

Sewing: Hand Work

Unit: Clothing & Textiles

Problem Area: Basic Sewing Techniques

Lesson: Sewing: Hand Work

■ **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Identify hand sewing equipment.
- 2 Identify hand sewing notions
- 3 Describe basic hand sewing stitches.

■ **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycart.com>.

"15 Essential Sewing Tools for Your Kit," *The Service Crafts*. Accessed May 5, 2019. <https://www.google.com/search?q=15+essential+sewing+tools+for+your+kit&ie=&oe=>.

"The Beginner's Guide to Sewing Tools," *Service Scout. Inc.* Accessed Apr. 29, 2019. <http://www.takelessons.com/blog/sewing-tools-13>.

"Hand Sewing Basics," *The Crafty Gemini*. Accessed May 5, 2019. <https://www.youtube.com/watch?v=B2mfJweh8a0https://www.youtube.com/watch?v=B2mfJweh8a0/>

"How to Sew On a Button/Quick and Easy Sewing By Hand," *Real Men Real Style*. Accessed May 6, 2019. <https://www.youtube.com/watch?v=xNy9hLCIONM>.

"Sewing Basics: 12 Things You Need to Get Started," *Fab Grandma*. Accessed May 4, 2019. <https://fabgrandma.com/2013/07/sewing-basics-12-things-you-need-to-get-started/>.



Weber, Jeanette, *Clothing Fashion, Fabric and Construction*, 5th ed. McGraw Hill Education,
Westfall, Mary G. *Successful Sewing*, 7th ed. Goodheart-Willcox, 2013.
Wikipedia. <http://www.wikipedia.com>

■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- | | |
|-----------------------|---------------------|
| ➤ backstitch | ➤ notions |
| ➤ basting stitch | ➤ pickstitch |
| ➤ beeswax | ➤ pincushion |
| ➤ blanketstitch | ➤ pinking shears |
| ➤ bodkins | ➤ pressing cloth |
| ➤ catchstitch | ➤ running stitch |
| ➤ cutting board | ➤ scissors |
| ➤ embroidery scissors | ➤ seam gauge |
| ➤ fabric marking pen | ➤ seam ripper |
| ➤ fabric | ➤ slipstitch |
| ➤ hem gauge | ➤ small scissors |
| ➤ hem marker | ➤ straight pins |
| ➤ hemming stitch | ➤ tailors chalk |
| ➤ iron | ➤ tape measure |
| ➤ ironing board | ➤ thimble |
| ➤ magnetic pin dish | ➤ thread |
| ➤ measuring tape | ➤ tracing paper |
| ➤ needles | ➤ tracing wheel |
| ➤ needle threader | ➤ transparent ruler |

■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Hand sewing is a skill that has been passed down through the ages. Ask your students how many of them know how to hand sew? Ask them who taught them

to hand sew or who they have observed hand sewing? Make a list on the board of reasons that it would be beneficial in their future to have the skill of hand sewing? Explain to them that after this lesson they will have the basic skill of hand sewing. Display VM–A.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Identify hand sewing equipment.

Anticipated Problem: What tools are necessary to learn to hand sew? If starting to create a sewing basket what are the most important tools to purchase? What are the basic sewing tools used for?

- I. One of the first steps to learning to sew is getting acquainted with the equipment used in hand sewing. There are a few basic tools to start with and then many others that can be added as time goes on. Sewing tools are best divided into the categories of measuring, pinning, cutting, marking, stitching and pressing. It is important be able to identify the sewing and tools and learn what they are used for. It is also important to learn how to care for the equipment as it is added to a sewing basket. All the tools help make the complete project come together easier and always have a professional look.
 - A. **MEASURING TOOLS.** Measuring Tools are necessary to be able to mark where buttons should go or how high to sew a hem. There are a variety of different tools that can be used for marking. Each of these pieces of equipment will make the job easier for the beginner seamstress.
 1. A **tape measure** is a flexible fabric or plastic measuring device usually sold in 60-inch lengths. The tape measure can be used to take body measurements. When sewing projects for oneself it is important to know one's own body measurements. The measuring tape is also used to measure fabric and other project pieces for marking.
 2. The **seam gauge** is generally a 6-inch measure with numerous marking (e.g., 1/8, 1/4, 3/8, 1/2, 3/4, and 1-inch margins). It is generally used to measure short lengths and also used for seams and hems. The marker has a slide that will adjust to the desired measurement setting.
 3. A **yardstick** is a 36-inch measuring tool used to check the grain and the straight of the fabric. The yardstick is easier to use as the seamstress is often working with fabrics that are 36-45 inches wide. The fabric often has uneven edges and before sewing a seamstress needs to straighten the fabric so that the finished project will hang straight. To do this a single thread can be pulled

from selvage to the other. This thread will leave a mark, cut along the mark and then use that as the way to lay out the fabric.

