



STITCH IT!

4-H Clothing Lesson

USE YARN AND TAPESTRY NEEDLE TO SEW BASIC STITCHES ON TO PATTERN CARDS

Project Skills:

Learning to sew basic stitches

Life Skills:

Creativity
WI Academic Standards:
Family and Consumer
Education F.4. Learning to
Learn

Time:

25-30 minutes

Supplies:

- 3 *Stitch-It!* pattern cards for each youth
- 1 tapestry needle per youth
- Embroidery thread
- Skein of yarn
- Transparent tape
- Scissors

Getting Ready:

- Cut a 2' piece of yarn for each youth. Tape both ends of each piece of yarn.
- Cut 2' pieces of embroidery thread for each youth.

Adapted from 4-H Fun with Clothes, Lesson 1 – Activity 4 (IFAS Pub. #SPCCL20), pages 15-16.

WHAT TO DO

Use yarn to stitch the pattern card

1. Give each youth a 2' piece of yarn and a *Stitch-It!* pattern card.
2. Demonstrate how to tie a knot at the hole to start the stitch.
3. Have the youth tie one end of their yarn to their start hole.
4. Demonstrate how to use the overhand stitch.
5. Have the youth use the overhand stitch to stitch their card.

Use embroidery needle and thread to connect two pattern cards

1. Give each youth an embroidery needle and 2' of embroidery thread.
2. Demonstrate how to thread a needle and knot the end of the thread.
3. Have the youth thread their own needle and knot the end of their thread.
4. Demonstrate how to use the running stitch.
5. Have the youth use the running stitch to stitch two identical cards together.

ENHANCE

If time allows, have youth attach a third identical pattern by using buttonhole stitch. Use the same technique as before, first demonstrating how to sew the stitch and then let the youth use it to sew the third pattern to the other two. Refer to 4-H Fun with Clothes, Lesson 1 – Activity 4, buttonhole stitch for a guide on using the buttonhole stitch. Each youth will need a third *Stitch-It!* pattern card, identical to the two they have already sewn together.

TALK IT OVER

Try to get each youth to express his or her feelings and experiences.

Reflect:

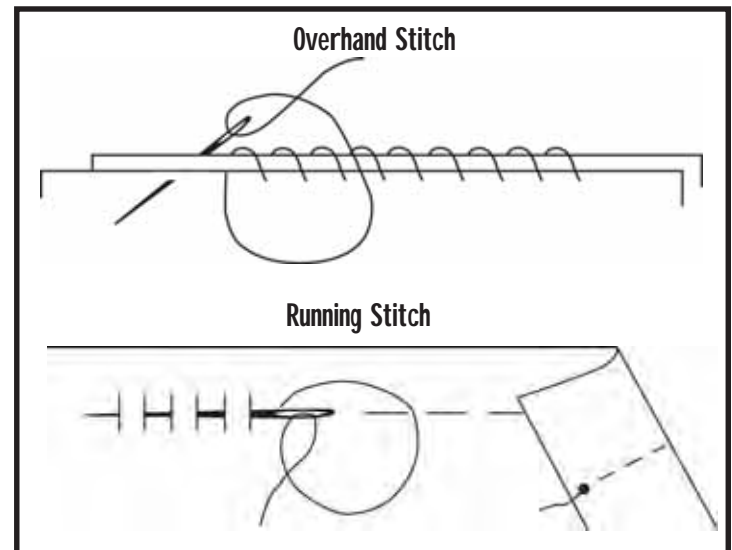
How did sewing with a needle and thread go for you?

Why was it easy or hard to use the needle and thread to sew stitches?

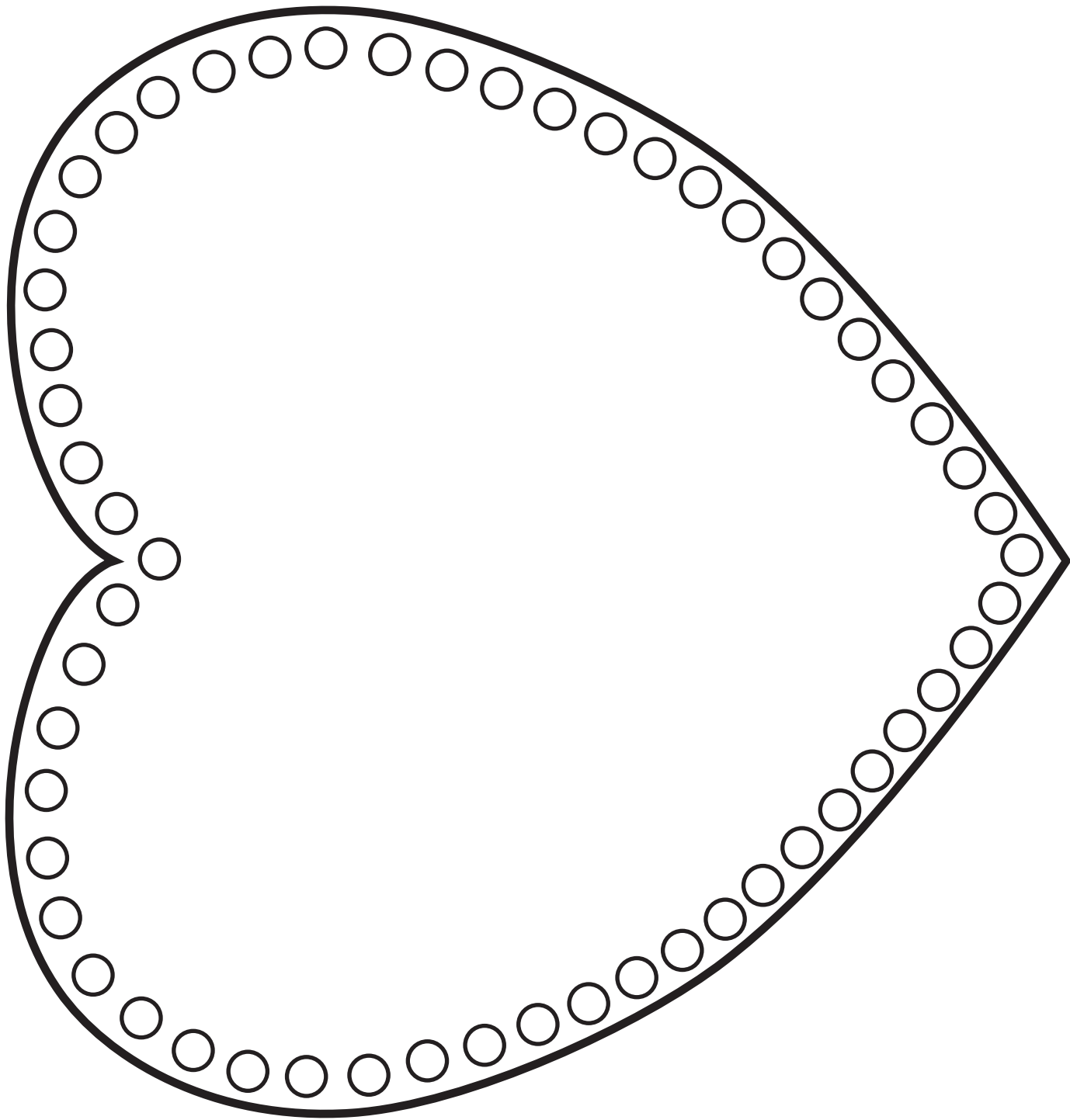
Apply:

