



Mini 4-H

SEWING



An Introduction to 4-H For Youth in Grades K - 2

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4-H Facts



The 4-H Symbol: A four leaf clover with an “H” in each leaf.

4-H Colors: Green and White

The 4-H Motto: To make the best better!

The 4-H Pledge:

I Pledge
My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service
My Health to better living
For my Club,
My Community,
My Country,
and my World.

Mini 4-H

Welcome to Mini 4-H! You are now a member of the Elkhart County 4-H family! We hope that you will have lots of fun learning new things in your 4-H career.

Mini 4-H is designed for youth in Kindergarten through Second grade. It will give you a taste of the 4-H program as well as help you to explore a variety of project areas.

Mini 4-H'ers may enroll in two different projects each year. This manual contains fun, age-appropriate activities to complete throughout the 4-H year. These activities will help you to learn about the project you have chosen. Additionally, the manual contains all instructions for the exhibit you will be preparing for the Elkhart County 4-H Fair in July.

There is no competition in the Mini 4-H program. Each child who completes a project for the Fair will receive the same green completion ribbon and certificate. Judges comment sheets are provided only as a way to help you do your very best on future projects.

Mini 4-H does not have regular monthly meetings. Try to attend the special activities planned especially for YOU! These will give you a chance to meet the project leaders, have some hands-on fun, and ask questions about your important Fair display. Mini 4-H is FUN! You will enjoy it.

Once you enter the third grade you can join a regular 4-H club that meets monthly. You must enroll each year of your 4-H career.

If you have questions about the Mini 4-H program, please call the Purdue Cooperative Extension Office at 574-533-0554. We will be happy to answer your questions.

As a Mini 4-H parent, please help guide and encourage your child through the activities. Work with them to help them to “learn by doing”. Activities are designed to help your child learn about the project they have chosen. It is not required that they complete all the activities. Choose those that interest you and your child.

Why do I need to know how to sew?

Sewing is an important skill to know. Sometime in your life a button will fall off or a favorite pair of pants will get a hole in the pocket. You will need to repair them and you will be glad you know how to do some simple sewing. Also, sewing is a great way to create beautiful items like quilts, decorative pillows, aprons and dresses to decorate and enhance your home or wardrobe.

You do not need a sewing machine to do this project. There are choices for you, if you would like to use a machine to sew.

Important Tips for Sewing

- Before you start, make sure your hands and work station are clear of anything that could soil your beautiful fabric.
- Don't be in a rush when you sew. This is how mistakes happen.
- Make sure you have good posture and are sitting in a chair with a back on it so you do not tire out.
- Sit where there is lots of good light.
- Always clean up your workstation when you are done and put your work in a safe spot.
- It is a good idea to have an adult help you press your fabric before starting your project.



Activity 1- Sewing Kit & Handmade Pin Cushion

A sewing kit is a box that will keep all your sewing tools together and safe until you need to use them for a project or repair. A pin cushion is used to store your pins safely while not in use. Always make sure your pins make it back to your pin cushion. Nobody likes finding a pin on the floor...with their foot.

Materials for Sewing Kit:

Sturdy Box – to hold your sewing tools.

Scissors – for trimming and clipping. Small pair works best.

Pins – for holding fabric together and steady while you sew.

Thread – good to match your thread color to your fabric color.

Thimble – choose the right size to fit your pointer finger.

Tailor's Chalk – use it to mark the lines you want to sew or cut.

Needles – ones that you can use with regular thread (size #7 or #8).

Ruler – a six-inch ruler to check hems or seam margins.

Measuring Tape – used to measure while sewing. A coated tape is best.

Embroidery Needle – large needle that can be used with embroidery floss.

Stitch Ripper – helps remove machine made stitches when a mistake is made.

Pin Cushion – stores pins safely between projects.

Once you have selected your sewing box, decorate it however you like! Make it personal. You can cover it with fabric, paper, add stickers, trim, spray paint or hand paint. Place all your items inside. Make sure they fit and your box will close.

You can follow the instructions for a pin cushion on the following page or make a pin cushion from a different pattern. Pinterest has lots of cute ideas if you would prefer to make a different style.

Materials for Pin Cushion

Two 4 inches by 4 inches pieces of fabric

Poly-fil

Button

Needle and thread OR sewing machine

1. Cut out two 4 inches by 4 inches pieces of fabric.
2. Place the fabric right side together.
3. Sew three sides and leave one end open.
4. Turn inside out so you can see the right side of the fabric.
5. Stuff with Poly-fil.
6. Tuck in the edges and whipstitch the open edge closed.

For machine sewing you will follow the same instructions, but to close tuck in the edges and zig zag or straight stitch.

7. Sew button in the middle.

What did you learn?