4. A **transparent ruler** is a clear and gives the ability to see through which is useful for measuring. The transparent ruler is also used for easier marking of tucks, darts, pleats and buttonholes. The transparent ruler can be purchased in various sizes. One of the first to purchase might be the 18" as it can work on small or larger projects.
5. A **hem gauge** is made of metal or plastic, this piece of equipment is used for marking straight or curved hems.

B. **PINNING TOOLS.** A second category for sewing tools is known as pinning tools. The pinning tools are used for various stages of the sewing process. There are various types of pinning tools. Some seamstresses prefer certain pins over others. Pins should be sharp and smooth. Keeping the pins in good shape will eliminate snags in one's fabric or garment.

1. **Straight pins** are slender, straight stiff pieces of wire with a sharp point on one end and have a blunt head. The straight pins are used to hold fabric together while one cuts and sews, they are also used to hold patterns on the fabric. There are a variety of different types of pins, each having a specific purpose.
 - a. **Ballpoint pins** are silk pins are made of silk with rounded ends that slip easily into the fabrics between threads.
 - b. **Ball-head pins** are pins that have colorful heads which make them easier to see and handle.
 - c. **Quilt pins** are used in quilting, they are
 - d. **Silk pins** are made of stainless steel or brass. Silk pins work well with most fabrics.
 - e. **T-pins** have a large T-shaped head on them, these pins work well on loosely woven, or thicker fabrics.
2. A **pincushion** is a convenient storage tool for straight pins. Pin cushions come in a variety of shapes. The common pin cushion is in the shape of a tomato; but there are also some pincushions that are worn on the wrist. Having the pincushion on one's wrist is convenient for many seamstresses. Another type of pincushion is a magnets one that makes picking up scattered pins an easy task.

C. **CUTTING TOOLS.** Cutting Tools are necessary for sewing. Cutting tools are divided between scissors and shears, other cutting tools include the seam ripper, thread clipper, and rotary cutter. To work at their best all of the cutting tools should be kept clean and sharp. Cutting shears should not be used for paper as this dulls the shears.

1. Scissors and shears are the primary cutting tools.
 - a. **Scissors** have small round handles and the blades are generally between 4-6 inches in length. The two blades are of difference width. Scissors are used to trim seams, clip curves and trim corners. A sewing basket may include **embroidery scissors**, which are smaller with very pointed blades.

- b. **Dressmaker shears** have bent handles that allow the fabric to stay flat on the table as one cuts. The blades on dressmaker shears are generally between 7-8 inches. It is important to keep dressmaker shears sharp at all times. **Pinking shears** have a zigzag edged blades to finish a seam edge.
- 2. A **seam ripper** is a pen-shaped gadget with a U-shaped blade for removing stitches. The blade picks up the thread in a stitch and cuts it without damaging the fabric. Seam rippers come in a variety of sizes and colors.
- 3. A **thread clipper** is a tool that has spring action with blades for clipping thread ends. This is an easy way to clip stitches.
- 4. A **rotary cutter** is a tool that has a round retractable blade; they come in a variety of sizes. They look similar to a pizza cutter and are used to cut several layers of fabric at once without distorting any of the pattern's cutting lines.
- D. **MARKING TOOLS.** Marking tools are another of the tools that are needed for a sewing basket. The marking tools are useful to transfer your sewing lines to the fabric.
 - 1. Tracing paper and a tracing wheel work together to transfer pattern markings to the fabric. **Tracing paper** is colored, translucent, and waxy finished paper that is placed colored side down on the "wrong side" of the fabric. A **tracing wheel** (a multi-toothed wheel mounted on a handle) is used to roll over the markings from your pattern and transfer them to the fabric.
 - 2. **Fabric marking pens** are items used to transfer pattern markings to fabric. These pens have disappearing ink, so the pen may be used on the right or wrong side of the fabric as it washes off.
 - 3. **Tailors chalk** is small talc-based chalk squares or pencils used to transfer pattern symbols to fabric pieces. The marks are temporary: brushing or ironing the patten piece will easily remove the chalk markings. Tailors chalk comes in various colors but white is the one to start with for your sewing basket.
- E. **STITCHING TOOLS.** Stitching tools are the equipment needed to actually stitch a garment, put on a button, add a patch or hem a skirt. Even for many machine stitched garments there will some hand sewing. The sewing box should have a variety of needle types, thimbles, a needle threader, a glue stick, basting tape and bodkins.
 - 1. **Needles** (or sharps) are medium-length slender steel instruments with a point on one end for piercing fabric and an eye (a small, smooth oval opening) in the other end. They come in a variety of sizes, ranging from size 1 to size 12, which is the finest needle with a .46mm diameter. Sizes 7 and 8 are suitable for most hand sewing tasks. Most packages come with a variety of sizes.
 - a. Betweeners are shorter needles for detailed handiwork.
 - b. Crewel or embroidery are similar in length to sharps but have a larger whole for threading multiple threads.
 - c. Milliners are longer than sharps and used for basting.
 - d. Chenilles are needles that have a sharp point for heavy embroidery in tightly woven fabric.

