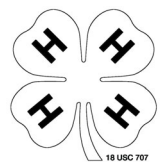
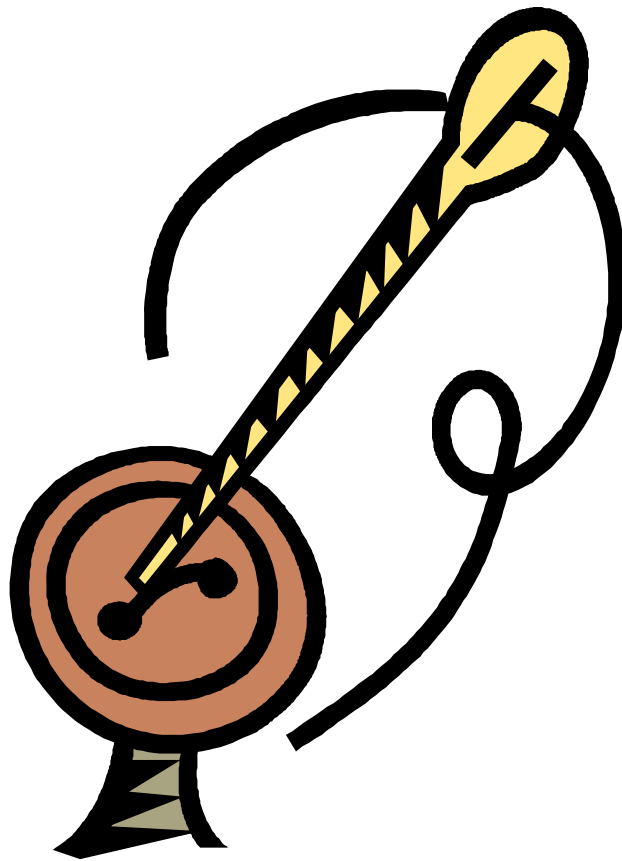


# Sewing

# Hendricks County

## Mini 4-H



Developed by:

Karla Smith, Program Assistant Purdue Extension Hendricks County



# Mini 4-H Parent's Page

We welcome you and your child to the Mini 4-H program. Mini 4-H is for youth who are in either first or second grade during the current 4-H year. Mini 4-H is designed to supplement and introduce both first and second graders to the Hendricks County 4-H program.

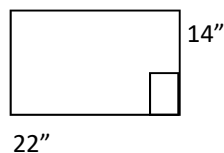
As a Mini 4-H parent, your job is to guide your child through the activities. It is suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. Learning by doing is the best educational tool that we can provide for our youth.

Additionally, the Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This project is based on information within this manual. The 4-H Fair is an exciting time for 4-H members and families. It is a week that allows community youth to showcase their talents, interests and enthusiasm for learning.

Mini 4-H is fun! Your child will certainly enjoy it. You can have fun too, by guiding and helping as your child participates in the program. Encourage and praise your child as he/she has fun learning and sharing with you.

## Rules

1. Mini 4-H is open to any youth who is enrolled in either the first or second grade on January 1st of the current year.
2. Any Mini 4-H participant may enroll in one (1) or two (2) projects. There are 16 projects to choose from. **Participants may exhibit only one (1) activity from a project book at the Hendricks County 4-H Fair (up to 2 projects total).** Additional activities can be done at home, but will not be exhibited.
3. It is encouraged that Mini 4-H participants enroll in the County Mini 4-H club, and their projects are done at home.
4. **ALL POSTER EXHIBITS MUST (NOTE: Not all Mini 4-H exhibits will be on a poster board):**
  - A. Have a solid, stiff backing, which is 14" high by 22" wide. This can be HEAVY cardboard or foam core board. The board must be able to stand by itself (Foam core board is available in the Extension Office for a minimal cost)
  - B. Be positioned HORIZONTALLY.
  - C. Have a total exhibit board no larger than 14" high by 22" wide.



**All youth will need to complete Enrollment via 4Honline and Fair Entry will need to be completed by July 1st of the current school year. Exhibit Tags will be ready the week before Fair. More information will be sent home as the Fair approaches.**

- D. Be COMPLETELY COVERED with CLEAR PLASTIC material. (Available in the Extension Office for a minimal cost.)
5. Mini 4-H participants will complete activities in the book. The Record Sheet located in the back of the project book needs to be completed and will be turned in with their exhibit at the Fair.

