

SEW WHAT?

Learning Outcomes

Having completed this badge Adventurers/Sunbeams will be able to:

- identify appropriate items for a basic sewing kit;
- know how to sew by hand;
- know the importance of measurement when an article is made for a set use;
- make an article using fabric, needle and thread, and know how to sew on buttons and badges.



Badge Requirements:

1. Know what should be in a basic sewing kit.
2. Thread a needle and begin and finish off a row of sewing.
3. Take measurements accurately.
4. Demonstrate simple sewing skills using basic stitches to make an article/s and be able to sew on buttons and badges.

All members should:

- sew one badge onto sash/oversleeve;
- sew a flat button onto an article of clothing;
- make a sampler of running stitch and hemming.

Extra work for 9-10s

- make one other useful article, e.g. library bag, pencil case, placemat or tray cloth;
- sew a shank button onto an article of clothing so that it matches the buttonhole.

ADVENTURERS SUNBEAMS

sew what?



CATEGORY

Have a Go

TIME FRAME

Three - Four
weeks

AIM

To help the
Adventurers/
Sunbeams
understand
and use basic
sewing skills.



Teaching Ideas

If you do not do much sewing yourself then invite a guest who enjoys sewing and has good sewing skills to come and help with this badge. You may need to have a couple of helpers because a lot of this work requires one-on-one teaching.



1. Know what should be in a sewing kit.

Bring along a basic sewing kit and show the children all of the articles in it and explain what they are used for. Teach them the names of any articles they do not know and demonstrate how they are used in sewing.

You may use **Handout 1** to reinforce this teaching.



Games

- Play Kim's Game using approximately 10 articles from a sewing kit. After observing the articles for one to two minutes members may write down or draw as many articles as they can remember.
- Set out articles from a sewing kit and have the members examine them. Then remove one article and see who can be the first to recognise what is missing.
- Describe the uses of an article in several sentences. The first member to recognise what it is gets a point, e.g. It goes on my finger. It protects my finger. It stops me from being stabbed.
- Circle the words on the 'Sew what? find-a-word' on **Handout 2**. This can be used as a time-filler for the members who finish their work quickly or to allow the leader extra time on a one-to-one basis with each child. (The extra answers are: bobbin, linen, nylon, silk, zipper, sewing machine.)

Teaching ideas



2. Thread a needle and begin and finish off a row of sewing.

When teaching children to thread a needle it is better to start with a big-eyed needle.

It is better to cut the thread or wool cleanly with some scissors rather than break the thread and have a ragged end.

Demonstrate to members:

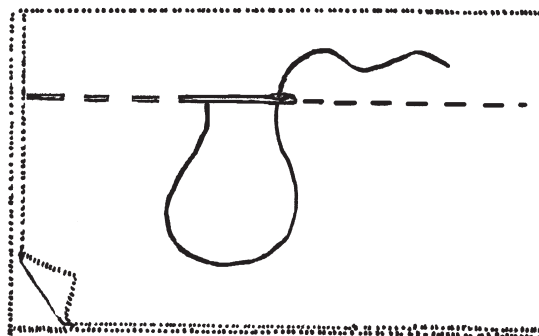
- how to thread a needle with thread;
- how to tie a knot at the end of the thread;
- how to sew 3-5 cm running stitch on a sampler;
- how to finish off a row of stitching securely by sewing over the last stitch twice.

Provide each member with the appropriate needle, thread and fabric and allow them to practise threading the needle and making a knot at the end of the thread, sewing a small line of running stitch and finishing off the line of sewing securely.

Running stitch

This is the simplest form of stitch used in hand sewing.

To make the stitches, pass the needle through the material, taking several small stitches at a time, before drawing needle through.



3. Take measurements accurately.

Ask the members why a tape measure is part of the basic sewing kit. Discuss why we need to take measurements when we are going to make an article. For example:

- clothing (*the clothes should not be too big or too small*);
- curtains, cushion cover (*they need to fit the window or cushion*);
- bag, purse (*the items need to be the right size for their purpose or use*).

Game

You will need a tape measure or length of string and a ruler for each child.

