

Our Own Council's Try-It: Sewing

1. Learn how to thread a needle. Learn to tie an overhand knot, then use it to tie the end of the thread.
2. Learn what you need to do to be safe when sewing. Keep pins in a covered container. Don't put pins in your mouth. Be careful with needles. Don't run with scissors. You can think of others.
3. Learn how to do a simple running stitch and how to do a whip stitch.
4. Make a pillow.
 - A. Sew two pieces of fabric together. You can choose your own fabric or use 2 wash cloths. Place them with right sides together and sew with a running stitch.
 - B. Turn right side out.
 - C. Use a whip stitch to close the opening.
 - D. Learn how to end a line of stitching by tying off the thread.
5. Make a sewing box out of a shoe box or other cardboard box. Decorate it. Fill it with sewing items you will need to complete a sewing project.
6. Talk to someone who makes quilts or makes clothes. Get them to show you what they have made.
7. Create a quilt. With your troop create a quilt or create a small square for each person to quilt and keep.
 - A. Design squares using fabric or fabric paint.
 - B. Help an adult sew the squares together on a sewing machine.
 - C. Help an adult put the fiber fill and the back and front of the quilt together.
 - D. Help quilt the pieces to complete the project.
 - E. You may want to donate the quilt to someone who needs it.

***Developed by: Wendy Burton, Troop 560
Christiansburg, Virginia***

Try-It design developed by: Mr. J.B. LaPrade

