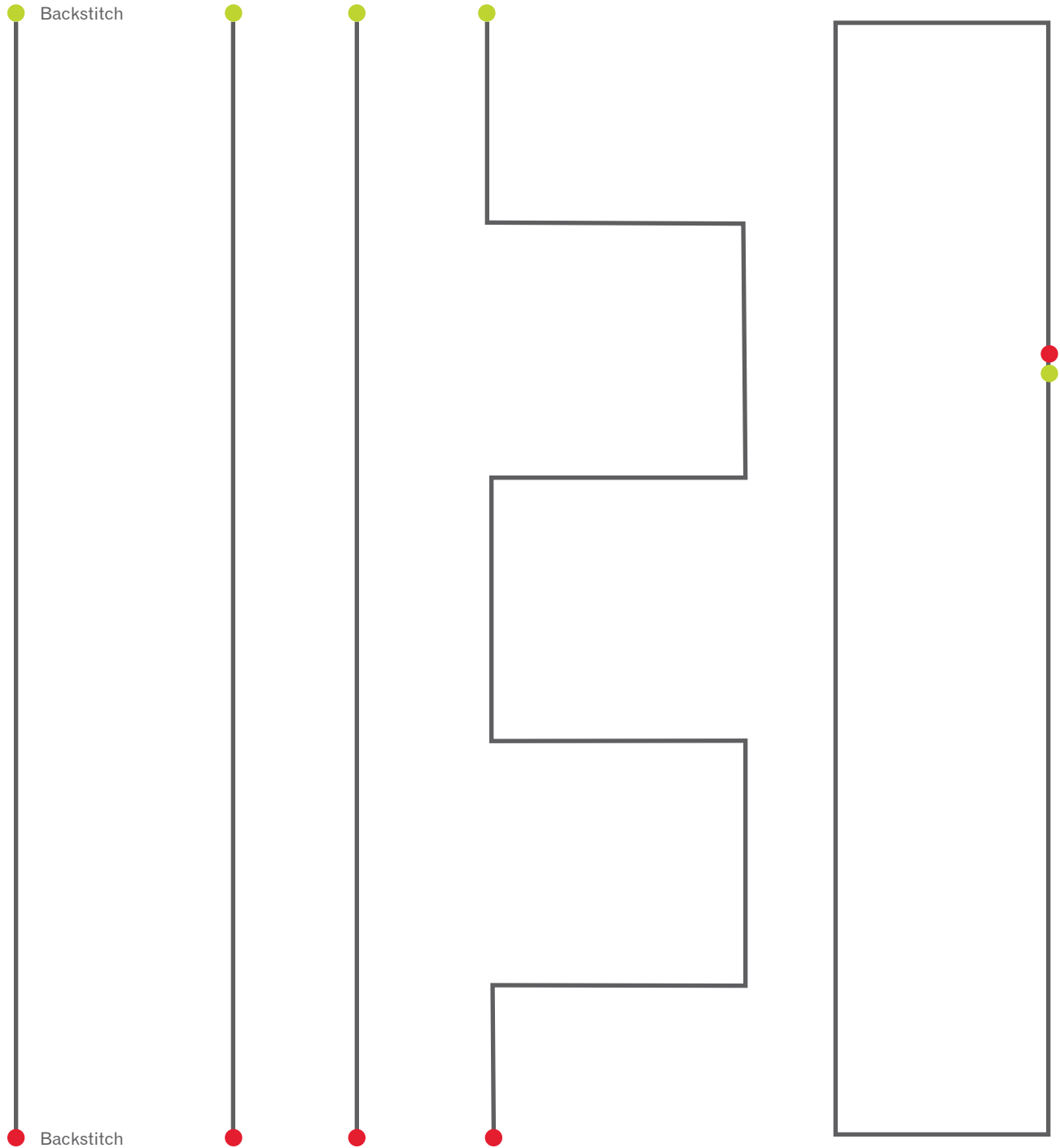
WHAT'S NEXT



# PRACTICE SHEET 1

## week ONE - Sewing 101

- Trace these lines onto a piece of light colored cotton fabric.
- Practice stitching them on your machine. Don't forget to backstitch at the beginning and ending of each line!
- Turn at the corners with the needle down. This is called a pivot.
- Adults: See notes on next page.