What are some examples of things that are sewn by hand?

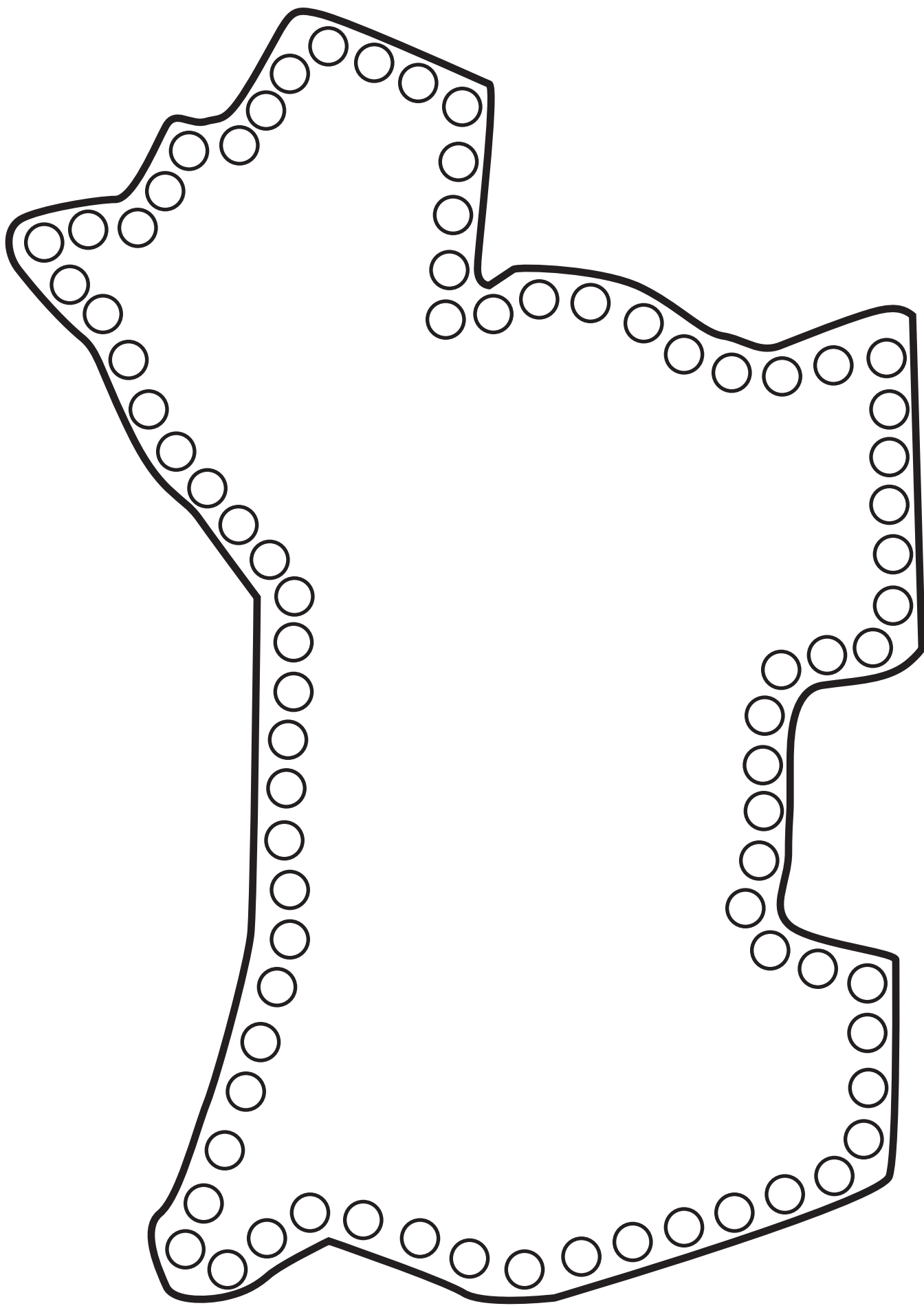
How can sewing by hand be more creative than using a sewing machine?



Stitch It! Patterns



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