- e. Darners are long needles for basting and darning with cotton thread or yarn.
 - f. Beading needles are very fine long needles used to apply beads and sequins.
2. The **thimble** is a protective covering slipped over the index or middle finger to protect it from pinpricks. The thimble is also helpful in pushing the needle through thick fabric or many layers.
 3. A **needle threader** is useful to guide the thread through the needle.
 4. **Basting tape** is narrow double-faced tape that holds two layers of fabric together. Make sure the basting tape is good and dry prior to stitching.
 5. The **bodkin** resembles a large blunt needle. Bodkins are used to pull elastic or cording through a waist band.
- F. **PRESSING TOOLS.** Pressing equipment used to give that finished professional look to the home sewn garment.
1. An **iron** is a piece of electrical equipment that uses heat to press the wrinkles out of a garment. An iron can be used hot and dry or with steam.
 2. The **ironing board**, a narrow padded board that has a sturdy level surface and a tight-fitting cover.
 3. A **pressing cloth** is a lightweight cloth that protects certain fabrics from scorching. It also can prevent a sheen from forming on other fabrics. If steam is needed you can add water to the cloth to create steam.

Teaching Strategy: Many techniques can be used to help students master this objective. Provide the list of terms with the definition to your class. Have each student make flash cards with the words and definitions to practice with. Throughout this unit give your students time to work with a partner on the flash cards. The practice can also be done as a Jeopardy game or any other game of your choice for the whole group. Display VM-B, VM-C, VM-D, VM-E, and VM-F.

Objective 2: Recognize hand sewing notions.

Anticipated Problem: What are notions? Which notions are used for which garment? How do you attach notions?

- I. Hand sewing notions. Notions can be talking about equipment but often is referring to small objects or accessories, including items that are sewn or otherwise attached to a finished article, such as buttons, snaps, trims, tapes, hooks and eyes, collars and stays.
- A. **CLOSURES.** There are a wide variety of closures in the notion department and the basics are snaps, hooks and eyes, buttons, and hook and loop tape.
1. A **snap** is a closure that has two parts a ball and socket that come together to keep the garment closed. Snaps are often used as closures in athletic wear and outerwear or garments with little pull or strain. Snaps come in sizes

0000-4. The 0000 is the smallest and the 4 snap is the largest. The snap is attached by centering the ball section of the snap over the markings on the underside of the closure overlap. Make sure it is 1/8th inch to a 1/4 inch from the edge. Sew 2-4 stitches through each small hole using an overcast stitch. Work the thread from one hole to the next. Mark the position of the socket, overlap the edges and push a pin through to mark. Stitch the socket in place.

