

Life  
Skills



# Beginners to Sewing

Cedarbank School

Hand Sewing techniques

# Developing Transferrable Skills



- **Communication** – reading, watching
- **Employability** - using organisational skills / ability to learn & adapt
- **Problem solving** - develop and test possible solutions / analyse and evaluate results
- **Thinking** - remembering, identifying, understanding, applying, analysing, evaluating, and creating.

# Hand Sewing Techniques - supplies

You will need:

- a piece of fabric the size of an envelope
- thread
- needle
- scissors

*A piece of **felt** is the easiest fabric to begin your first steps in sewing. However, if you don't have this please ask a parent/carer if there are any old pieces of clothing/pillow case/t-shirt that you can recycle and cut up to practice some sewing techniques for Fashion & Textiles .*

The following PPP slides and video links will allow you to practice

- threading a needle
- knotting your thread
- running stitch
- tying off
- back stitch
- whip stitch



# Video Links Help

## Do you need to watch a demonstration?

length of thread: <https://www.youtube.com/watch?v=fg5oyLPEHwQ>

thread a needle and tie a knot: <https://www.wikihow.com/Thread-a-Needle-and-Tie-a-Knot>

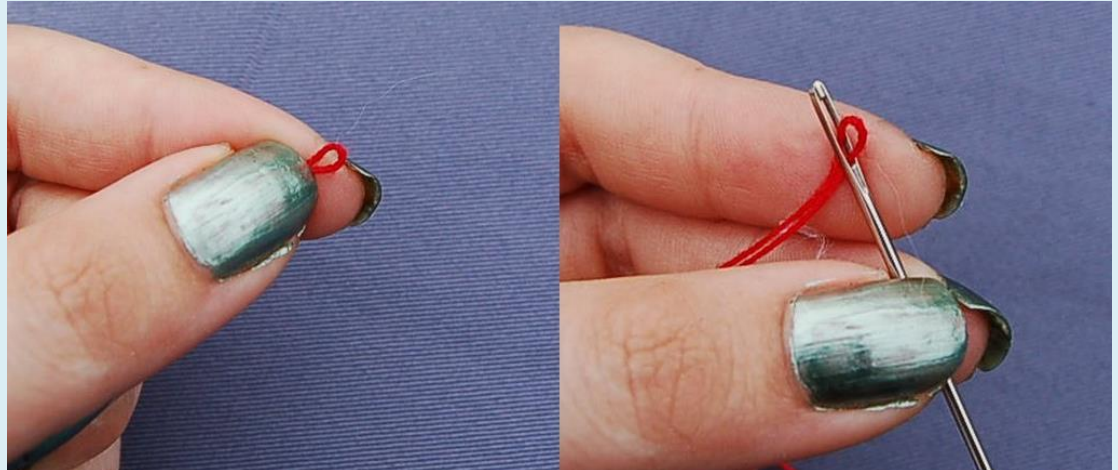
3 stitches – running stitch, back stitch and blanket stitch:

<https://www.youtube.com/watch?v=1FknfumFPX8>

tying off: <https://www.wikihow.com/End-a-Stitch>

whip stitch: <https://www.youtube.com/watch?v=pG86hhrDdzQ>

# Threading a Needle



<https://www.youtube.com/watch?v=fg5oyLPEHwQ>

Pull off some thread from your cotton reel.

Measure a length of thread from your finger tips to your shoulder and cut the thread loose from the reel. This should be about 50cm (1/2 a metre)

Fold one end of the thread so you have a small loop (alternatively dampen the end of your thread) and push that loop/end through the eye of the needle. Your needle is now threaded.

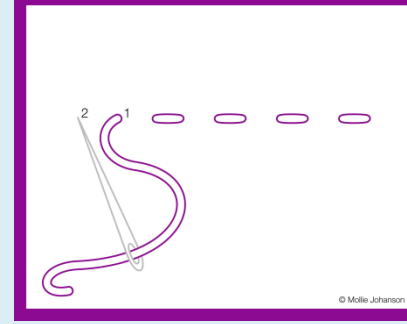


# Tying a Knot



Wrap all the strands of thread around your index finger in a loop. Pinch your index finger and thread together and roll your thumb down your finger, the thread will roll into a knot. Pull it tight using your thumb nail against your finger.

