

# Kids 'R' Kids Mini Camp



## Sewing Club

Sewing Without Needles - Safety First



# Sewing Club

## Week 1: Welcome

Welcome Campers to the Sewing Club! Share with campers that you are excited for them to join this club. They will learn how to create many different items by using a technique called liquid stitch that requires no sewing machine or needle and thread. Campers will also get the opportunity to work on an individual sewing project. This project will allow them time with a sewing machine with supervision. The greatest keepsake will be seeing how you have grown in your techniques each week.

Begin week one with a group discussion. Use these questions to help guide the conversation:

- Why did you decide to join this club?
- Do you have any relatives that sew? Have you learned anything from them?
- Have you ever heard of liquid stitch before?
- What are some things that you think you can make with liquid stitch?

Then, show your list of projects that you are planning for the class to make.

### Liquid Stitch Project List:

- Face Mask
- Pillow
- Stuffed animal – (rabbit)
- Apron
- Tote Bag

### Individual sewing project:

Explain to campers that in addition to these projects, each camper will get to work on an individual sewing project. You will allow campers time each week for campers to research and work on a sewing project of their choice. As their projects progress, you can create a schedule for each camper to have supervised time with the

sewing machine. You will need to guide and assist all campers in working the sewing machine. Over time, you will be teaching them the proper way to use it and the skills that it requires.

Supplies: How much to buy will be determined by the number of children in the club. Also, talk about items they will sew and buy accessories you will need. You can ask campers families if they have any items at home they could bring in like thread, trim, lace, buttons, and old T-shirt (for tote bag project) etc.

### Items that you will need:

- At least one sewing machine
- Thread for sewing machine
- Fabric – consider each project to see how many yards of material you will need.
- Scissors
- Liquid stitch glue (or fabric glue will do) - you can purchase at Michael's, Wal-Mart, Hobby Lobby, JoAnn's, etc.)
- Hair Ties - (2 per child) - Face Mask activity
- Ribbon (1 in) – Apron activity
- Kitchen dish towel cotton or polyester (do not get the microfiber) - Apron project
- Bags of cotton (poly fil) – Pillow activity
- Clothespins or chip clips – Pillow Activity
- White rice - Bunny project
- White socks- Bunny activity

# Week 2 - Face Mask

## Materials:

internet access,  
markers, scissors,  
fabric, liquid stitch  
(or hot glue like in  
video), two hair  
ties for each  
camper, printed  
face mask  
templates (1 for  
each camper)



## Preparation:

Print face mask templates for each camper:

<https://docs.google.com/document/d/1fkuRpc2y-fOHATPbT51439eKEsp-i3dORRpG5q4cOUI/edit>

Pre-load the video:

<https://www.youtube.com/watch?v=clplniCS-gw&t=56s>

**Time:** approximately 1 hour

## Instructions:

Show the video to campers and discuss the process as a group. Follow the steps below:

1. Begin by having campers cut out their face mask templates along the outside lines.
2. Fold your fabric in half. This will give you two pieces of each template with one cut. Trace your template on the fabric. Cut out the template. You should now have two pieces of each template.
3. Flip the fabric so that the inside of the fabric is face up.
4. Using liquid stitch, glue the two pieces together on the long side of the fabric. Repeat on both templates.
5. Reverse the smaller template fabric after you have glued it.
6. Place the smaller template inside the larger template and glue them together along the edges.
7. Allow time for the fabric and glue to completely dry. Once it is dry, flip it inside out.
8. Place the hair ties one each end of the face mask. Fold the fabric through the hair tie,

wrapping it around. Glue it down. Repeat this on both side of the mask.

9. Your mask is now finished!

Now that the project is complete ask campers the following questions:

What did they like about it? What parts were easy? What parts were challenging?

If you have extra material and time, as a group you can make additional masks to share with family or peers at school.

## Individual Sewing Project: (reoccurring activity)

## Materials:

internet access, tablets or  
computers, sewing  
machine, thread, fabric,  
sewing patterns, markers,  
scissors



**Time:** approximately 30 to  
45 minutes

## Instructions:

Over the course of the next few weeks, campers are going to have the opportunity to work on a sewing project of their own. They will have the opportunity to use a sewing machine with supervision. Each week allow time for campers to work on the project. Begin by letting campers research a potential sewing project they would like to try and make. Guide campers to look for projects that they can realistically complete over the next few weeks. They can search for online patterns or even select a pattern to be purchased. If you would like, you can pre-purchase a variety of easy to make patterns from a store like Jo Ann Fabrics and allow campers to choose from the ones you have preselected.

During this time discuss the process of completing a sewing project from start to finish. They will select their pattern, their fabric, take measurements if necessary, learn how to follow a pattern, cut fabric, use a sewing machine etc.