# Mini 4-Her's Page

Welcome to Mini 4-H! You are now a member of the 4-H family. You are a special person. Mini 4-Her's have a lot of fun! There are many activities for you to explore. You can try new things. You can share it with your friends and family. Mom, Dad, or another adult can help you with your project. Bring your project to the 4-H Fair and lots of people will be able to see what you have done. You also get a ribbon made just for 4-Her's.

Here a few things to know about 4-H.

The 4-H Symbol: A four-leaf clover with an "H" on each leaf

4-H Colors: Green and White

The 4-H Motto: "To make the best, better"

## 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,

I promise to use my head to make good choices.

my **HEART** to greater loyalty,

I promise to use my heart to be a good friend.

My **HANDS** to larger service,

I promise to use my hands to do helpful things for others.

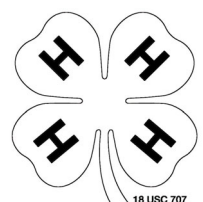
And my **HEALTH** to better living,

I promise to take care of my body and to show others to live in a healthy way.

For my club, my community,

I promise to help my group, my community,

My country, and my world.



# Sewing Activities

Sewing is a skill you can use your entire life. You may someday need to repair a tear in your clothing, sew a button on a jacket, or hem a pair of pants. You will begin to put together items necessary for doing basic sewing at home. You will also learn the basic skills needed for sewing.

You do not need to have a sewing machine for the projects in this book.

## Good Sewing Habits

- Keep your hands clean when working with fabric.
  - Sit at a table.
  - Sit up straight.
- Work where there is plenty of light.
- Put your materials away when you are not working on a project.
- When using fabric, it is best to have an adult iron the fabric as you work.

## Before you get started:

Pick an activity you would like to do.

Read the directions carefully.

Make sure you have all of the needed materials.

Ask an adult or teenager to help you.

Clean up your work area and put all of your supplies away when you are finished.

Complete your Mini 4-H Book pages.

## **Exhibit:**

**First Grade:** - A product from “My Sewing Kit” with a list of tools you will put in the kit or “Pin Cushion”.

NOTE: (DO NOT exhibit with the sewing tools in the kit)

- Completed Record Sheet

**Second Grade:** - A product from “Buttons and Hand Stitching” or “Fabric Coasters”

- Completed Record Sheet

# First Grade

## My Sewing Kit

### Needed Materials:

- Sturdy Shoe Box with Lid
- Scissors
- Fabric Glue
- Fabric Scraps
- Sewing Scraps, such as: lace, rick rack, fringe, beads, etc. (optional)
- Sewing Tools (optional)

### Directions:

Cover your shoe box with scraps of fabric from home or from a store. Fabric glue works well.

Trim or decorate your box with other scraps if you wish (lace, fringe, rick rack, etc.).

When dry, add sewing tools to your kit. See the Sewing Tools page in the manual for ideas of what to put in the box.

If you wish to exhibit this item, add a list of the tools you will put in your sewing box.

**DO NOT exhibit the tools in the box!**

Clean up your work area.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.



# First Grade

## Pin Cushion

### Needed Materials:

- Canning jar lid
- Heavy cardstock
- Scissors
- Fabric (10" x 10")
- Batting or poly-fill stuffing
- Glue gun and glue sticks (have an adult help with this part)

### Directions:

Separate the canning lid from the ring.

Trace around the lid on the cardstock and cut it out.

Place the cardstock circle on the 10" x 10" piece of fabric.

Take the ring portion of the lid and push the fabric square through the ring from the underside. Be sure to put the pretty side of the fabric on top. This will make a "pocket"

Stuff the "pocket" with batting or poly-fill stuffing.

Place the metal lid inside the ring to secure the cushion.

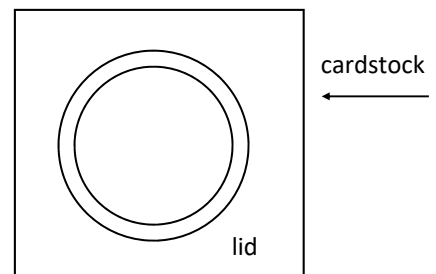
Adjust the fabric to remove wrinkles and trim the excess fabric. NOTE: Trim as close to the edge as possible.

