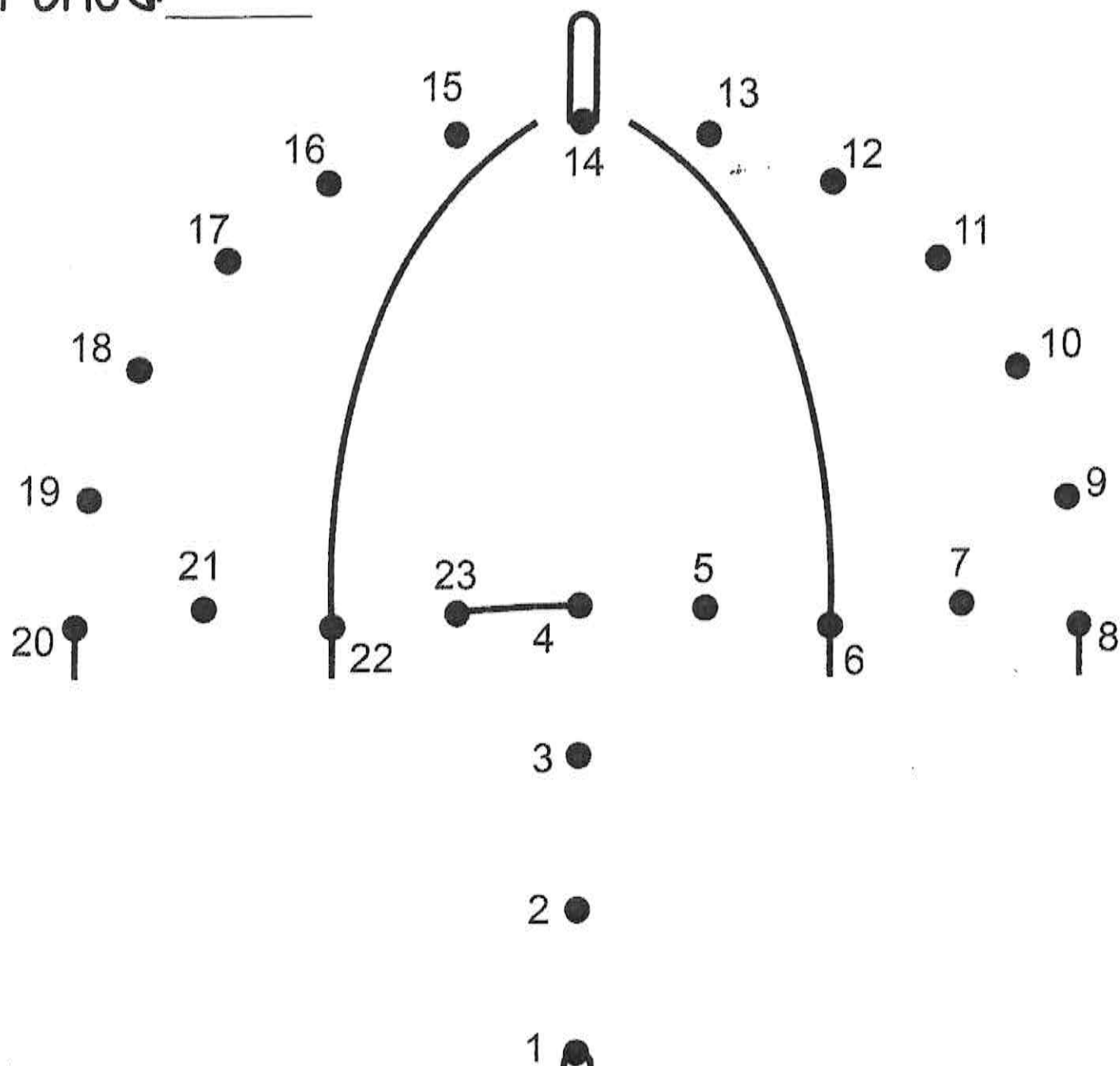


Name: _____

Period: _____

Running Stitch

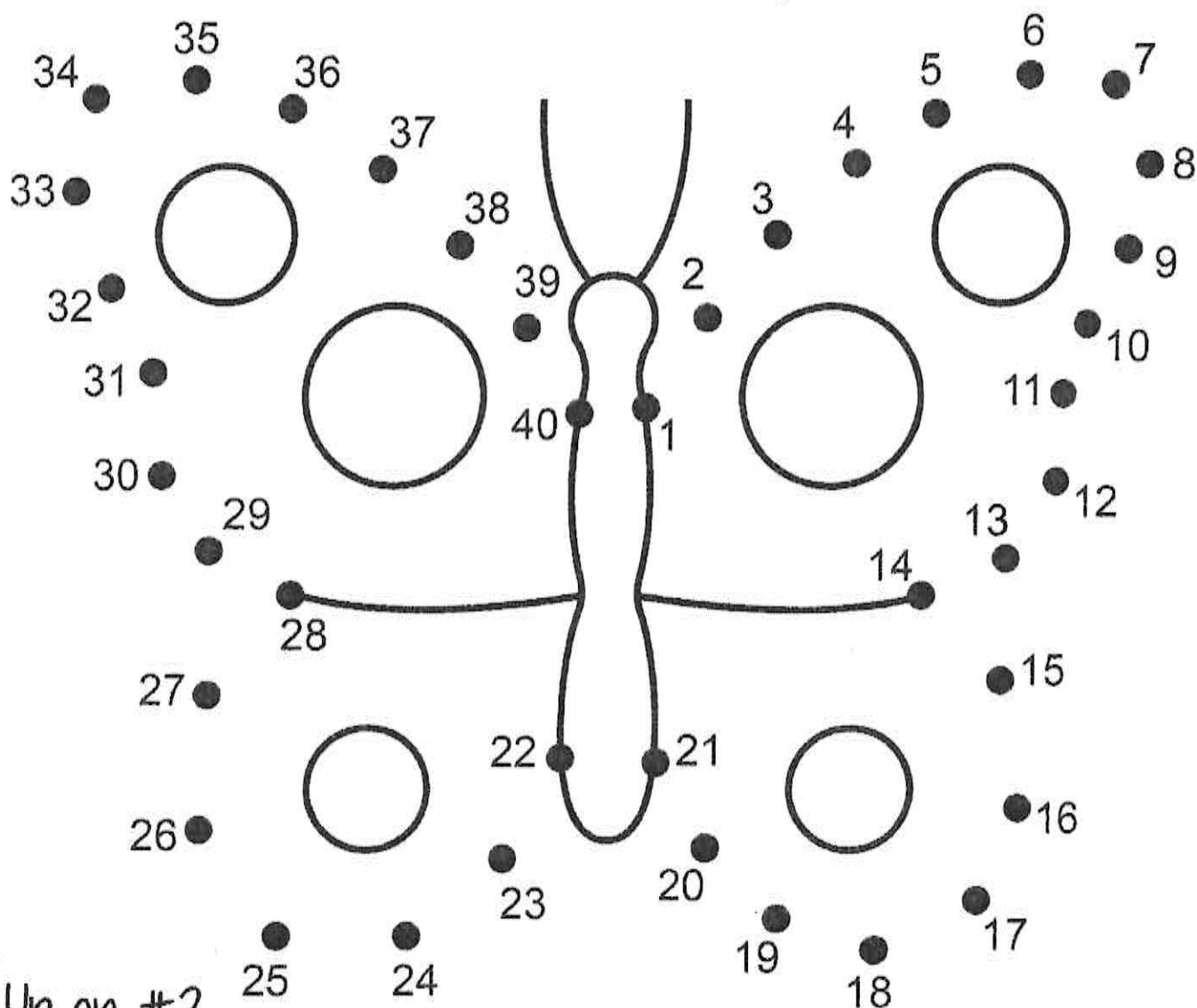


"Up on ODDS,
down on EVENS"

- Knots on back
- Double Thread

Name: _____
Period: _____

Back Stitch



- 1) Up on #2
- 2) Down on #1
- 3) Up on #3
- 4) Down on #2
- 5) Up on #4
- 6) Down on #3...

-Knots on back
- Double Thread

How to make a

Monster

Hello Kindergarteners!