Match the shape - the leader prepares a set of shapes (oblongs, squares, L-shaped) with specific measurements. Using old newspapers, the member/s are to draw the shapes as the leader calls out the specific measurements. The shapes are cut out and compared to the leader's sample. The member/s whose cut-out shape best matches the leader's sample is the winner.

Activity

Use a tape measure to measure each member's size. Record the member's measurements on **Handout 3**. This could be done in groups of two or three. (*Be aware of 'child protection' issue that no child be touched inappropriately.*)



TEACHING
IDEAS



Teaching ideas

Measurements to be taken include:

- height
- wrist
- arm length (wrist to shoulder with arm bent)
- arm length (under the arm with arm straight)
- head circumference
- waist (each member measures their own waist)



4. Demonstrate simple sewing skills using basic stitches to make an article/s and be able to sew on buttons and a badge.

All members should:

- sew one badge onto sash/oversleeve;
- sew a flat button onto an article of clothing;
- make a sampler of running stitch and hemming stitch.

Extra work for 9 -10s

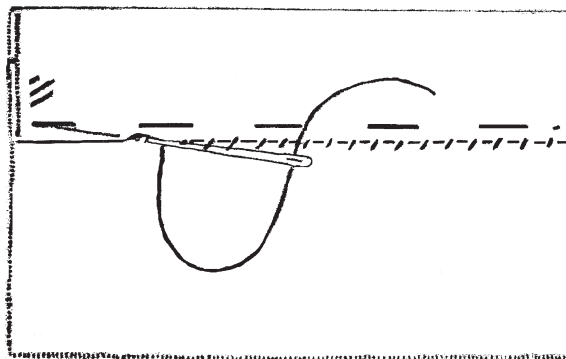
- make one other useful article, e.g. library bag, pencil case, placemat or tray cloth;
- sew a shank button onto an article of clothing so that it matches the buttonhole.

sew on a badge

- Pin the badge in place on the sash/oversleeve.
- Thread needle with cotton thread matching the colour of the badge edge.
- Knot the thread.
- Using a hemming stitch, sew the badge onto the sash/oversleeve.
- Finish off by over-sewing the last 3 stitches.
- Cut thread off neatly.

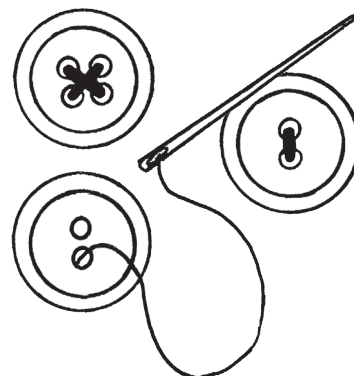
Hemming

Make small, slanting stitches. Work needle from right to left and catch a thread or two of the fabric under the fold; then pass needle through fold, near edge.



sew a button on an article of clothing

- Using cotton thread, make a knot at the end of a double thread.
- Bring the needle from the back of the fabric, up through the back of the button and sew back and forth from hole to hole.
- Finish off at the back of fabric by making 2-3 over-stitches.
- Cut thread off neatly.

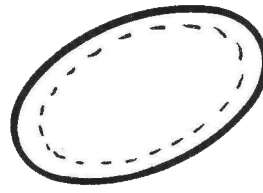


Teaching ideas

Create a sampler

A sampler can be made from any fabric, e.g. felt, huckaback, gingham, cotton.

The sampler requires a hem which will need to be tacked in position and then hemmed using hemming stitch.



The running stitch can be made into a decorative pattern by using a contrasting thread on the chosen fabric.

Provide a choice of fabrics and threads for the members to use in making their sampler.

Extra work for 9-10s

Useful article

Having completed the sampler, 9-10s may choose to make an article which they can use at school or at home.

Library bag: can be made from an attractive tea towel or other material. Use running stitch to sew up the sides of the bag.

Pencil case: can be made from open weave fabric, using wool to sew the edges with running stitch.