# Running Stitch



## Step 1:

Begin the running stitch by poking your threaded needle up through the fabric.



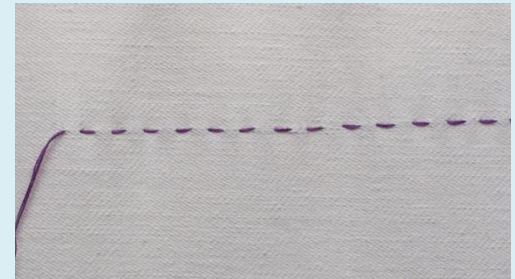
## Step 2:

Poke the needle back down through the fabric next to where you just came up, and pull the thread down into your first stitch.



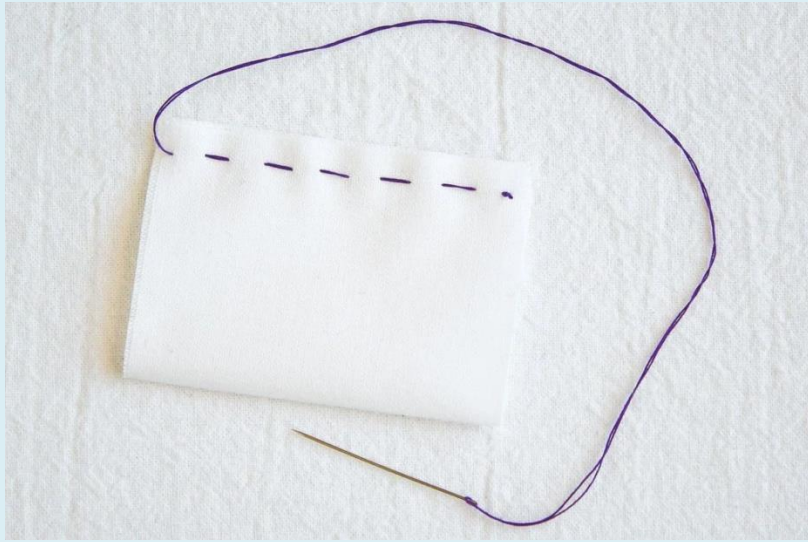
## Step 3:

Now poke your needle back up through the fabric, leaving a space from the previous stitch. Then poke the needle back down through the fabric again making your second stitch. Continue this and you are on your way!

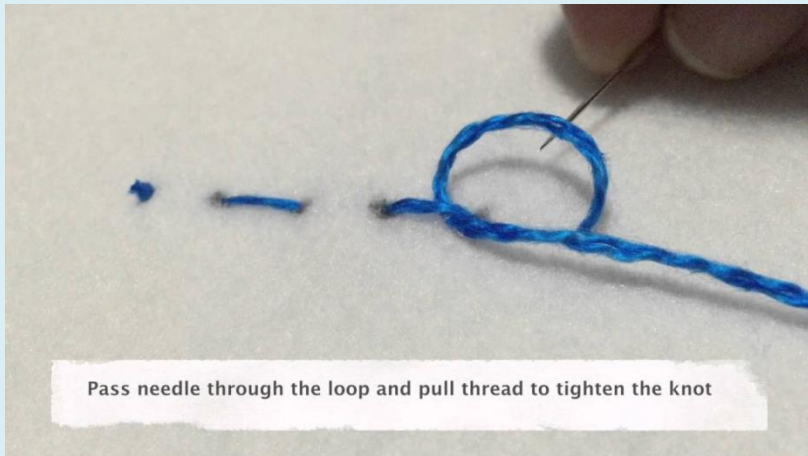




# Tying off

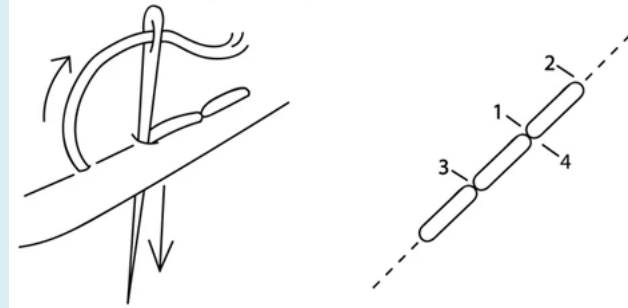


- Pass the needle through to the back side of the fabric.
- Turn the fabric over so the back side is facing you.
- Using your needle, gently pick up the nearest stitch and pass it through until a loop is formed. Holding the loop in one hand and the needle in the other, pass the needle through the loop and slowly pull it through until it tightens. Repeat this step several times to ensure that it is secure. Trim the thread leaving  $\frac{1}{2}$  cm tail. If you cut the thread too close to the knot, it may come undone.