Were there lots of choices for sewing notions? Why did you choose the ones you bought?

What tools do you think you will use the most?

What else could you put in your sewing box that would be useful?

Activity 2 – Travel Tic Tac Toe Board

Materials:

Two 6-inch squares of fleece or felt

Ruler

Tailor's Chalk

Embroidery Thread

Embroidery Needle

10 buttons for play (5 buttons of 2 different colors)

OR

3 buttons of one color for display only

1. Stack the two pieces of felt on top of each other.
2. Using your ruler and chalk, draw a line 2 inches from each of the 4 edges. This will make the 4 lines that make a tic tac toe board.
3. Cut a piece of embroidery thread, knot end and thread needle. Stitch a running stitch along the chalk lines. After stitching all 4 lines, sink a couple stitches in place to secure floss. Snip off any excess thread.
4. The board is ready for play!

For display at fair – sew three buttons on the board in a line to show off your tic tac toe! (You can snip them off later to use the board for play.)



Photo credit - parents.com

What did you learn?

How did you keep your lines straight?

Was it hard to sew on your buttons? Did you use 2 hole or 4 hole buttons?

How did you attach your buttons (4-hole)? In an **X** pattern or a **||** (parallel) pattern?

Activity 3 – Embroidery Hoop Applique

Applique is a technique that is a great way to practice your hand stitches and make a cool piece of art. Learning how to apply fabric on top of other fabric can help in the future with a practical application like patches on clothes or a fun application like quilting.

You can use different stitches to attach your fabric pieces. Two basic ones are the running stitch and the whip stitch.

Running Stitch: Stitching goes in and out from bottom to top to bottom to top. Looks like dashes and can be used anywhere.

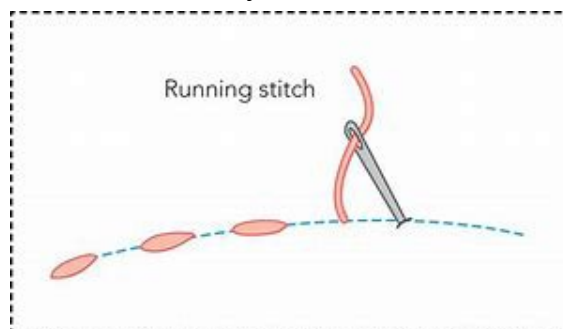


Photo credit to autospecsinfo.com

Whip Stitch: A whip stitch is a simple looping stitch often used inside garments on hems. Stitching always enters the same side of fabric while working along the

edge. This stitch is used on the edge of fabric. They kind of loop around the edge.

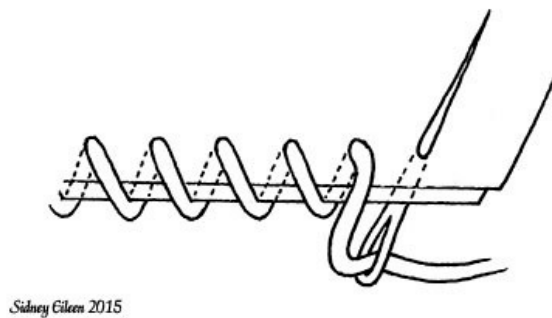


Photo credit to sidneyeileen.com

Materials:

Embroidery hoop (no larger than 10 inches)

Fabric (fat quarter)

Felt or other fabric

Embroidery floss

Embroidery needle

Scissors

Ruler

1. Cut your fabric in a circle 1 inch to 2 inches larger than your hoop. Unscrew top hoop and separate. Place fabric over inner hoop and then place outer hoop over top. Tighten screw to secure fabric. After screw is tightened, you can gently pull on fabric ends to make it taut. This hoop is now ready to sew on.
2. Cut a design out of your felt (or other fabric). You could cut out a heart, circle or other shape. For advanced sewers, you could cut out multiple pieces to attach and make a scene or a layered picture (like a 3D flower or a dog's face).
3. Tie a knot in the end of your embroidery floss and thread your needle. Place felt piece on the fabric on the hoop. Start your stitch from the back coming up through the fabric. This will hide your knot. Running stitch

around the edge of your felt piece until it is completely attached. Finish with thread in back. Tie off ends.



Photo credit to boredart.com

What did you learn?

What kind of skills did you use?

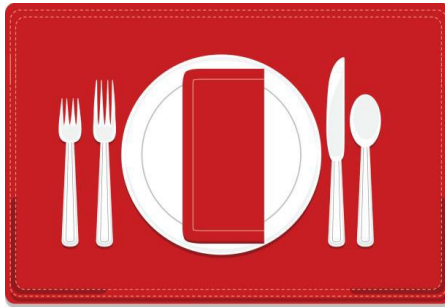
Where could you use this kind of applique technique in the future?