Placemat or tray: huckaback or gingham are ideal fabrics. Use running stitch to make patterns on the fabric. The edges could be fringed or hemmed.

sew a shank button on an article of clothing to match a buttonhole

- Prepare thread as for flat button, with a knot at the end of a double thread.
- Align the buttonhole to the opposite shirt front (or similar) and mark the position with a pencil mark or pin where the button needs to be placed.
- After bringing the needle through the fabric, place the button over the needle through the hole in the shank.
- Continue to sew back and forth through the fabric and the shank hole at least 4-5 times.
- Finish at the back of the fabric by over-sewing 2-3 times to secure the end of the thread.
- Cut the thread off neatly.
- Slip the shank button through the buttonhole to test the accuracy.



TEACHING
IDEAS

Handout 1 -

Adventurers/sunbeams

What should be in a basic sewing kit?

Cross out the items you would not include in a sewing kit. Label all the other pictures.



Handout 2 -

Adventurers/sunbeams

'Sew what? find-a-word'

Find and circle the following words in the puzzle. The words may be vertical, horizontal or diagonal and may start near the bottom or top of the puzzle.

BASKET

BUTTON

COTTON

FABRIC

HEM

KIT

NEEDLE

PATTERN

PINS

SCISSORS

SEWING

STITCH

TAPEMEASURE

THIMBLE

THREAD

WOOL

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



Extra challenge - find **five** more single word names and **one** 2-word name that are in the puzzle to do with sewing.

Handout 3 -

Adventurers/sunbeams

Check it out

You need a tape measure or piece of string for each member.

Twice around my thumb is once around my wrist. True or false

Twice around my wrist is once around my neck True or false

Twice around my neck is once around my waist. True or false.

_____ 's measurements
(name)

My height is
_____ cms.

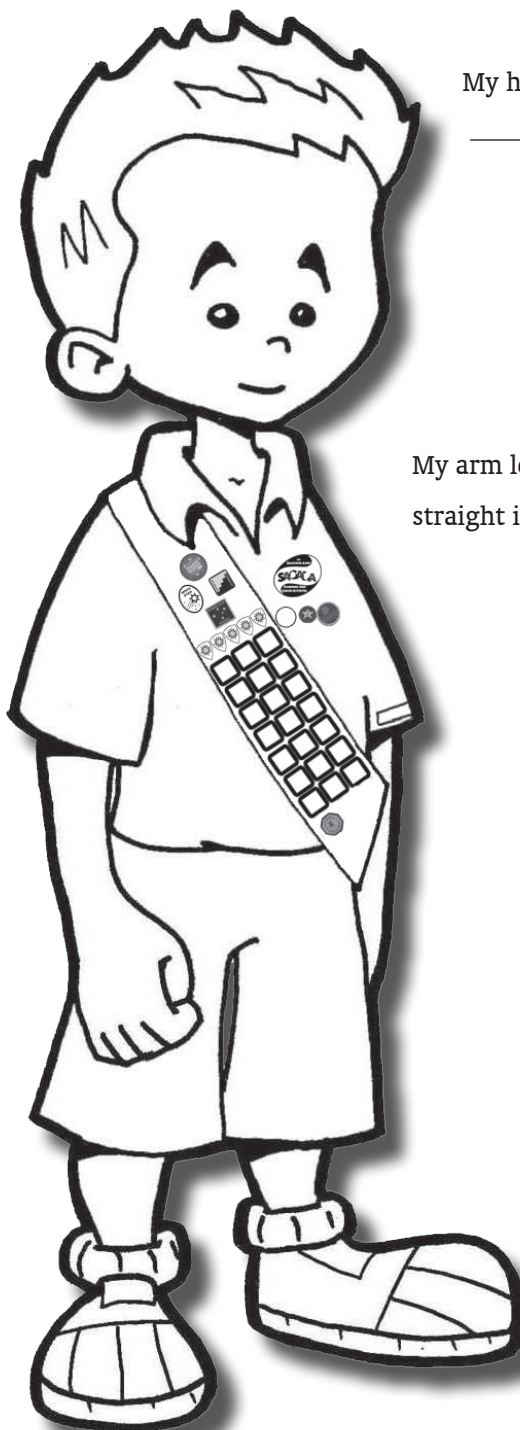
My head circumference is
_____ cms.

My arm length with arm
bent is _____ cms.

My arm length with arm
straight is _____ cms.

My waist measurement
is _____ cms.

My wrist measurement
is _____ cms.