# Back Stitch

BACK STITCH



## Step 1:

Begin the backstitch by poking the needle up through the fabric, and then back down to make a single stitch. Then poke the needle back up through the fabric a space away from the first stitch, as if you were doing the running stitch.



## Step 2:

Now poke your needle back down through the fabric at the end of the first stitch. This is the "back" part of the backstitch.

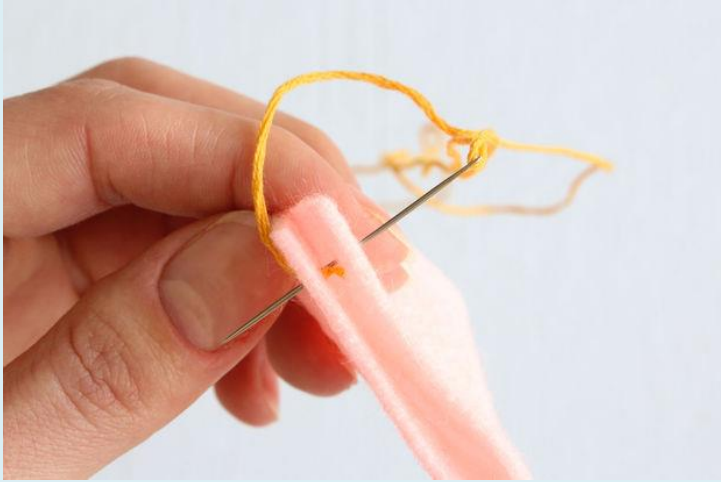


### **Step 3:**

Now poke your needle up through the fabric a space away from the previous stitch. You will then stitch back again. Just repeat this pattern of stitching and you are good to go!

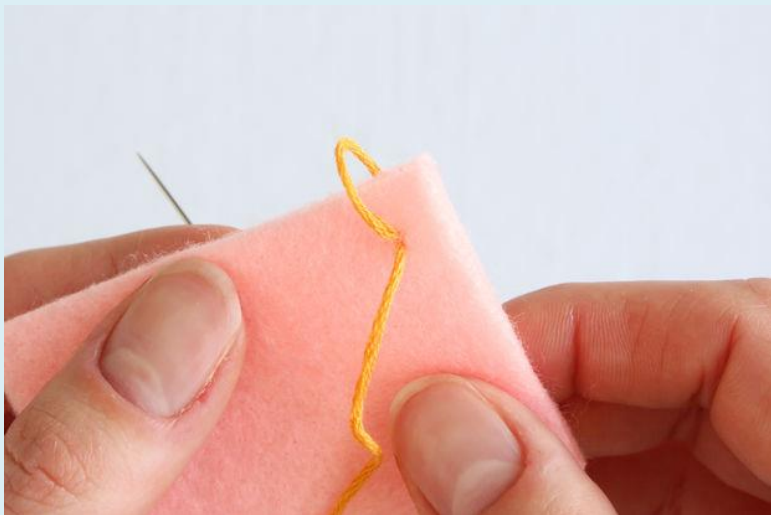


# Whip Stitch



## Step 1:

Start by pushing your needle through one piece of fabric so the knot is sandwiched between the two pieces. Bring the needle over the top of the seam and back through both pieces of the fabric so the needle is coming out right under the original stitch.



<https://www.youtube.com/watch?v=pG86hhrDdzQ>





## Step 2:

Now, make an angled stitch with the needle. Push the needle through the back of the first stitch and out the front of the fabric 1/3 cm away from the first stitch.



Pull the needle through and a loop will form! This loop will cover the first stitch.

<https://www.youtube.com/watch?v=pG86hhrDdzQ>



### Step 3:

For the next stitch, copy the first! Insert the needle from back to front at an angle. You want to insert the needle right behind the stitch on the front, and angle it so the tip of the needle should come out 1/3 cm away from the last stitch on the front side.



<https://www.youtube.com/watch?v=pG86hhrDdzQ>