1. Give each kinder student a template of a monster (there are 3 to choose from).
2. Have them color in and design their monster any way they like.
3. Have them fill out the information sheet on the back about their monster so we can get to know them a little better. We'd like to know the monster's name and some of it's likes and dislikes.

Kinder Student Name_____

Please fill this in about your monster:

Monster's Name:_____

Monster's Favorite foods:_____

Monster's Favorite color:_____

Monster's Hobbies:_____

What is your monster afraid of: _____

Where does your monster live? _____

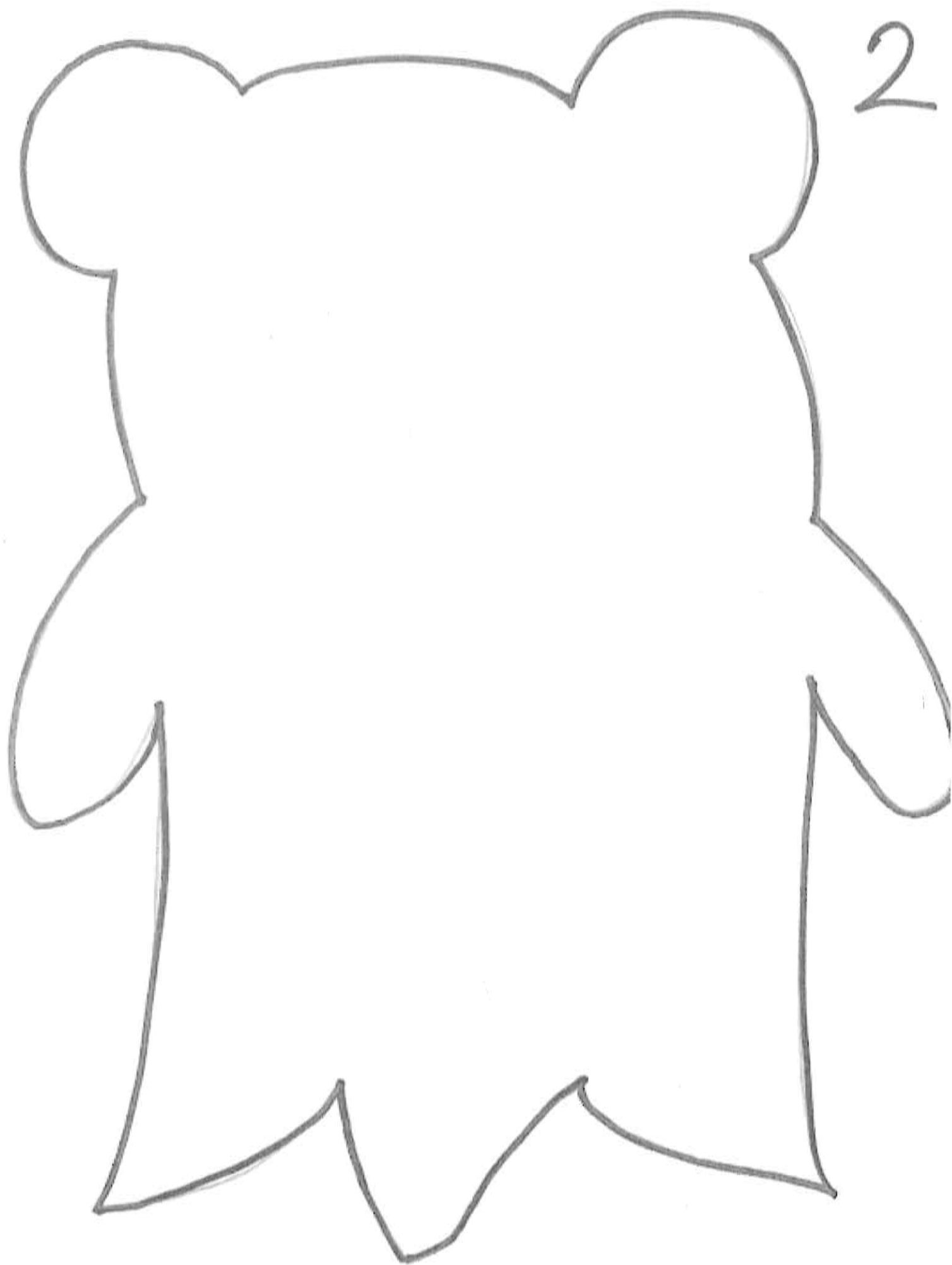
High School Student

Name:_____

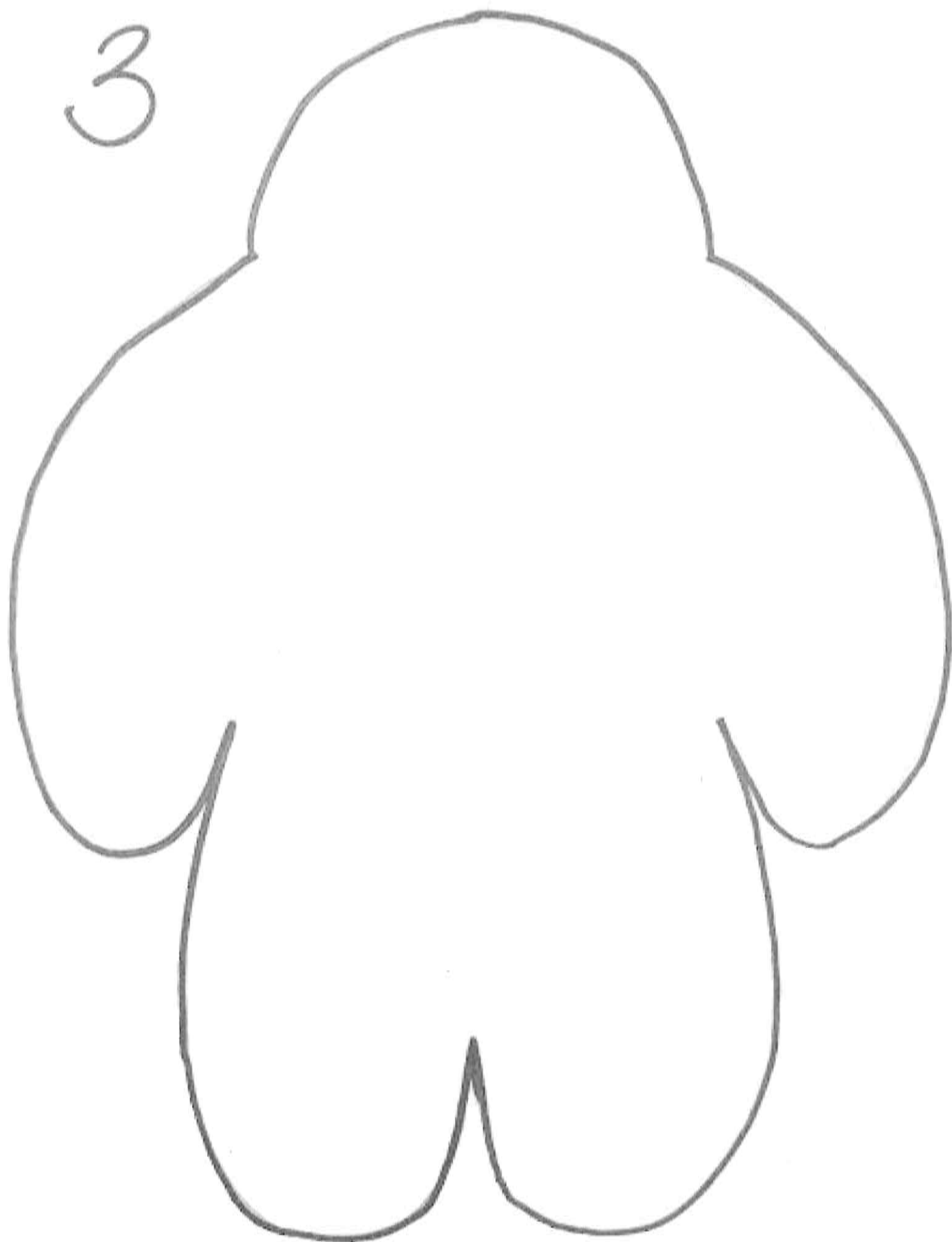
Your favorite part of making this monster:_____

What was something fun you remember from Kindergarten?