# Week 3 - Apron



## Materials:

internet access, markers, scissors, fabric, liquid stitch, one dish towel for each camper, ribbon, fabric paint and other decorative accessories.

**Time:** approximately 30-45 minutes

## Instructions:

1. Measure ribbon pieces for all campers. They will need one piece that will fit over their head and two identical in length pieces that will tie around their waist.
2. Trim the top two corners of the towel off. You can fold them in a few inches and cut. Leave a half inch of fabric to glue down using liquid stitch. This will create a clean-cut edge. You can use your clips or heavy books to hold the fabric in place while it dries.
4. Using liquid stitch, glue ribbon that will go around their neck. Glue each side of the ribbon to the top of the apron. Be sure that campers glue it leaving the hole large enough to fit their head. Place clips and allow to dry. Now, campers will use the other two pieces of ribbon to create their waist tie. Glue one ribbon to each side of the towel. Place clips and allow to dry.
5. Give campers time to decorate their apron. They can write their name, add decorative detail etc.
6. Once dry, allow campers to try on their new apron!

## Individual Sewing Project: (reoccurring activity)

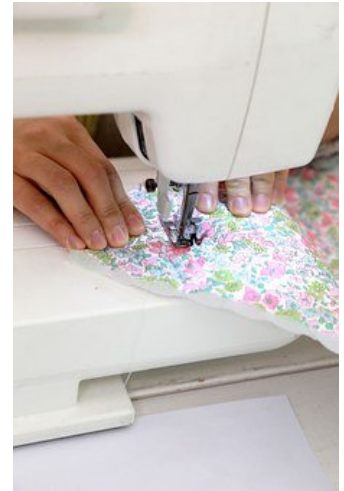
### Materials:

internet access, tablets or computers, sewing machine, thread, fabric, sewing patterns, markers, scissors

**Time:** approximately 30 to 45 minutes

### Instructions:

Over the course of the next few weeks, campers are going to have the opportunity to work on a sewing project of their own. They will have the opportunity to use a sewing machine with supervision. Each week allow time for campers to work on the project. Last week campers should have begun or completed their search for a pattern they would like to work on. If all campers have chosen their patterns, you will now allow them time to continue to work on this project. Work individually with campers to assess what their next steps are. Do they need to take measurements? Can they begin to lay their pattern out on fabric? Guide them through the process and teach them the skills and knowledge they need along the way. Continue to discuss the process of completing a sewing project from start to finish. They will select their pattern, their fabric, take measurements if necessary, learn how to follow a pattern, cut fabric, use a sewing machine etc.





# Week 4 – Sock Bunny



## Materials:

internet access, markers, scissors, a sock for each camper, twine, ribbon, rice, rolls of duct tape(optional)

## Preparation:

 Preload video:

<https://www.youtube.com/watch?v=giqTWcq6nFk>

**Time:** approximately 30 minutes

## Instructions:

1. Campers will thread their sock through the roll of duct tape and fold the open end of the sock of the tape roll. This will hold the sock open as you fill it with rice. Fill the sock with rice until it is about 2/3<sup>rd</sup>s of the way full.
2. Remove the tape roll from the sock.
3. Pinch the top of the sock shut and tie it tight with twine. Apply multiple knots to ensure no rice will spill out. You can also add a drop of liquid stitch inside the sock where you are tying it shut. This will add additional support to ensure the sock remains shut.
4. Using your hands to separate the rice inside the sock, pinch it making one small round head and a large round body. Add a piece of twine where you have pinched the sock and knot it a few times. This is creating the head and the body of the bunny.
5. Trim the left-over sock at the top. Cut one slit down the middle. Then shape the two pieces to resemble bunny ears.
6. Tie the ribbon around the bunnies next into a bow.
7. Use the markers to draw eyes and the face on the bunny.
8. You can allow campers to add other decorative components to their bunny using resources you made available to them.
9. All done! Allow campers to share their bunnies with each other, seeing how unique each one came out!

## Individual Sewing Project: (reoccurring activity)

## Materials:

internet access, tablets or computers, sewing machine, thread, fabric, sewing patterns, markers, scissors

**Time:** approximately 30 to 45 minutes

## Instructions:

Over the course of the next few weeks, campers are going to have the opportunity to work on a sewing project of their own. They will have the opportunity to use a sewing machine with supervision. Each week allow time for campers to work on the project. Continue to work individually with campers to assess what their next steps are. Do they need to take measurements? Can they begin to lay their pattern out on fabric? Guide them through the process and teach them the skills and knowledge they need along the way. As campers become ready to use the sewing machine, create scheduled time for each camper. You will need to guide and assist them closely with they use the machine.