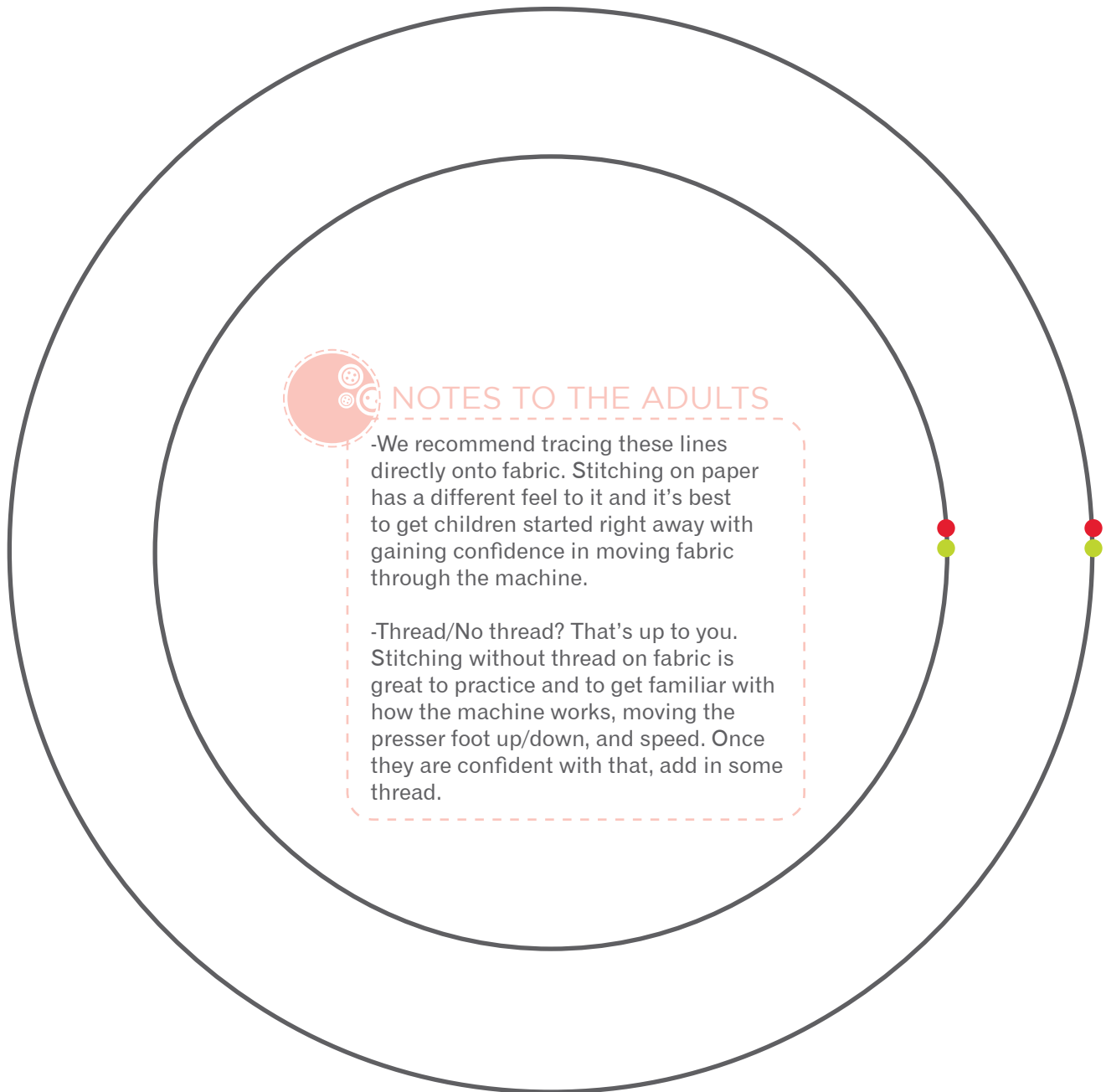




# PRACTICE SHEET 2

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- Now let's try some curves. Sometimes we'll have to stitch gentle curves for a project. The best way to go around curves is slowly, and stop and pivot just a little as you need to.
- Practice stitching clockwise around the circles, then counterclockwise



### NOTES TO THE ADULTS

-We recommend tracing these lines directly onto fabric. Stitching on paper has a different feel to it and it's best to get children started right away with gaining confidence in moving fabric through the machine.

-Thread/No thread? That's up to you. Stitching without thread on fabric is great to practice and to get familiar with how the machine works, moving the presser foot up/down, and speed. Once they are confident with that, add in some thread.



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# PRACTICE SEAM ALLOWANCES

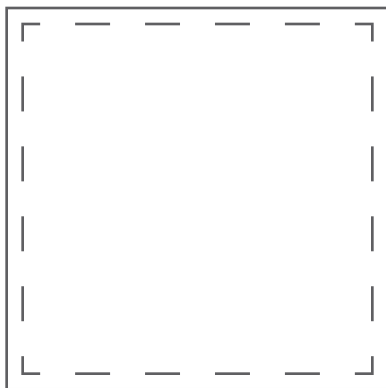
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Awesome job mastering straight line sewing, curves, backstitching, and pivoting! The last important thing is to practice keeping a seam allowance.

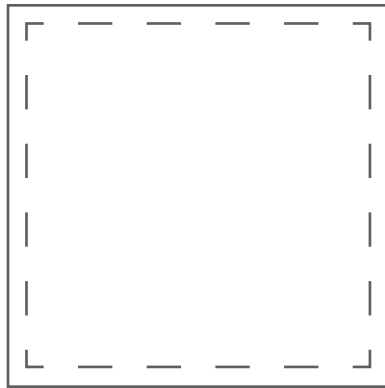
Seam allowances are important in sewing projects. If your seam allowance is too small or too large, pieces of the project may not fit together as well.

Get some help cutting some fabric squares that are 10" or 12" square.