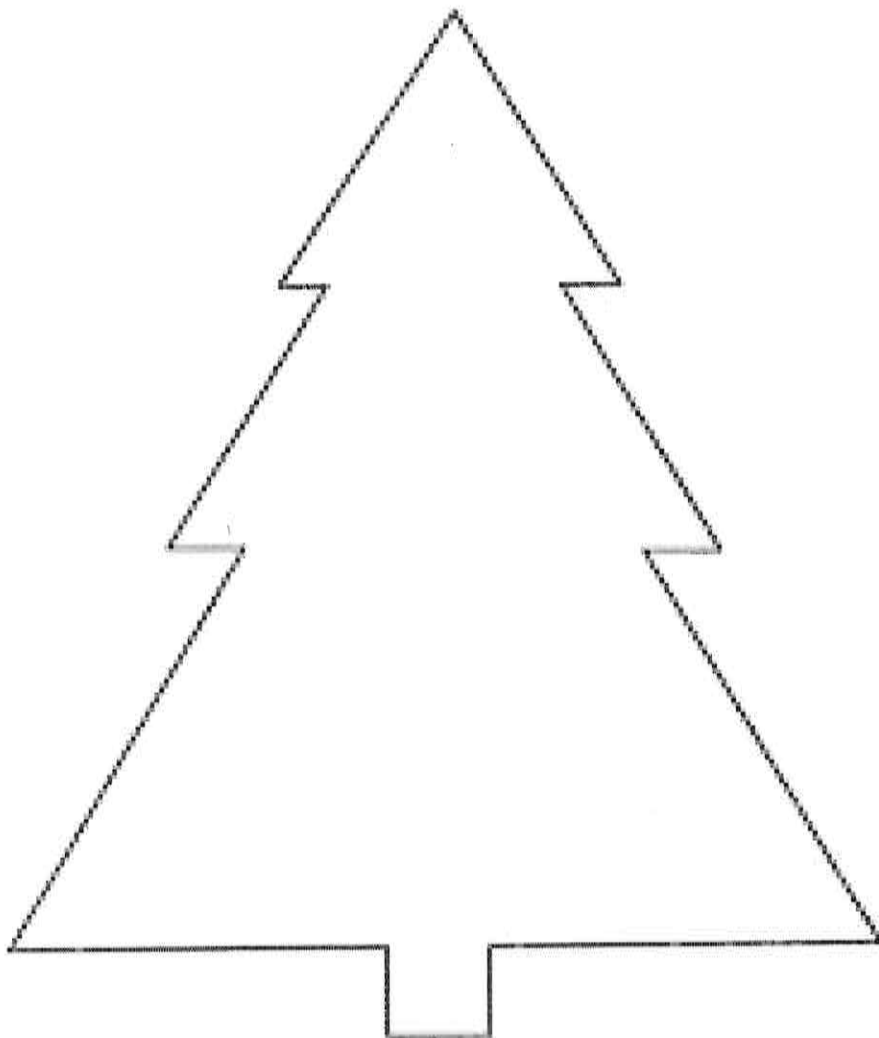


3



Christmas Tree

1. Cut 2 out of felt
2. Add small circular ornaments out of different colored felt but hand' sewing them onto one side (optional)
3. Place the sides of the trees that have maker on the edges **together** so they are not visible from the outside.
4. Embroidery floss comes in strings of 6. Cut a piece about 2-3 feet long, and SPLIT so that you have 3 threads in one set and 3 threads in another set.
5. Using the blanket stitch, hand sew using three threads of embroidery floss around half of the tree.
6. Add stuffing
7. Finish hand sewing with blanket stitch.
8. Tie knots as you go.
9. Add a loop of white ribbon to the top so that it can hang on a tree branch.



