TEXTILES MIX - Sewing Machine Basics

Limited to 10 participants, unless your library/staff and/or instructor can provide more machines. Ideally, each participant will have a machine to themselves. If you wish to have more participants than you have machines, we recommend rotating people through each step that involves the machine, from setting up machine (will require more work to unthread machine between each person's turn) to sewing, so that each person gets the full instruction on using the machine.

Age: recommended for 9 and up. Could be multi-age or limited to a specific age range, depending on your needs and preference.

Description: Learn to sew with a sewing machine! Make a simple and miraculous pillow case and walk away with basic sewing machine knowledge you can use for future fun.

Ingredients

- Approximately 1.5 yards of cotton fabric for each participant: ⅜ yard for band of case, ⅞ yard for body of case*
- Iron and ironing board
- 1 program leader (staff, volunteer, and/or instructor) for every 5 participants
- Sewing machines
- Various colors of thread
- Cutting mats
- Fabric rulers
- Fabric scissors
- Rotary cutters
- Water soluble marker
- Pins & pincushions
- Instructions for each participant
- "Intro to Your Sewing Machine" take-home instructions for each participant
- Sample of finished project

Blue text = You supply.

*Participants may bring their own fabric, just be sure to include that information when you promote the program.

Learning outcomes

- Accomplished finished product: pillow case
- Experience using fabric ruler to measure and prepare fabric for projects
- Experience setting up sewing machine and mindset to anticipate differences in different machines, including names of parts
- Experience creating a bobbin
- Ability to turn on machine, load thread and bobbin, set up fabric, and sew a straight stitch to join two pieces of fabric
- Can pick up a sewing instruction book and start with basics, using base knowledge

Prep

f the program

1. Promote, promote, promote!
2. Review the Mix Box contents and be sure the contents match the provided inventory.
3. Review the materials list and gather requisite consumables/extras not provided in the Mix Box.
   a. Why not solicit fabric donations from your community? Put out a call via the best medium for your community and see what you get! Standard 44″ wide fabric is preferable.
4. Prepare fabric: Hand washing will do the trick to remove the chemicals in the fabric. No need to heat dry to pre-shrink, unless you have easy access to a dryer at work or don't mind sharing your home dryer. Line drying is fine. Iron fabric once dry.
5. Precut fabric using cutting mat, clear ruler and rotary cutter:
   For pillowcase bands cut 10x41" strips
   For pillowcase bodies cut 26-1⁄2x41" rectangles
   (For help on how to cut fabric, watch this video!
   https://www.youtube.com/watch?v=E4Xz2CkKTUY)
   a. Cut enough for each participant to make one pillowcase. This will save significant time in the program, but is not necessary. If you or your instructor would like to guide participants through the cutting process, skip this step!
   b. If you are doing a project other than the one provided, precut fabric as directed, again cutting enough for each person to make one project. Same as above: skip if desired.
6. Print and photocopy supplied instructions.
   a. If you are doing a project other than the one provided, prepare, print and photocopy your instructions.
7. **If you are instructing:** practice setting up the machines, and make a practice project using the provided instructions.

8. **If you have a volunteer or paid instructor:** arrange a meeting with them to have them review the machines and provided project instructions.

Set up your Program

1. Set up machines on sturdy tables, with chairs. Leave bobbins empty. Set a pincushion between every other machine, so that two people can share each pincushion.
2. Set out precut fabric if you are supplying.
3. Set out thread options - participants may choose thread that matches their fabric, but white or black will always do the trick. One spool per participant (so, no sharing, unfortunately).
4. Set up an ironing station somewhere convenient but out of the way to avoid anyone tripping on cords. Plug in iron and set to medium heat.
5. Create a cutting station on a sturdy table: set out mats, rotary cutters and scissors.
6. Set out instruction sheets.
7. Have on hand: fabric scraps, pencils, pins.

Conduct your Program

1. Each participant should take the instructions for the project plus a copy of the "Intro to Your Sewing Machine" instructions.
2. Direct participants as they arrive to take a seat at a machine.
3. Once participants are assembled, show them the sample project and describe what they will be instructed to do in the course of the program.

Part 1: Set up the Sewing Machine

1. Ask participants to raise their hand if they have used a sewing machine before; call on these people to assist others if needed.
2. You or the instructor take them through the process of threading the machine, creating a bobbin, and learning the basic parts.
3. Once machines are set up, give each participant a scrap of fabric and lead them through sewing a simple straight stitch in it.

Part 2: Sew!

1. Each participant should take one strip of fabric for the band of the pillowcase, and one rectangle of fabric which will be the body of the pillow case, or appropriate fabric for the project you are having them complete.
   a. If you are having participants cut their own fabric, lead them through that process at this time.

2. Switch to following the Roll it Up Pillowcase Instructions, or the instructions for the project you are having them complete!