2. A **hook and eye** closure is where a hook and eye or loop are used together as a fastener on a garment. The hook and eyes are often made of metal, some are coated. Hooks and eyes come in a variety of sizes and types. Smaller hook and eyes are used at necklines and larger ones are used for outerwear. Hooks and bars are often used on waistbands, the bar is just a different shape eye. Round eyes are used on edges that meet and straight eyes are used on overlapping edges. To attach the hook and eyes it is important to mark where they are going and to use a blanket or chain stitch to sew on the hook and the same for the eye. Stitch around each loop with an overcast stitch. Make sure to sew only through the facing fabric not through to the other side of the garment.
3. A **button** is a small disk or knob sewn on to a garment, either to fasten it by being pushed through a slit made for the purpose of holding the button or for decoration. Buttons are one of the most common closures on garments. Buttons can be used on all types of garments, they are strong and able handle a lot of straining and pulling. Buttons are placed on the left side of men's garments while woman's garments have the buttons on the right side. Buttons come in a wide variety of sizes, shapes and colors. Buttons should be sewn on with double thread. Heavy duty thread is available for heavier garments. Attaching buttons depend on whether the button is a sew-through button or a shank button. Sew through buttons have holes in the face of the button. Shank buttons have a metal or plastic loop on the back of the button to allow the button to fit between the buttonhole and the garment. To attach a sew-through button use small backstitches to secure a thread at the placement of the button. Place a toothpick or heavy pin on top of the button. Bring the needle up through one hole, over the pin and down through the second hole. Continue several times. End the stitching by securing underneath. Remove the pin. For a shank button use backstitches to secure a double thread at the button placement mark, stitch through the shank and fabric with four or five stitches. Secure the thread in the fabric under the button.
4. **Hook and loop tape** is a special tape made of nylon and can be bought in strips or recut shapes. One side of the hook and loop tape has tiny hooks and the other has a looped pile. When the two tapes are pressed together they hold tight. To attach the hook and loop tape cut the strips to the desired length. Place the loop half on the underside of the overlapping edge and the hook half directly underneath on the under lap. Machine or hand stitch through the tape.

- B. **TRIMS.** Trims for sewing projects are unlimited and the seamstress's creativity will be the best guide for choosing project trims. The basic trims are lace, ribbon and

patches. Lace and ribbon are often basted on prior to machine stitching. If there will not be any machine stitching then these trims along with many others should be completed in a small invisible stitch. Patches are different (patches are often hand sewed on whether it be a uniform that you are attaching a patch too). The garment should be clean when adding a patch. First it is important to pin the patch in place and try on the garment to make sure the look is what is wanted. To sew on the patch thread the needle and knot the end. Stitch from the inside and poke the needle out. Sew the patch on using an even straight stitch. Make these stitches 1/4" in and then 1/4" back out. Secure on the underside when done stitching the entire patch. Cut threads.

Teaching Strategy: Many techniques can be used to help students master this objective. The students may have already practiced with buttons in an earlier lesson bring in trims and hook and loop tape and hooks and eyes and have the students practice sewing these on by hand. Display VM–G and VM–H.

Objective 3: Identify basic hand sewing stitches.

Anticipated Problem: When beginning to sew what stitches should you learn? How large should the stitches be? Are their set stitches for set jobs?

- I. Basic hand sewing procedure. There is a system for hand sewing, the steps are the same for most sewing needs.
 - A. The basic procedure for hand sewing is to:
 - ◆ Thread needle
 - ◆ Hold fabric and sew right to left if one is right hand or left to right if left handed.
 - ◆ To secure the beginning and end stitches make a small knot or take two small stitches, one on top and one on bottom of garment.
- II. Hand sewing stitches each have their own purpose or use. Many hand sewing stitches can be used for other projects but some just work best for a given job. An example of this is the basting stitch that is used for holding layers of fabric together but since the stitching will be removed you don't want to use a stitch that has very small stitches. A list of the most basic hand stitches have been included below.
 - A. **RUNNING STITCH.** The **running stitch** is a simple needlework stitch consisting of a line of small even stitches that run in and out through the cloth without overlapping. The running stitch is the simplest hand stitch to make.
 - ◆ The running stitch is great for gathering, easing, or tucks.
 - ◆ This stitch is also used in quilting.
 - ◆ This stitch allows one to sew the seams with no strain.
 - ◆ The running stich has tiny even stitches 1/16 inch to 1/4 inch in length.