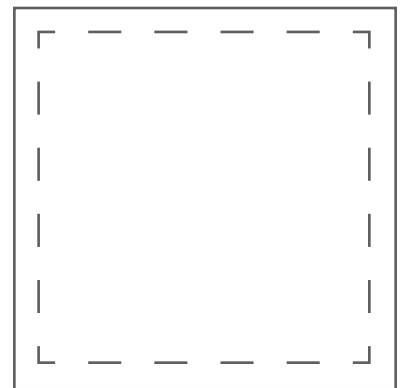
Next, find the seam allowance lines on your sewing machine needle plate, then practicing sewing around the edges of the squares keeping the following seam allowances:



1/4" SEAM



1/2" SEAM



5/8" SEAM

Ready to make your first project? Turn the page to practice your sewing skills and complete your first camp project!



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# FABRIC BOOKMARKS

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## MATERIALS & SUPPLIES

- Scrap Fabric
- Scrap of lightweight batting
- 4" piece of ribbon
- Coordinating thread and bobbin
- Scissors/Rotary Cutter
- Marking Pen
- Pinking shears (optional)



## INSTRUCTIONS

Cut out the pattern piece on the right.  
(It's a 3" x 7 1/2" rectangle if you'd like to use a ruler and rotary cutter to cut out instead.)

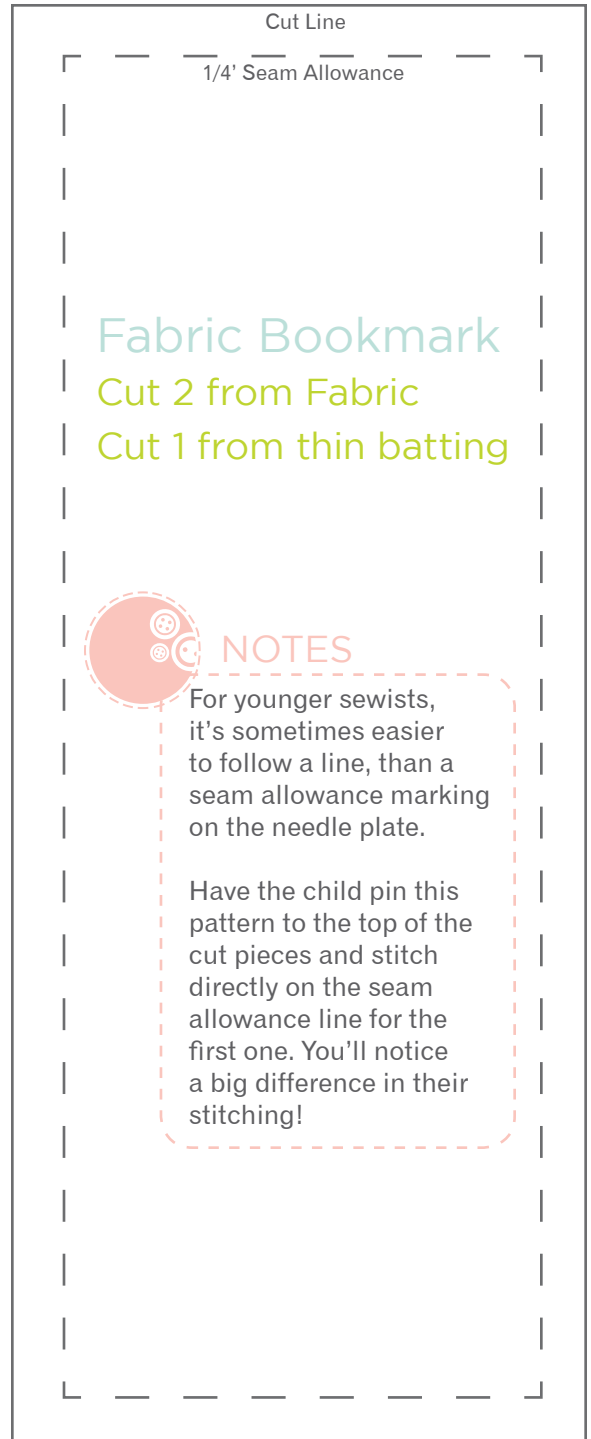
Pin this to your fabric scrap and cut out two pieces.  
Cut out one piece from your batting.

Stack these together by making a sandwich with the batting in the middle. You will have your back fabric right side down, the batting, and the top fabric right side up. Pin to hold in place.

Fold the ribbon in half. Insert the folded edge into the sandwich between the back piece and the batting approximately 1/2". Pin ribbon in place.

Stitch around the entire edge using a 1/4" seam allowance. Select a zig-zag or decorative stitch and stitch around again using a 1/2" seam.

Trim all extra threads. If you have pinking shears, cut the edges to give them a zig-zag finish. Great work!



Fabric Bookmark  
Cut 2 from Fabric  
Cut 1 from thin batting



## NOTES

For younger sewists, it's sometimes easier to follow a line, than a seam allowance marking on the needle plate.

Have the child pin this pattern to the top of the cut pieces and stitch directly on the seam allowance line for the first one. You'll notice a big difference in their stitching!



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# WORD SEARCH ANSWER SHEET

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