

Life
Skills

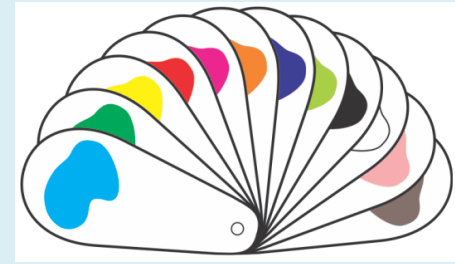


Beginners to Sewing

Cedarbank School

Sewing on Buttons

Developing Transferrable Skills



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

Video Links Help

Do you need to watch a demonstration?

How to sew a button.

2 hole and 4 hole buttons: <https://www.wikihow.life/Sew-a-Button>

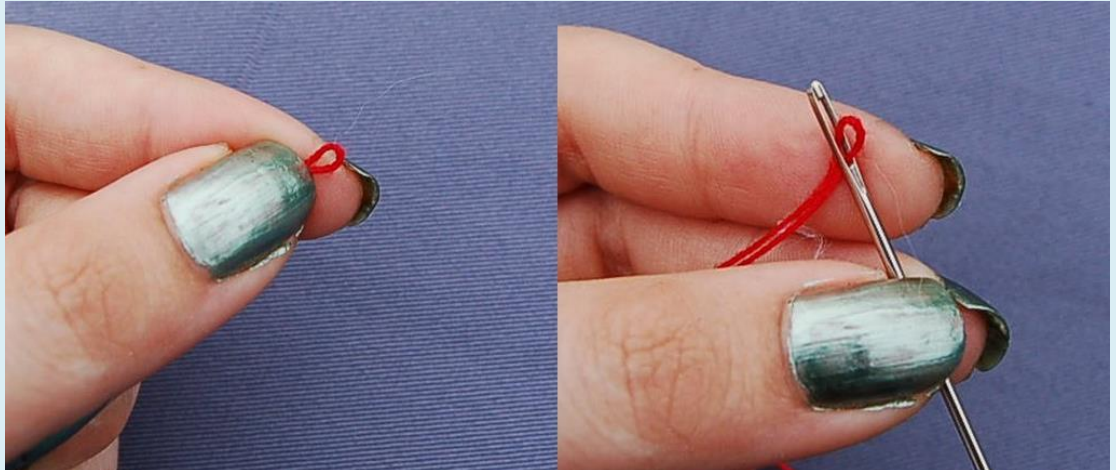
How to Sew a Button - supplies

You will need:

- a piece of fabric the size of an envelope
- thread
- needle
- scissors
- buttons (sometimes clothing has extra buttons sewn on the wash care label). Try and find a 2 hole button and a 4 hole button.

Please ask a parent/carer if there are any old pieces of felt / clothing / pillow case / t-shirt that you can recycle and cut up to practice some sewing techniques.