- B. **BASTING STITCH.** The **basting stitch** is loose temporary sewing stitch to hold layers of fabric together. This is a longer stitch.
- ◆ Basting stitches are removed as soon as final stitching is in.
 - ◆ Basting stitches are even or uneven;
 - ◆ Even basting holds seams in place for fitting seams such as necklines and plaids. Use 1/4" stitches on upper and lower sides for even basting.
 - ◆ Uneven basting marks or holds hems in place.
 - ◆ For uneven make 1" stitches on top side and 1/4" on underside. Several stitches can be made before pulling the thread through.
- C. **BACK STITCH.** The **back stitch** is hand sewing with overlapping stitches working backwards. This is one of the strongest stitches hand stitches.
- ◆ The backstitch is used to repair machine stitched seams.
 - ◆ This stitch is used fasten thread ends securely.
 - ◆ To begin backstitch, insert the needle at the end of the previous stitch. Bring it out one stitch length in front of the thread. Keep the end of the last stitch and bringing it our ahead of the underside stitches, they will be twice as long as upper side stitches.
- D. **PICK STITCH.** The **pick stitch** is a simple running stitch that catches only a few threads of the fabric, showing very little of the thread on the outer side of the garment. A pick stitch on a lapel of a blazer is the sign of a handmade blazer.
- ◆ It is used to insert a zipper by hand.
 - ◆ This stitch can be used for a decorative stitch.
 - ◆ The needle is brought back only one or two threads so that a very tiny stitch forms one on the upper side.
- E. **SLIP STITCH.** The **slip stitch** is a loose stitch joining layers of fabric and not visible externally.
- ◆ The slipstitch is almost an invisible stitch.
 - ◆ The slipstitch can be used for patching, hemming and linings.
 - ◆ The slipstitch can be completed by slipping the needle inside the fold of the upper fabric for 1/4". Next pick up one or two threads of the under fabric. Continue to take a stitch through the fold and then in the other fabric.
- F. **BLANKET STITCH.** The **blanket stitch** is a buttonhole stitch used on the edges of a blanket or other material too thick to be hemmed.
- ◆ The blanket stitch leaves a decorative finish along the fabric edge.
 - ◆ This stitch makes thread loops, eyes, and belt carriers as well as bar tacks.
 - ◆ This is used to make a decorative finish along a fabric edge.

- ◆ The blanket stitch is completed left to right holding fabric edge toward you. Next point the needle toward you and insert it through the fabric from the right side.
- ◆ Finish by keeping the thread under the needle as the stitch is pulled out.
- G. HEMMING STITCH. The **hemming stitch** is a slanted stitch used to finish different hems, especially those with seam bindings or with a folded edge.
 - ◆ The hemming stitch is a very slanted stitch
 - ◆ Make a tiny stitch in the garment, bring the needle diagonally up through the folded edge of the fabric. Space about 1/4 inch apart.
- H. CATCH STITCH. The **catch stitch** is a large cross-stitch of uneven proportions used especially on bulky materials for finishing and hemming.
 - ◆ The catchstitch is a crisscross stitch.
 - ◆ This stitch holds two layers of fabric together with ease. Use the catchstitch to hem stretchy fabric or attach sew-in interfacing.
 - ◆ This stitch is completed from left to right if you are right handed.
 - ◆ Make a small horizontal stitch from right to left in one layer of fabric for a short distance from the edge make another horizontal stitch just over the edge and diagonally to the right on the other layer of fabric The threads will cross each other between layers.

Teaching Strategy: *Many techniques can be used to help students master this objective. Divide the students into pairs and assign one of the hand stitches to each group. Assign LS–A. Bring the class back together and put into larger groups that have at least one of each of the hand sewing stitches. Have each group of two demonstrate their stitch to the larger group. Provide each student fabric a fabric sample, thread and needle. After each pair demonstrate have all students of the larger group take a few minutes to try the stitch they just saw and then they will move to the next demonstrators. Discuss when the whole class returns together and answer any questions a student might have. Display VM–I and VM–J.*

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual masters and lab sheet to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ Answers to Sample Test:

Part One: Matching

1. h
2. d
3. a
4. f
5. e
6. b
7. g
8. c

Part Two: Completion

1. snap
2. tailors chalk
3. dressmakers shears
4. fabric marking pen
5. iron
6. hook and loop tape
7. iron
8. bodkin

Part Three: Short Answer

1. Answers may vary. The hemming stitch would be used when hemming a garment that you do not want the stitches to show.
2. The blanket stitch is a decorative edge stitch.
3. The running stitch is a simple needlework stitch consisting of a line of small even stitches that run in and out through the cloth without overlapping. The running stitch is the simplest hand stitch to make.

Sewing: Hand Work

► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|-------------------------|------------------------|
| a. straight pins | e. transparent ruler |
| b. seam ripper | f. pressing cloth |
| c. thimble | g. embroidery scissors |
| d. magnetic pin cushion | h. tape measure |

- _____ 1. A flexible or plastic measuring device usually sold in 60 inch lengths.
- _____ 2. The pin cushion that makes picking up spilled pins easier.
- _____ 3. Slender, straight stiff pieces of wire with a sharp point at one end and have a blunt head.
- _____ 4. A lightweight cloth that protects certain fabrics from scorching.
- _____ 5. A clear measuring tool that gives the ability to see through for markings.
- _____ 6. A pen-shaped gadget with a U-shaped blade for removing stitches
- _____ 7. Smaller scissors with very pointed blades.
- _____ 8. The protective covering to slip over the index or middle finger when hand sewing.

► Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

1. A closure that has a ball and socket is known as a _____.
2. Small talc-based chalk squares or pencils used to transfer pattern symbols are called _____.



3. The shears that have bent handles that allow the fabric to stay flat on the table are known as _____.
4. The pen used to transfer pattern markings to fabrics are _____.
5. A piece of electrical equipment that uses heat to press the wrinkles out of a garment is a _____.
6. A special tape made of nylon and can be bought in strips or shapes is known as _____ and _____.
7. Lace, ribbon and patches are known as _____.
8. The best way to pull elastic or cording is with a _____.

► Part Three: Short Answer

Instructions: Answer the following.

1. When would you use a hemming stitch?
2. What stitch is used for a decorative edge?
3. Which is the simplest hand stitch and how would you do it?

GENERAL SEWING TOOLS

What sewing tools are in your home?



TAPE MEASURE

Tape measures are essential for sewing.



MEASURING TOOLS

Yardstick, ruler, and tape measure.



PINCUSHION



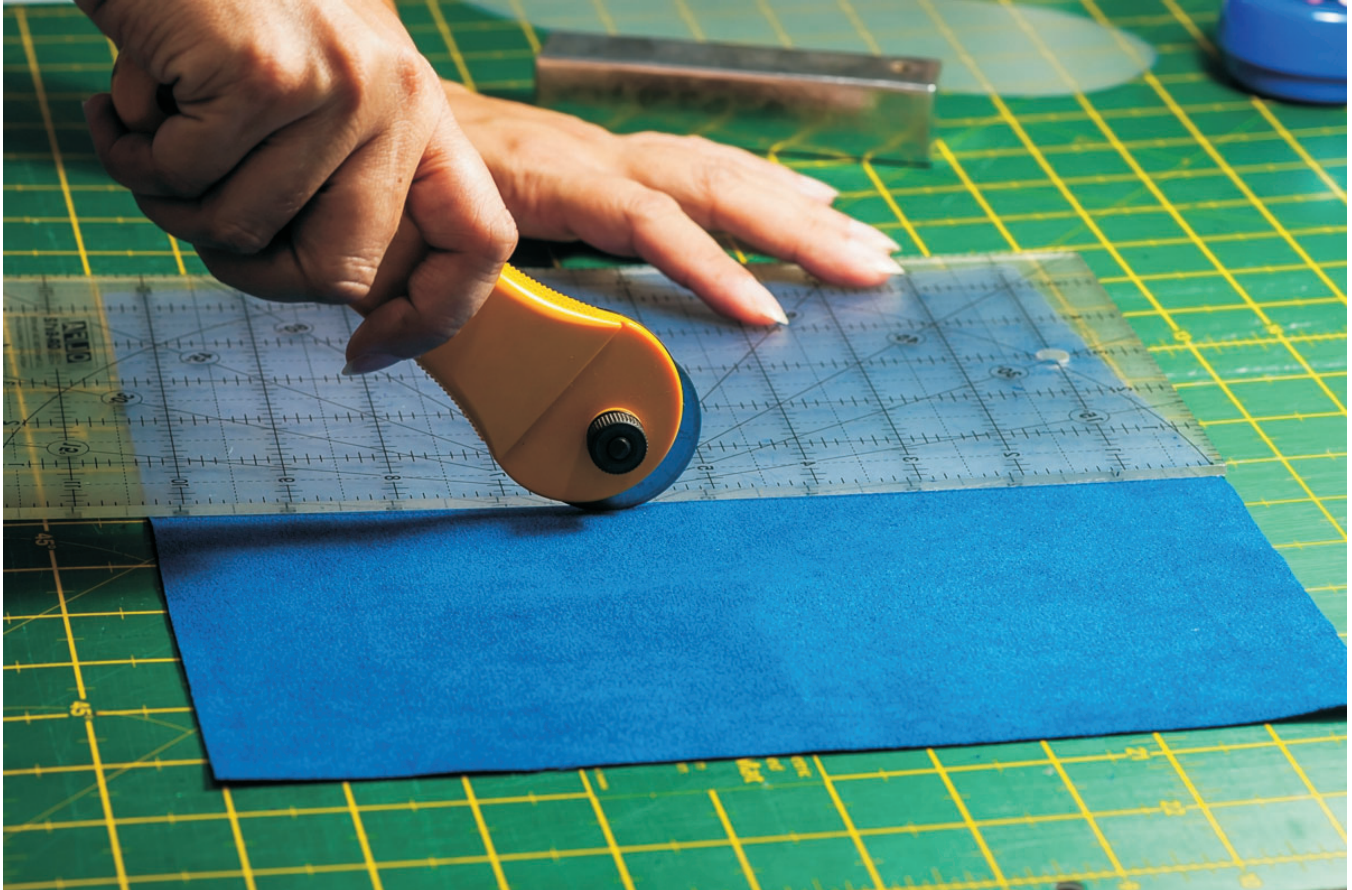
THREAD CLIPPER

Thread clippers are great for small threads.



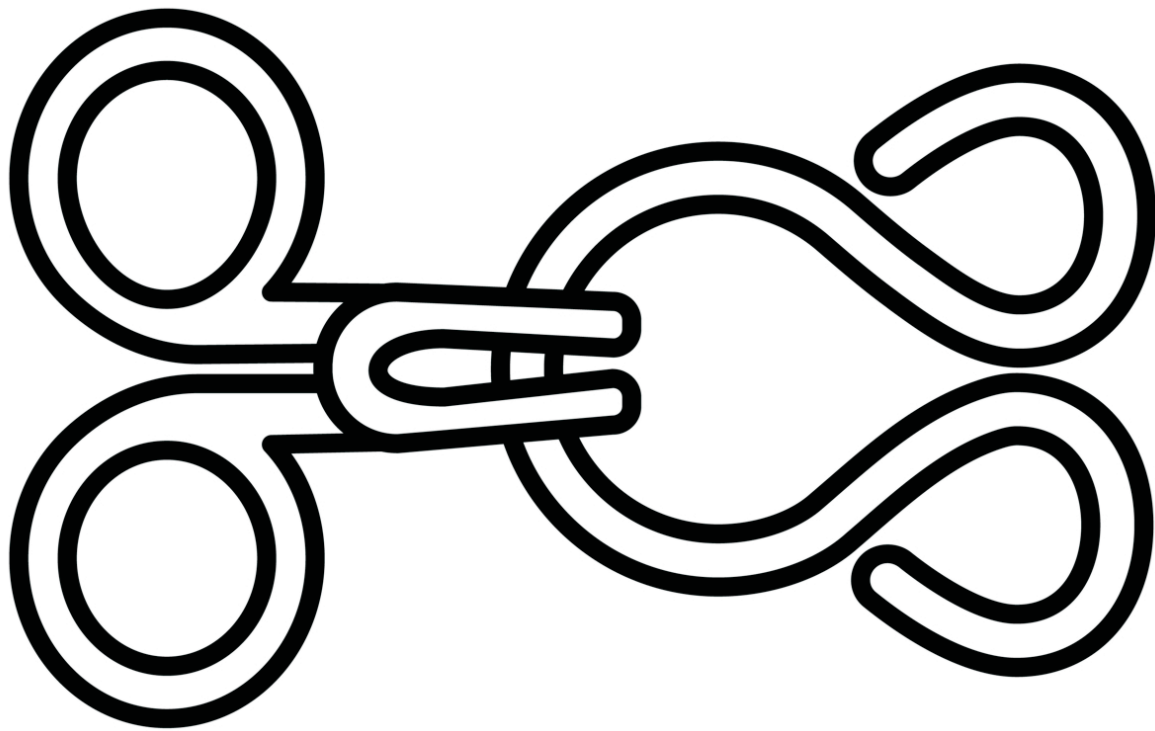
ROTARY CUTTER

Rotary cutters cut through many layers of threads at once.

