SEWING ESSENTIALS

Match the sewing tool to the description.

1. Pins
2. Marking pens
3. Ruler
4. Safety pins
5. Seam ripper
6. Scissors
7. Pinking shears
8. Rotary cutters
9. Thread
10. Needles

A. Measure lengths
B. Size needed depends on project and thread type used
C. Used to cut fabric only
D. Holds fabric together before you sew
E. Removes stitches when you make a mistake
F. Type of scissors with a zig-zag edge
G. Material used to stitch two pieces of fabric together
H. Type of pin used to thread elastic through a casing
I. Cutting tool with a round blade used to cut fabric
J. Has water soluble ink; used to mark fabric

Name: __________________________________________
Hour: __________________________________________

VIDEO WORKSHEET

Review

Directions: After watching “Sew Cool”, answer the following questions.
HAND SEWING

1. How do you thread a needle? ________________________________________________________________
   _________________________________________________________________________________________
   _________________________________________________________________________________________

2. What are some different types of hand sewing stitches? ___________________________________________
   _________________________________________________________________________________________
   _________________________________________________________________________________________
   _________________________________________________________________________________________

SEWING MACHINE PARTS

Identify the following parts on the sewing machine pictured below:

A. Spool pin  B. Spool cap  C. Thread guides  D. Hand wheel  E. Presser foot  F. Throat plate
G. Stitch width  H. Stitch length  I. Reverse button  J. Bobbin
K. Bobbin case  L. Bobbin winder  M. Foot pedal
SEWING TECHNIQUES & RULES

1. List three rules that the sewing instructor suggests to have a successful project:

   1. ______________________________________________________________
      __________________________________________________________________
   2. ______________________________________________________________
      __________________________________________________________________
   3. ______________________________________________________________
      __________________________________________________________________

2. When you are sewing a piece with a corner, you may need to pivot. How do you sew a pivot? ______________
   __________________________________________________________________
   __________________________________________________________________

3. When you are sewing a piece with curves, you need to know how to sew a curved seam. Explain how to sew a
   curved seam. __________________________________________________________________
   __________________________________________________________________
   __________________________________________________________________

FABRIC SELECTION

1. In fabric, what is the warp? What is the weft? __________________________________________________
   __________________________________________________________________
   __________________________________________________________________

2. Name some different types of fabric you could use for sewing.______________________________
   __________________________________________________________________
   __________________________________________________________________
   __________________________________________________________________

3. Why is felt not a good fabric choice for clothing? ____________________________________________
   __________________________________________________________________
   __________________________________________________________________
   __________________________________________________________________
NON-PATTERN SEWING

1. Choose a t-shirt and a dinner plate.

2. Using a marking pen, trace the edge of the dinner plate around the neckline of the t-shirt.

3. Using fabric-only scissors, cut along marking pen line on the neckline of the t-shirt.

4. Remove sleeves without damaging the seams.

OPTION: Use sleeve as a pocket. Cut sleeve into a square. Pin and sew pocket to the right side with a ¼” seam allowance.

5. Turn shirt inside out and pin bottom seam. Stitch along the bottom, using presser foot width for the seam allowance.


NOTE: Measurements should be equal on both sides.

7. Turn right side out and decorate. Make it your own!
Put the steps to sewing pajama pants in chronological order.

______ Organize your project by indicating individual pattern pieces with a marking pen.
______ Cut out pattern roughly with paper scissors.
______ Turn pants right side out. The pants are now ready to wear.
______ Pin pattern to the fabric inside the line specific to your chosen size.
______ Pin and sew pant inseam with a 5/8” seam allowance
______ Sew elastic together after fitting pants.
______ Remove pattern from envelope and read the instructions to understand the pattern
______ Add elastic casing by folding fabric over 1 inch, turning under the raw edge ¼”, pinning and sewing.
______ Mark all pattern reference points with water-soluble marking pen.
______ Hem the pant legs by folding fabric over 1 inch, turn under the raw edge ¼”, pinning and sewing.
______ Choose fabric and notions for the pattern.
______ Place pattern on fabric appropriate to the chosen size.
______ Choose a pattern at the fabric store.
______ Remove pins and pattern pieces from cut fabric. Store pattern back in envelope for future use.
______ Run elastic through waistband casing.
______ Cut out pattern and fabric on or just above the line printed on the pattern.
______ Line up reference points on pants legs with right sides of the fabric together.
______ Line up reference points, pin, and sew side seams.
Review

Directions: After watching “Sew Cool”, answer the following questions.