Glue the edges down with a glue gun. Have an adult help with this.

Glue the cardstock circle in place for a clean, finished look.

**Do not exhibit with pins and/or needles in the pin cushion.**

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.



# Second Grade

## Buttons and Hand Stitching

### Needed Materials:

- 2 or More 4" X 4" Squares of Fabric
- 2-Hole Buttons
- 4-Hole Buttons
- Needle
- Thread
- ***Sewing Hints*** and ***Practice Page*** in manual
- Poster Board (see page 3)

### A 2-hole Button:

Begin with a 2-hole button.

Thread the needle and pull the thread down until it is even with the other end of the thread. Make a knot. See ***Sewing Hints***, in this manual.

Take the fabric square and place the button on top of the fabric. Hold the button in place.

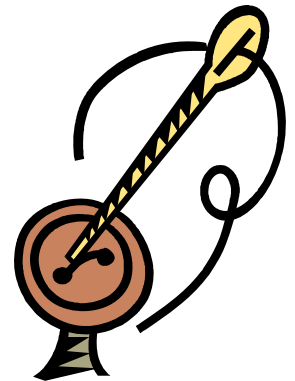
Push the needle up through the hole of the button, pushing the needle from the back side or wrong side of the fabric.

Pull the thread all the way to the end until resistance is felt from the knot. If pulled too hard, knot will be pulled through the fabric. If this happens, try again.

Put the needle down into the next hole and through the fabric to the back side.

Continue coming up and going down through the holes four times until it feels tight.

When finished, push the needle to the back side of the fabric and tie a knot with the threads. Ask an adult for help.



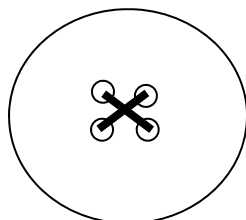


### **A 4-hole Button:**

Take the button and place it on top of the fabric.

Hold the button in place.

Follow the directions for a 2-hole button, but when you come up through the first hole, you will cross over to the opposite hole like the letter **X** and push the needle through to the back side.



Once this first stitch is finished, move to the next hole and come up from the back side and cross over like the letter **X**.

Repeat this 4 times to make the button secure. When you come to the back side for the last time, knot your threads and cut.

Sew as many buttons as you wish on the fabric square.

### **Straight Stitching, Basting Stitching and Overcast Stitching by Hand:**

Take a new fabric square and practice hand stitching with needle and thread.

Thread the needle and pull the thread down until it is even with the other end (double thread). Tie a knot.

Push the needle up from the back side of the fabric when you begin your stitch.

Make a straight stitch according to Practice Page, in manual

Make a basting stitch according to Practice Page, in manual

Make an overcast stitch according to Practice Page, in manual

When finished making each stitch, start again if there is room on the fabric.

Mount and label on poster board .

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.

# Fabric Coasters

## Needed Materials:

- Burlap Fabric
- Scissors
- Sharpie Permanent Markers (optional)

## Directions:

Cut burlap into four or six 4" X 4" squares.

Carefully pull 1 thread at a time from a corner and unravel it from the square. This will make a fringed edge. (See below) Do this with each side of your fabric.

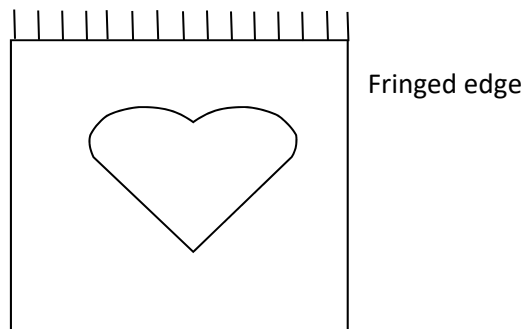
Repeat this 3 more times. When you finish, you will have fringe on each side of your coaster.

If desired, decorate using your own design with permanent markers (place newspaper under it) or use markers with a stencil.

Be creative!

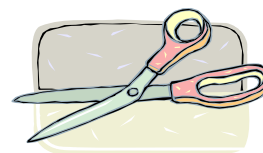
Clean up your work area.

If planning to exhibit this option at the fair, be sure to add the information to FairEntry once the system opens. This will be used to print your exhibit tag for display at the fair.