Thread Doodling

Hand sewing is seen as a lost art as it is a useful skill that many people lack. However, it is easy to learn how to sew with just a needle and thread. Hand stitches are as useful and pertinent today as they have ever been. No matter how smart and modern your sewing machine is, any sewist – be it a beginner or a professional, needs to know the hand sewing basics and the main hand sewing stitches. As you complete each stitch, like doodling with pen and paper, you will unconsciously form embroideries not only full of colour but your personality too!

Tools Needed:

- | | |
|---------------------|---------------------|
| -Embroidery floss | -Hand sewing needle |
| -Fabric (10" x 10") | -8" Embroidery Hoop |
| -Sharp scissors | -Needle threader |



TASK: Stitch Sampler

Mastering various sewing techniques expands your creative abilities. There are times when even the most dedicated machine sewer needs or wants to do some work on a project, and it's useful to have a repertoire of stitches for different purposes. There are often a variety of ways that you can sew something; this will give you an opportunity to find the way that works best for you. **NOTE: ALL stitch samples must be completed with 20 different bright coloured threads**

Basic Stitches: In order that you understand some of the basic stitched, EACH STUDENT has to complete the following samples. All samples must be completed in class using the fabric provided by your teacher. Student initials must be visible on the finished sampler.

Back stitch	Blanket stitch	Buttonhole Wheel stitch	Chain stitch
Chevron stitch	Couching stitch	Cross stitch	Feather stitch
Fishbone stitch	Fly stitch	French knot stitch	Herringbone stitch
Lazy Daisy stitch	Running stitch	Satin stitch	Seed stitch
Split stitch	Stem stitch	Straight stitch	Turkey stitch

Stitch Sampler Criteria - Each student's sampler must meet the following criteria:

- ✓ correct width and even stitches
- ✓ thread/floss tension is even - no puckering
- ✓ sampler is neat with threads clipped

How to thread your needed and tie a knot:

https://www.youtube.com/watch?v=k5iAQ4NJdow&ab_channel=TataSol

https://www.youtube.com/watch?v=sziFjzOggM&ab_channel=mslowe44

Basic Stitches:

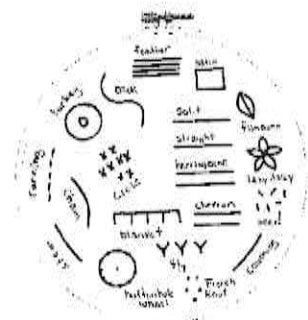
<https://www.youtube.com/playlist?list=PLVpHtgZOMJG5IcC07CvS4FwBdVWJfdIzm>

https://www.youtube.com/watch?v=d02z7Gv3A7M&t=111s&ab_channel=TataSol

https://www.youtube.com/watch?v=ZuIBGTG_xOw&ab_channel=skecce

https://www.youtube.com/watch?v=OWv6Ypzn9dg&ab_channel=Let%27sExplore

https://www.youtube.com/watch?v=PnNuzgSpIaE&ab_channel=CutesyCrafts



Fidget maze sewing instructions

1. Start with your 9" x 12" piece of felt fabric. You will need to cut this felt into two 6" squares. Start by removing 3" of fabric from the 9" edge. Next you will cut the 12" piece in half at the 6" point.
2. Measure out 18" of thread and then thread your needle. Use a needle threader or place a small piece of tape at the end for easier threading.
3. Place the two 6" fabric pieces together and sew a straight stitch along two of the edges using a $\frac{1}{4}$ " seam. Measure out another 18" of thread and finish sewing remaining two sides.
4. About 1" before closing the seam, insert marble in between the fabric and then sew shut. Knot and cut off excess thread.
5. Next, choose the pattern you would like to sew or create one of your own.
Tip: Stay away from curved mazes. Straight lines work better.
6. Pin maze pattern onto the fleece. Use a sewing gauge to measure the width of maze channels. Maze channels should be about $\frac{1}{4}$ " wide.
7. Once your pattern is approved by your teacher, sew a maze pattern using a straight stitch. Move the marble as needed as you sew the pattern.
8. Trim any excess material from edges to make even.



Self-reflection questions

1. Did you face any challenges in this project? If so, how did you overcome them?
2. What techniques did you use to refocus if you got frustrated?
3. Did you try your best on this project?
4. How do you feel when you use your new fidget?