Handout 4 -

Adventurers/sunbeams

Check it out

You need a tape measure or piece of string for each member.

Twice around my thumb is once around my wrist. True or false

Twice around my wrist is once around my neck True or false

Twice around my neck is once around my waist. True or false.

_____ 's measurements
(name)

My height is
_____ cms.

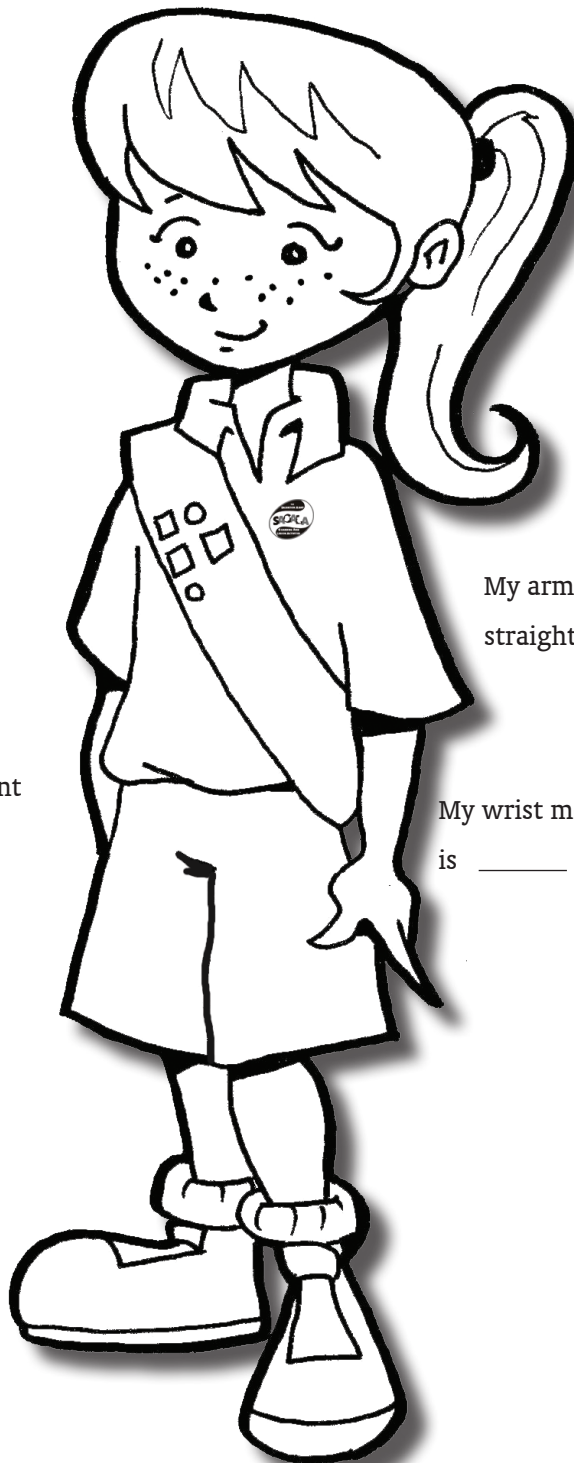
My head circumference is
_____ cms.

My arm length with arm
bent is _____ cms.

My arm length with arm
straight is _____ cms.

My waist measurement
is _____ cms.

My wrist measurement
is _____ cms.





Devotional ideas



1. **Title:** The story of Dorcas

Bible: Acts 9:36 - 41

Thought: Sometimes we doubt our usefulness to others, but we only need to try

Supplies: Bible and/or video, cheap wooden spoons, dishcloths (similar to Chux), ribbon, pipe cleaners