# Sewing Tools

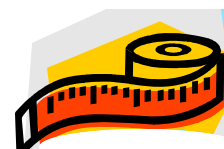
**Shears:** Used for cutting the fabric; shears are 7 or more inches long and should be sharp. Shears with bent handles are easier to use on flat surfaces. Do not cut paper with your fabric shears because it makes them dull.



**Pin Cushion:** Used to hold pins.



**Measuring Tape:** A 60-inch coated measuring tape is best because it will not stretch.

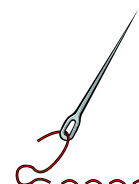


**Ruler or Seam Gauge:** A 6-inch ruler or seam gauge is useful for measuring hems or seams because it has a sliding piece to guide you as you measure.

**Thread:** It should match your fabric. You may want to ask your parent or an adult to help you select the best type or color.



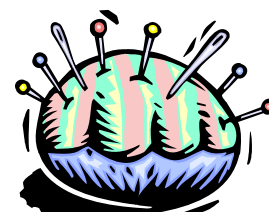
**Needles:** Straight, sharp needles come in different sizes. The ones with long eyes are easier to thread.



**Pins:** Used to hold pieces of fabric together for sewing.

Pins with a big head on the top are easier to use.

Do not use bent or rusty pins. In the picture to the right, can you see the pins? Can you see the needles?



***Color the needles light blue and the heads of the pins yellow.***

# Sewing Hints

## Definitions

**Double Thread** - A double thread is made by threading a needle and tying the two ends together.

**Basting Stitches** - Large, loose stitches that weave in and out of the fabric. Stitches are all about the same size.

**Straight Stitches** - Done by sewing in and out of the fabric. Put the needle and thread through the fabric, bring the needle back through the fabric. Stitches are all about the same size. Repeat.

## How To

**Knot a Thread** - Twist the end of your thread around the first finger of your hand 2 times and with your thumb, roll it off your finger. Pull the thread with your finger and thumb, and you will have knotted the thread. Do this several times until you can easily tie a knot.

If you use a double thread, your thread will not come out of your needle while you are sewing. A double thread means you knot both ends of your thread together.

**Sew on a Button** - Thread the needle and knot the thread.

Position the button on the fabric. Push the needle up through the back of the fabric and through one hole in the button. Push the needle back down through the other hole to the back side. To make a “shank” button, place a pin or toothpick under your first stitch. This will keep the button from being sewn on too tight.

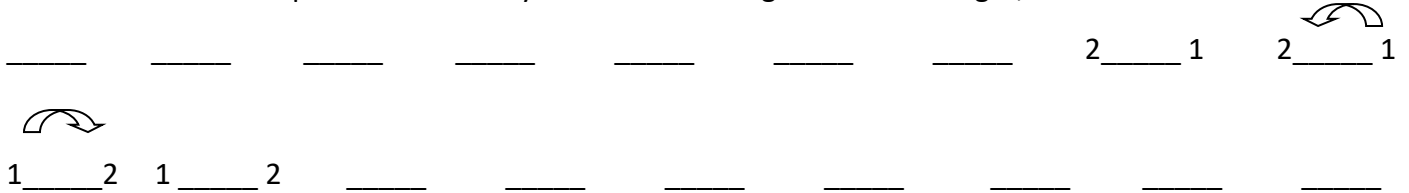
Now make 3 or 4 more stitches down through your fabric, and then back up and over the pin. Remove the pin or toothpick.

Pull your button up from your fabric and wrap the thread around the “shank” or thread under the button. Push the needle to the back side, and make a knot.