Threading a Needle



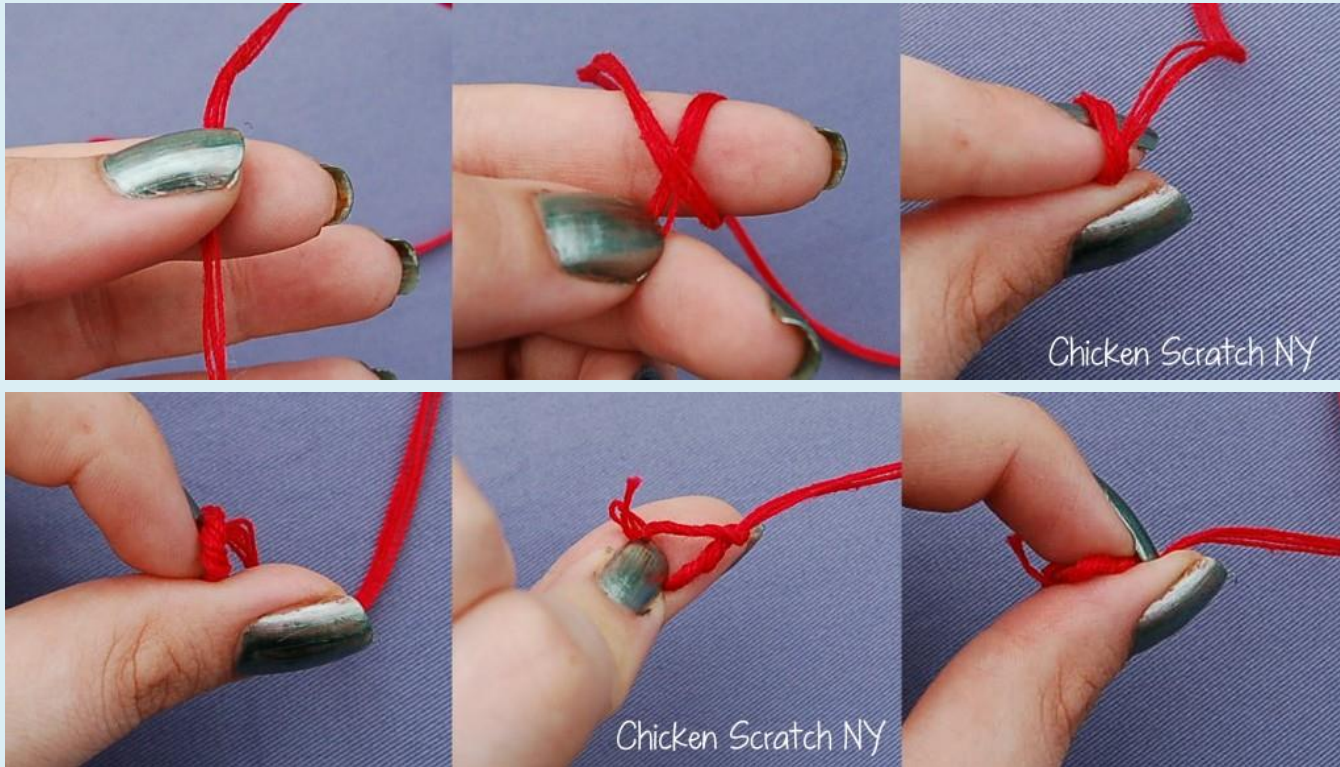
<https://www.youtube.com/watch?v=fg5oyLPEHwQ>

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)

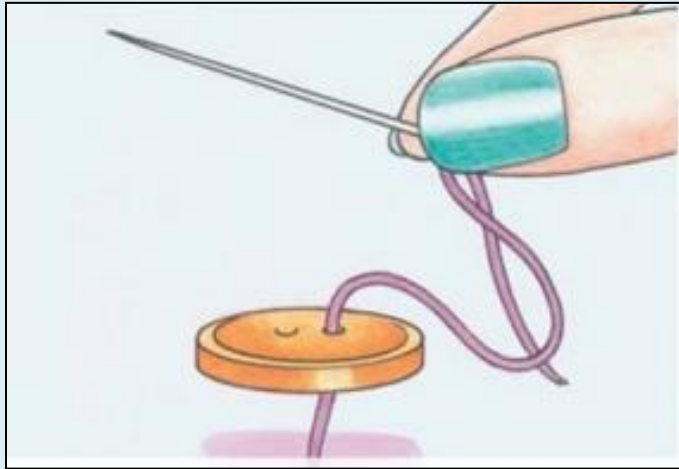
Fold one end of the thread so you have a small loop (alternatively dampen the end of your thread) and push that loop/end through the eye of the needle. Your needle is now threaded.

Tying a Knot



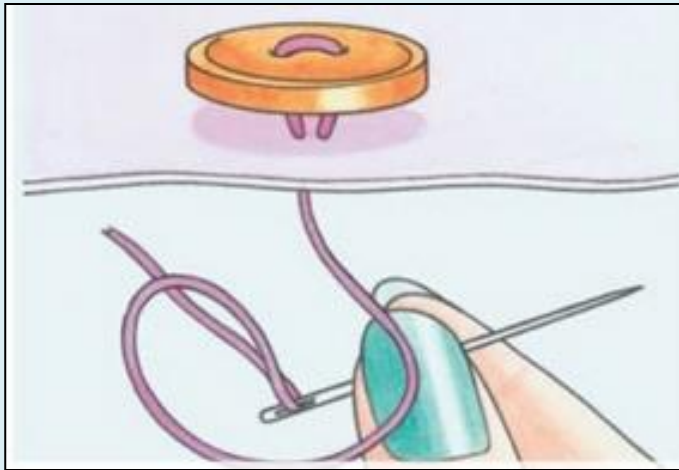
Wrap all the strands of thread around your index finger in a loop. Pinch your index finger and thread together and roll your thumb down your finger, the thread will roll into a knot. Pull it tight using your thumb nail against your finger.