Did you use any stitches other than a running stitch?

Activity 4 – Machine Sewn Placemat (Adult Supervision needed)

Materials:

Two pieces of woven fabric (13 inches by 19 inches)
Sewing machine
Thread
Scissors
Iron
Pencil



1. Place fabric together so the right sides are together and the wrong side is out.
2. Sew around 3 edges leaving one side open. $\frac{1}{2}$ inch to 1 inch margin is recommended. Snip the fabric on the corners on a diagonal being careful not to snip the stitching. (This reduces the fabric in the corner when you turn it.)
3. Flip the fabric inside out (the pretty/right side should now be out). Use a pencil (gently) to push the corners out.
4. Fold the unsewn end in. Press it with an iron. Also press the rest of the placemat.
5. Sew over the top of the folded open end. Stay close to the edge of the fabric.
6. Continue sewing around the edge with a $\frac{1}{2}$ inch to 1 inch border on all 4 sides. Snip any thread left over.

Things to know before beginning:

Wovens are fabrics like burlap, duck and calico quilting fabric. Woven is how the threads make up the fabric. These threads weave in and out of each other in a vertical and horizontal pattern. They do not have a lot of stretch when you pull side to side. Burlap has a very loose weave and will be simpler to make a fringe with, but harder to finish with pinking shears. Simple calico will have a tighter

weave and will be better finished with pinking shears than fringing. You can decide what is best for your selected fabric.

Knits are fabrics that are made to move and use a loop-type weave to make up the fabric. These will not fray. They are fabric like t-shirt fabric or fleece. They will usually roll at the edges when pulled taut.

Be aware of these when you select your fabric for the placemat.

What did you learn?

What was most difficult about using the sewing machine?

Why do we sew this inside out first?

How much did this project cost you?

Why do you think we sew over the top making a border?

What to Exhibit

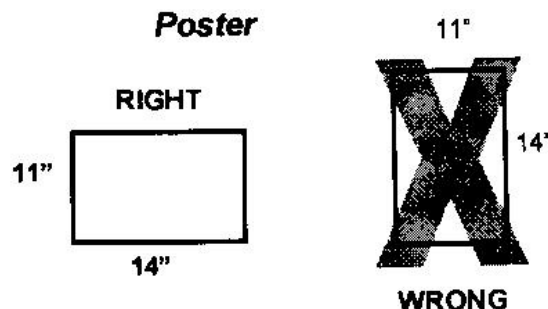
SEWING

Complete one of the following for your fair exhibit.

1. **SEWING KIT & HANDMADE PIN CUSHION:**
Your sewing kit includes your decorated box and the tools you have collected for basic sewing. This includes your handmade pin cushion. Attach Exhibit Tag and Record Sheet to the bottom of the kit.
2. **TRAVEL TIC TAC TOE BOARD:**
Your completed travel board must be mounted on a poster board. Your poster must be 11 inches by 14 inches, displayed horizontally (wider than it is tall) and attached to a stiff backing (like cardboard or foam board). Your poster must be covered with clear plastic or a poster sleeve. Your poster must have a title. Attach Exhibit Tag on front of poster/bottom right-hand corner. Attach Record Sheet to back of poster.
3. **EMBROIDERY HOOP APPLIQUE:**
Your embroidery project will be displayed in your embroidery hoop. Attach Exhibit Tag and Record Sheet to the back of the hoop.
4. **MACHINE SEWN PLACEMAT:**
Your placemat must be folded in half and mounted on a poster board. Your poster must be 11 inches by 14 inches, displayed horizontally (wider than it is tall) and attached to a stiff backing (like cardboard or foam board). Your poster must be covered with clear plastic or a poster sleeve. Your poster must have a title. Attach Exhibit Tag on front of poster/bottom right-hand corner. Attach Record Sheet to back of poster.

NOTE: If you are unable to pick your project up on project Release Day, please make arrangements to have it picked up. All projects must be removed from the exhibit building on that day and there is no available storage space for unclaimed projects.

No oversize posters will be accepted for exhibition.



All projects must include: (both are found on next page)

- **Record Sheet** (attached to the back of the poster board OR bottom/back of the exhibit)
- **Exhibit Tag** (attached in the lower right front corner of the poster board OR bottom of exhibit)

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Elkhart County Mini 4-H Sewing Manual
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Exhibit Tag:

Mini 4-H						
	Name		City		Grade	
					School	
						Sewing

Record Sheet

----- Cut here -----

Name:

Grade:

What I made?

How much time did you spend on this project?

What kind of fabric did you use?

Color?

Cost?

Who helped you with your project?

What do you like about sewing?