# Practice Page

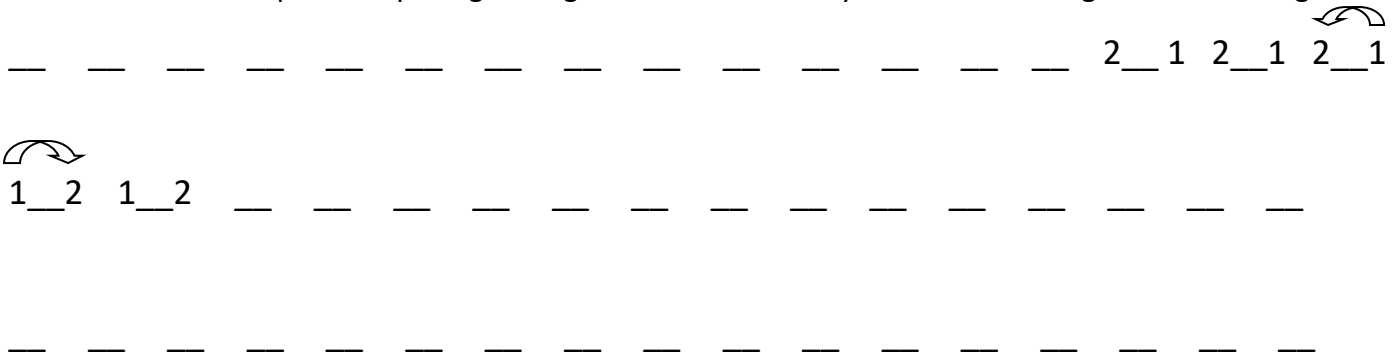
## Basting Stitch

Knot your thread or leave extra as you begin. This stitch is long and loose. They are temporary and usually removed. Work right to left unless you are left handed. Push the needle up through the fabric and come back up about 1/2 " from where you started. Practice on the lines below. Go up from the bottom on "1" and down from the top on "2". You may switch sides and go from left to right, if that is easier.

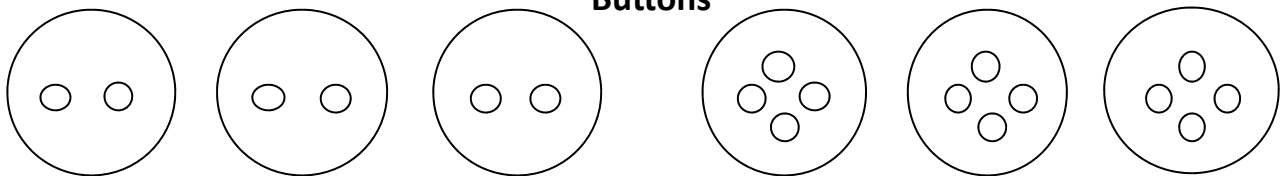


## Straight Stitch

This is the basic stitch in sewing. Unlike the basting stitch, tie a knot in the thread like you did for the button. This will keep it from pulling through the fabric. You may switch sides and go from left to right.

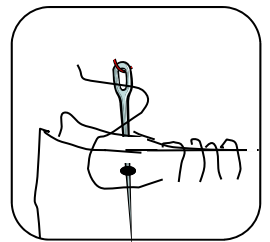
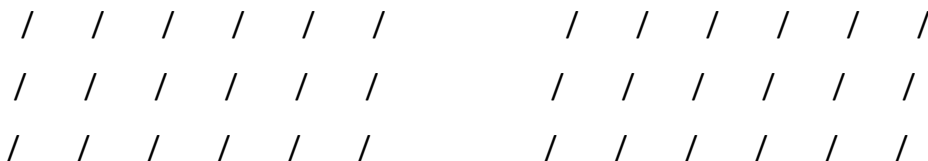


## Buttons



## Whip or Overhand Stitch

This stitch makes seams strong. It is used at the edge of fabric to keep it from fraying. It also holds two pieces of fabric together. Start at the top of the mark, bringing your needle from the back side. Go back through at the bottom of the mark. Move left to right, unless left handed, and top to bottom.





# 4-H Fair Exhibit

Listed below are projects you can exhibit at the 4-H Fair judging. Check the fair book for the date and time it is due. The fair book may also list special exhibit rules. You may only exhibit 1 project in this book.

If you have any questions about your projects, please call your Mini 4-H Leader or the Extension Office.

INCLUDE completed Record Sheet with your exhibit.

## First Grade

- My Sewing Kit
- Pin Cushion

## Second Grade

- Buttons and Hand Stitching
- Fabric Coasters

# Mounting Your Pictures

Needed Materials:

- Rubber Cement or Double Sided Tape
- Scissors
- Poster Board
- Clear Plastic

Directions:

- An adult or teenager can help you cut the poster board. Cut a piece of poster board or foam board so it is 14" high by 22" wide or appropriate sized board available at the Extension Office.
- Use rubber cement or small pieces of double sided tape.
- Arrange the items neatly on your board. Be sure to include a title for your poster.
- Poster must be completely covered by a clear plastic material.

