

# Introduction to Sewing

AGES 8-12

**Class Size:** 8 students: Class will get full fast so sign up soon. 😊

**Class Goal:** Learn basic sewing techniques with fun projects.

- a. Basic understanding of a sewing machine and how it works.
- b. How to read a pattern.
- c. How to cut a pattern.
- d. Learn basic stitches.
  - I. Straight stitch.
  - II. Zig Zag stitch.
  - III. Possibly other stitches.

**Class Sewing Basic Materials:**

**Items may be purchased at Montavilla, Mill End, or any local sewing store.**

1. **Sewing Basket.** (For example, a shoe box, plastic container, or a basket to keep their supplies).
2. **The Basic Sewing Kit:**
  - a. Scissors' (small) for small hands.
  - b. Thread, White or color to match the material.
  - c. Machine sewing needle (80/12 ).
  - d. Basic hand sewing needle (small) for project sewing.
  - e. Straight pins.
  - f. Safety pins of all sizes.
  - g. Pin cushion or something to put their straight pins in.
  - h. Water transfer marker.
  - i. Sewing gauge.
  - j. Measuring tape.
  - k. Seam ripper.
  - l. Corner turning tool of some kind.
  - m. Hook and loop tape, (**Non-Sticky Velcro**).
  - n. Another helpful tool but not required is a Pinking shear.

**Project: Fun Tote Bag**

- a. Material: 1 ½ yard for main fabric, 1 ½ yard for lining.
- b. Any colorful buttons or anything they want to add to the bag

**I will provide the tote pattern.**

**Instructor:** Elizabeth Alvarado MSW (Retired).

**Licensed Martha Pullen Teacher for Timeless Sewing Techniques Curriculum**

**Many years of Sewing Experience**