SEWING ESSENTIALS
1. D
2. J
3. A
4. H
5. E
6. C
7. F
8. I
9. G
10. B
HAND SEWING

1. How do you thread a needle? *Never take more than an arm’s length of thread otherwise it can become tangled. Thread one end of the length of thread through the eye of the needle and tie a knot at the end of the thread to secure the stitches.*

2. What are some different types of hand sewing stitches?
   - Running stitch
   - Blanket stitch
   - Decorative stitch
   - Blind hem

SEWING MACHINE PARTS

Identify the following parts on the sewing machine pictured below:

A. Spool pin  B. Spool cap  C. Thread guides  D. Hand wheel  E. Presser foot  F. Throat plate
G. Stitch width  H. Stitch length  I. Reverse button  J. Bobbin
K. Bobbin case  L. Bobbin winder  M. Foot pedal
SEWING TECHNIQUES & RULES

1. List three rules that the sewing instructor suggests to have a successful project:
   1. 2 eyes, 2 hands on your project at all times
   2. Presser foot down before you start sewing otherwise you’ll get an “octopus” – a thread mess on the backside of your project.
   3. If your machine makes a funny noise, stop immediately.

2. When you are sewing a piece with a corner, you may need to pivot. How do you sew a pivot? 
   With your needle in the down position, lift presser foot and rotate fabric 90°. Lower presser foot and continue sewing.

3. When you are sewing a piece with curves, you need to know how to sew a curved seam. Explain how to sew a curved seam.
   While sewing, rotate fabric slightly, following the curve. If the fabric bunches, lift presser foot with the needle down and rotate the fabric slightly. To allow the fabric to give, cut slits along the stitch line.

FABRIC SELECTION

1. In fabric, what is the warp? What is the weft?
   The warp are the fabric threads running up and down.
   The weft are the threads that are woven between the warp threads.

2. Name some different types of fabric you could use for sewing.
   Sheers, lightweight knits, flannel, fleece, jean fabric, quilter’s cotton, silk, decorative fabric

3. Why is felt not a good fabric choice for clothing?
   Felt has no fabric memory, so when stretched it doesn’t go back to its original shape.
NON-PATTERN SEWING

1. Choose a t-shirt and a dinner plate.

2. Using a marking pen, trace the edge of the dinner plate around the neckline of the t-shirt.

3. Using fabric-only scissors, cut along marking pen line on the neckline of the t-shirt.

4. Remove sleeves without damaging the seams.

**OPTION:** Use sleeve as a pocket. Cut sleeve into a square. Pin and sew pocket to the right side with a 1/4” seam allowance.

5. Turn shirt inside out and pin bottom seam. Stitch along the bottom, using presser foot width for the seam allowance.


    **NOTE:** Measurements should be equal on both sides.

7. Turn right side out and decorate. Make it your own!
Put the steps to sewing pajama pants in chronological order.

9. Organize your project by indicating individual pattern pieces with a marking pen.
4. Cut out pattern roughly with paper scissors.
18. Turn pants right side out. The pants are now ready to wear.
6. Pin pattern to the fabric inside the line specific to your chosen size.
12. Pin and sew pant inseam with a 5/8” seam allowance.
3. Remove pattern from envelope and read the instructions to understand the pattern.
14. Add elastic casing by folding fabric over 1 inch, turning under the raw edge ¼”, pinning and sewing.
8. Mark all pattern reference points with water-soluble marking pen.
17. Hem the pant legs by folding fabric over 1 inch, turn under the raw edge ¼”, pinning and sewing.
2. Choose fabric and notions for the pattern.
5. Place pattern on fabric appropriate to the chosen size.
1. Choose a pattern at the fabric store.
15. Run elastic through waistband casing.
7. Cut out pattern and fabric on or just above the line printed on the pattern.
11. Line up reference points on pants legs with right sides of the fabric together.
13. Line up reference points, pin, and sew side seams.