Continue to discuss the process of completing a sewing project from start to finish. They will select their pattern, their fabric, take measurements if necessary, learn how to follow a pattern, cut fabric, use a sewing machine etc.



# Week 5 – Pillows



<https://www.bonanza.com/listings/no-sew-fleece-pillow/262842476>

## Materials:

internet access, scissors, fabric, poly fill stuffing, tape measure

## Preparation:

 Preload video:

<https://www.youtube.com/watch?v=A6HjUAQeMgk>

**Time:** approximately 30 minutes

## Instructions:

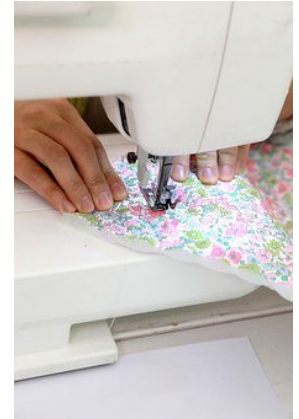
1. Allow campers to choose their favorite fabric from what you have available. Once all campers have picked fabric you can measure and cut.
2. Campers will measure out 22 inches by 16 inches or any size that you would like them to make. They will cut two identical sized pieces.
3. Once they have their pieces cut, they will cut a square shape out of each corner.
4. Next, they will cut their fringe along all sides of the fabric. They should make cuts  $\frac{1}{4}$  inch wide and 3-inches long. They will repeat this until all side of their fabric have been cut.
5. It's time to start tying knots! Tie single or doubled knots around the entire pillow, leaving a 3-inch opening on one end.
6. Being stuffing the poly fill into your opening. Continue filling until you have reached your desired fullness.
7. Tie the remaining fringe pieces with double knots.
8. Your pillow is now complete!

## Individual Sewing Project: (reoccurring activity)

### Materials:

internet access, tablets or computers, sewing machine, thread, fabric, sewing patterns, markers, scissors

**Time:** approximately 30 to 45 minutes



### Instructions:

Over the course of the next few weeks, campers are going to have the opportunity to work on a sewing project of their own. They will have the opportunity to use a sewing machine with supervision. Each week allow time for campers to work on the project. Continue to work individually with campers to assess what their next steps are. Do they need to take measurements? Can they begin to lay their pattern out on fabric? Guide them through the process and teach them the skills and knowledge they need along the way. As campers become ready to use the sewing machine, create scheduled time for each camper. You will need to guide and assist them closely with they use the machine.

Continue to discuss the process of completing a sewing project from start to finish. They will select their pattern, their fabric, take measurements if necessary, learn how to follow a pattern, cut fabric, use a sewing machine etc.

# Week 5 – T-Shirt Tote Bag



## Materials:

old t-shirt (the thicker the fabric the better), scissors, washable marker, any decorative supplies you want to provide

**Preparation:** Remind all camper to bring in an old t-shirt.

**Time:** approximately 30 minutes

## Instructions:

Every camper will work on the T-shirt that they brought in from home or you can supply t-shirts. It is a good idea to have a couple shirts on hand just in case any campers forget or lose their shirt.

1. First, you will cut the sleeves off the t-shirt. You can fold your t-shirt in half if you would like to cut the sleeves off at the same time to make identical cuts.
2. Next, you will cut the neck area. Cut around the collar of the t-shirt to create a little bit larger oval shaped opening.
3. You will want to determine how deep you will want your tote bag to be. Turn your shirt inside out. Draw a line using the washable marker where you want the bottom of your bag to be.
4. Cut fringe starting from the bottom of the shirt and stopping at the line you drew across the shirt. You will want to make the fringe about  $\frac{3}{4}$  to 1-inch wide.
5. Tie your fringe together using double knots.
6. Turn your bag back to right side out.

7. Allow time for campers to decorate their tote bags with fabric paint or any other items you made available to them. Campers can also tie knots at the top of each strap to give it added support and a cute design.
8. Their tote bag is now complete!



## Individual Sewing Project: Display Event

## Materials:

internet access, tablets or computers, sewing machine, thread, fabric, sewing patterns, markers, scissors

**Time:** approximately 30 to 45 minutes

## Instructions:

Over the course of the last few weeks, campers have had the opportunity to work on a sewing project of their own. They have learned how to use a sewing machine with supervision. It's time they show their peers and even family members their finished product!

Allow time for campers to add any finishing touches to their sewing projects during the week.

Near the end of this week, host a display event to showcase all that campers have learned during sewing camp! They can display their individual sewing project, along with all the other projects they worked on over the last few weeks. Include campers in the planning of this event! They can decide how to display their projects, who to invite, refreshments to serve etc. Have fun and show off all the fun things you did as a group!