How to Sew a 2 Hole Button



Step 1:

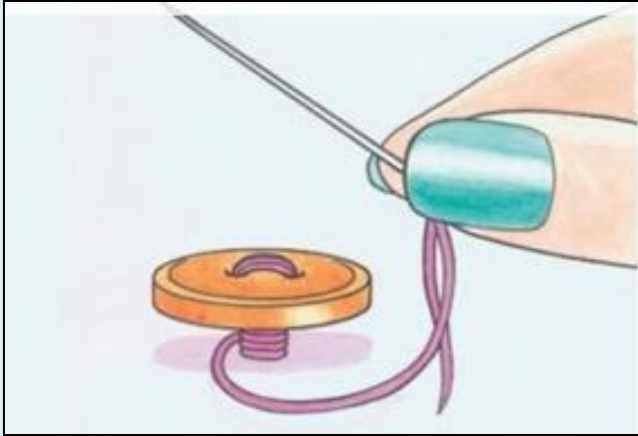
Begin by poking your threaded needle up through the fabric and bring it through the button from the back.



Step 2:

Take the needle down through the other hole and through the fabric, leaving a small gap between the button and the fabric.

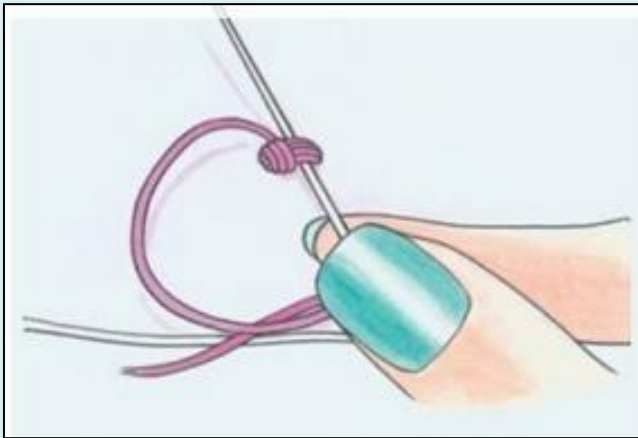
How to Sew a 2 Hole Button



Step 3:

Repeat the above steps one and two 6-8 times.

Then take the needle around the threads between the fabric and the button to form a shank. See picture.



Step 4:

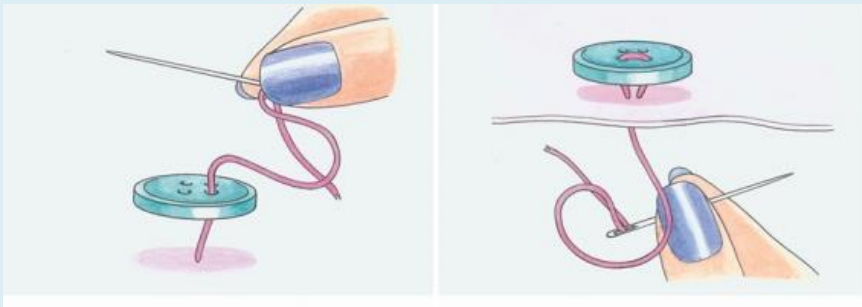
To finish, work on the wrong side and make a couple of stitches through the threads to secure the button.

How to Sew a 4 Hole Button



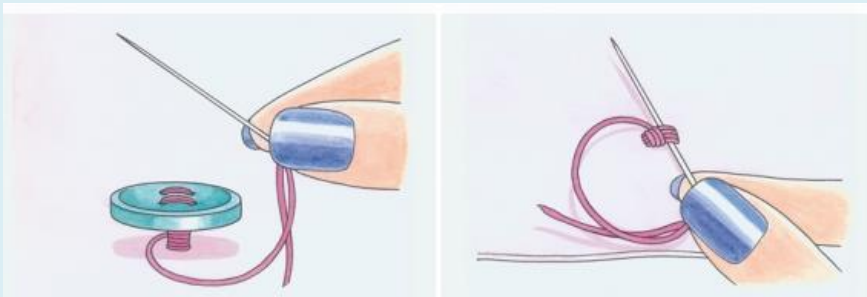
Step 1:

Step 2:



Step 3:

Step 4:



For a 4 hole button repeat the steps for the 2 hole button, BUT on 4 hole buttons, make sure that the stitches have been made evenly, so that all four holes are equally used.

Look at the pictures to help.

Watch:

<https://www.wikihow.life/Sew-a-Button>

Task: How to Sew a Button in STYLE

You will need - a new piece of fabric, a range of buttons.



Look at the buttons in the picture.

What is different about them?

You are now tasked with creatively sewing on buttons with their own individual STYLE.

Use a coloured thread to show off your sewing skills.

Upload photos of your work to TEAMS