**Good Luck at the 4-H Fair!**



# Sewing is Fun!



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

BUTTON

PATTERN

SEWING

FABRIC

PINCUSHION

SHEARS

KNOT

PINS

STITCH

NEEDLE

SEAM

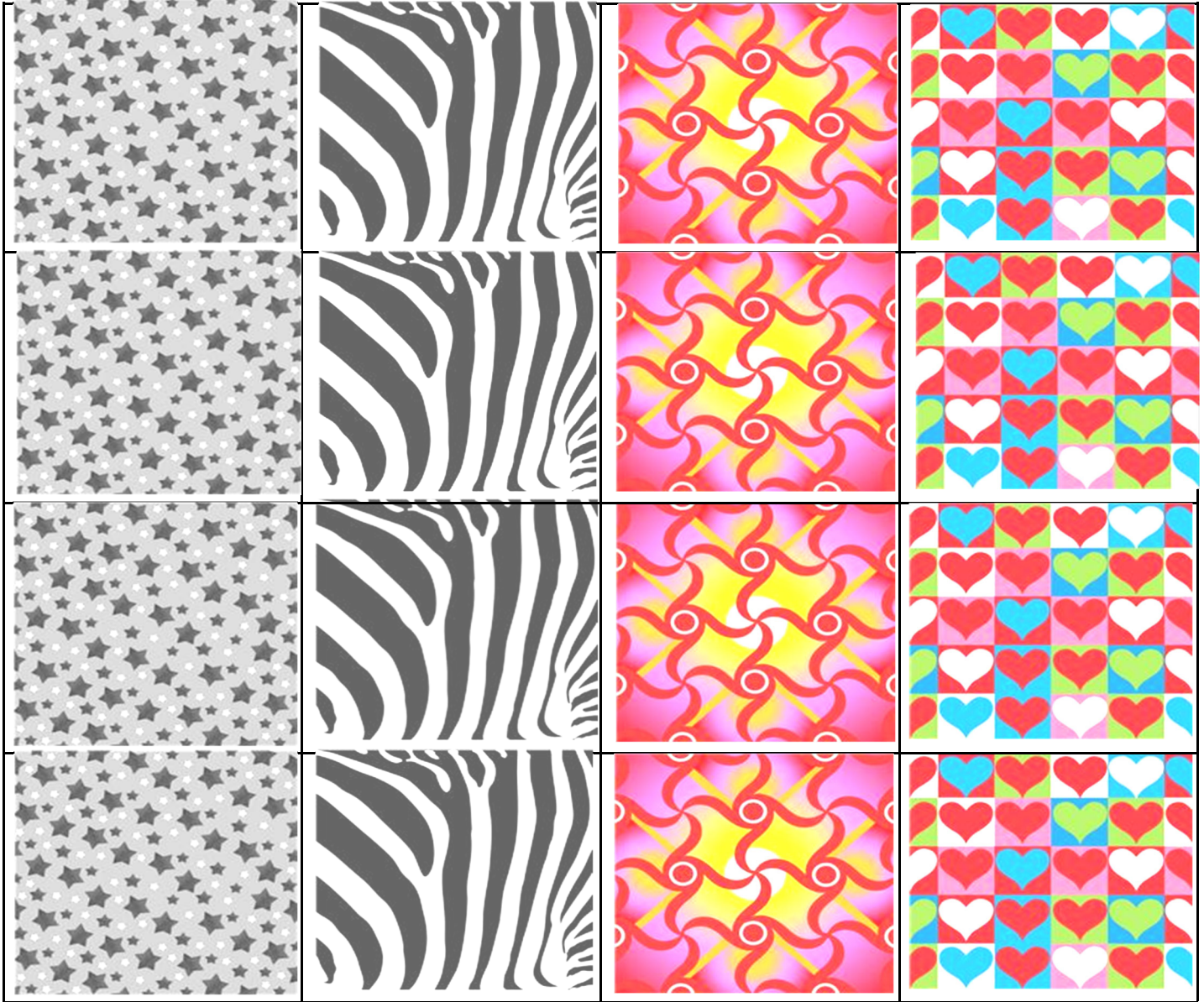
THREAD



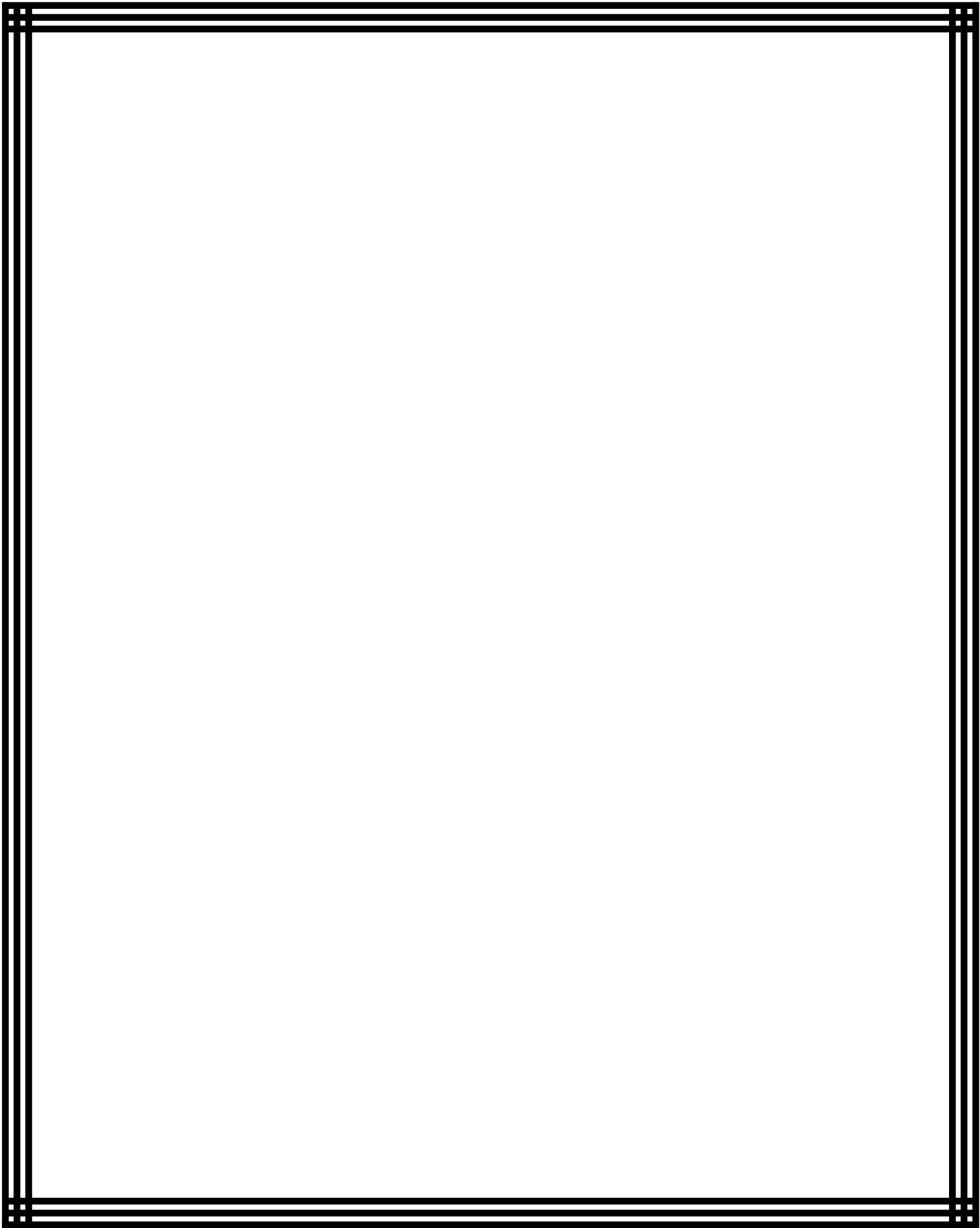


# Make a Quilt

Cut and attach them to the quilt on page 19. Draw “X” stitches between the pieces. Have fun and design it using some or all of the patterns.











# Mini 4-H Sewing Record Sheet

I learned \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

Does anyone else in your family sew? \_\_\_\_\_

Who? \_\_\_\_\_

My favorite part of this project was \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

Name:

Date:

\_\_\_\_\_

\_\_\_\_\_