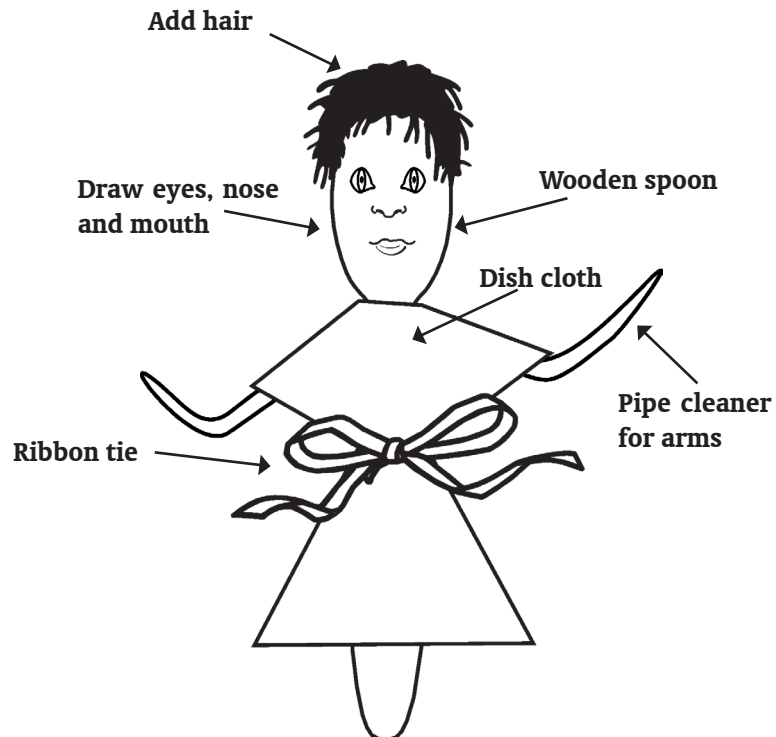
Tell the story of Dorcas from the Bible or show a video of this story. Dorcas thought she couldn't do much for God but she was good at sewing and used her skills for God.

Ask members to think of skills they have that could be used for God, (e.g. musical ability, caring for others).

Activity: Dress wooden spoons in dishcloth 'dresses'. They can be given to someone special as a gift.

The bowl of the spoon is the head. Wind the pipe cleaner around the handle just below the bowl of the spoon to form arms. Drape the dishcloth around the handle, making sure the 'arms' protrude. Tie some ribbon around the 'dress' below the arms to make a sash.

Pray: God, show us how we can be useful for you in helping others every day. Amen.



Devotional ideas



2. Title: An unusual gift

Bible: Genesis 37:3

Thought: We can be thankful for the clothes God gives us

Supplies: pictures of clothing to colour, pencils/felt-tip pens, plain A4 paper, scissors, pictures of people in a variety of outfits

Ask the children how it feels to have new clothes to wear. Talk about their favourite items of clothing. Were any of these a special gift given to them by someone?

There's a story about some really special clothes in the Bible. Jacob thought his son Joseph was really special. To show him how special he was, Jacob gave Joseph an outfit that made him stand out from the rest of his brothers. The outfit was a (team name) football jersey?? (Test the children's responses.) No? It must have been a pair of jeans with a trendy t-shirt. No? Does anybody know what it was? Yes – it was a beautiful coat.

Many of us are very fortunate to have clothes – clothes to keep us warm, clothes to protect us, clothes for going out. Let's thank God for our clothes and for those people who make them.

Pray: Thank you God for providing us with clothes to wear. Amen.

Activity choices:

1. Colour in pictures of clothing or design a special item of clothing.
or
2. Ask the Adventurers/Sunbeams to design a coat like Joseph's.
or
3. Show the children pictures of people dressed in different outfits. Ask what they can tell about the person from their clothes, can you tell what job they do?



DEVOTIONAL
IDEAS



Devotional ideas

3. Title: Measure up

Bible: John 13:15

Thought: Jesus is our life's pattern

Supplies: member's measurement charts (**Handout 3**) made in **badge requirement 3**, cardboard 'clothing' shapes, clothes line, pegs

Discuss with the Adventurers/Sunbeams the differences in each member's measurements from **Handout 3**.

No two children are exactly alike; our sleeve length, our head size, for example, are unique to us. We don't need to be the same as anyone else as God made each one of us special to him.

The only person we need to 'measure up' to is Jesus as he is our example and shows us the right way to live our life.

Activity: Learn the Bible verse from John 13:15 Jesus said, 'I have set you an example that you should do as I have done for you' (NIV) using the verse written out on 'clothing' shapes.

Hang the 'clothes' along the clothes line with pegs. Say the verse several times, removing the 'clothing' items one by one each time the verse is said.