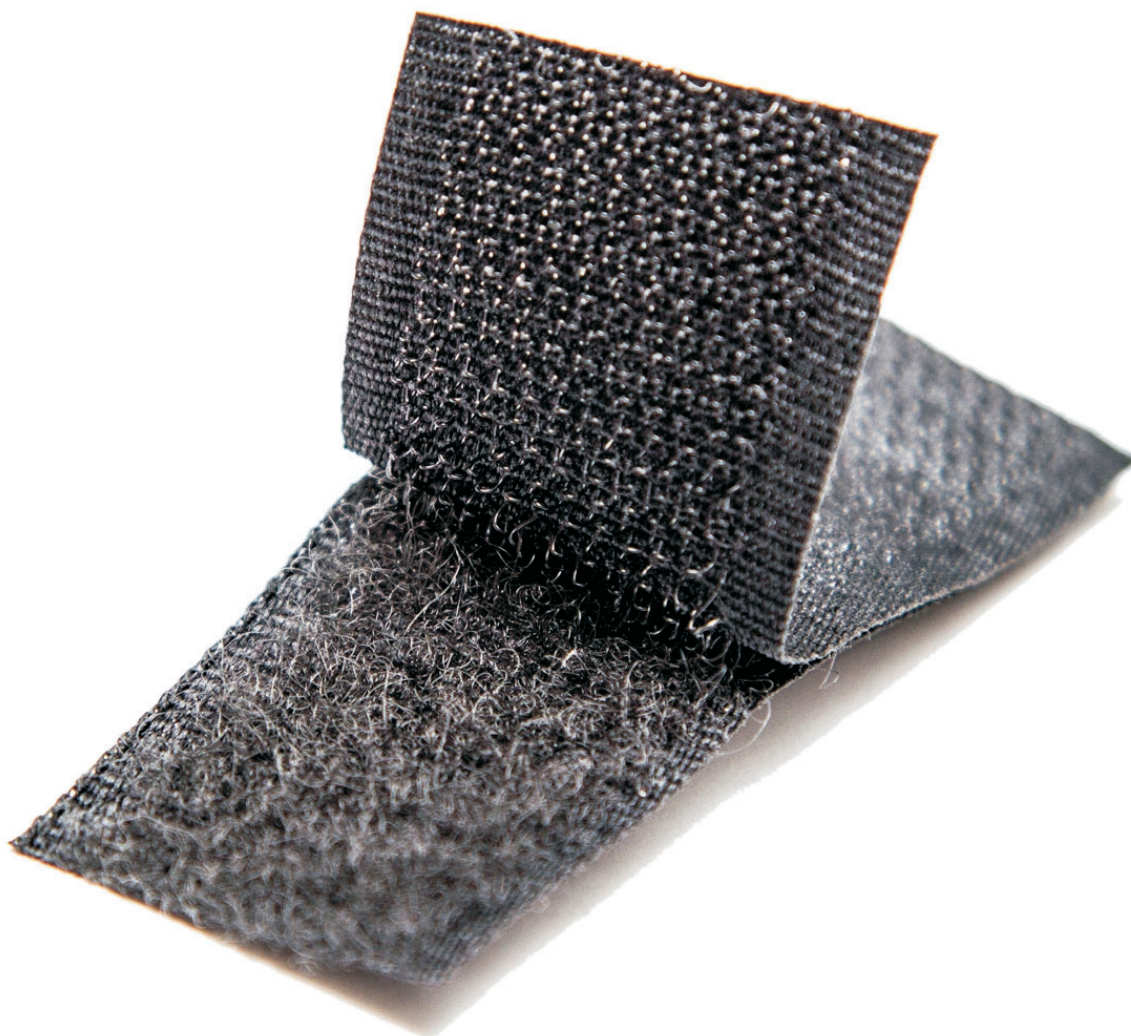


HOOK AND EYE

Hook and eye for are great for necklines.



HOOK AND LOOP



HAND STITCHING

Hand stitching is detailed work.



HEMMING

Maintenance on garments often requires hemming.



Hand Stitches

Purpose

The purpose of this activity is to recognize when to use certain hand stitches and to practice completing correctly the basic hand stitches.

Objectives

1. Recognize basic hand stitches.
2. Demonstrate hand sewing skills.

Materials

- ◆ lab sheet
- ◆ notes from unit
- ◆ Internet access
- ◆ fabric swatches
- ◆ needles
- ◆ poster board
- ◆ markers
- ◆ thread
- ◆ tape or glue stick
- ◆ scissors
- ◆ shears

Procedure

1. As a pair read up on the hand stitch that you were assigned.
2. Research the stitch for information that you want to have on your poster. Make sure and include pictures of its uses and a description of how to complete the stitch. Check YouTube to see if there is demonstration of your stitch to help you practice.



3. Practice, practice and practice the stitch you are going to demonstrate. If you have problems or questions see your instructor.
4. As a team make your poster, being sure to have it easy to read and detailed. Sign your names to the back of the poster.
5. Whoever you have chosen to demonstrate the actual sewing should practice in front of the partner.
6. Complete the group class assignment, turning poster into instructor when finished.