Hand Sewing
Most fabrics have a “right” and a “wrong” side.

- **Right:** It is the top or front of the fabric and is the side of the fabric that is intended to be seen (high finish).
- **Wrong:** It is the back of the fabric, the part that is not intended to be seen (low or no finish).
How to Thread a Needle

Directions:

- Cut a length of thread 18” – 24” long.
- Cut at an angle so it will be easier to thread and won’t split apart
- Put one end through the eye of the needle.
How to Secure a Knot in a Piece of Thread

Directions:

- Thread needle making sure to use at least 18”-24” of thread.
- Pull pieces together so they are even.
- Fold end of thread in half (about 2”)
- Twist several times, by rolling the thread between your fingers.
- Make a single knot.
- Trim 2 short ends. **DO NOT CUT LONG PIECE.**
Stitch Sample Project

- 1 Square piece of fabric (labeled with Name and Hour)
- 1 Needle
- Shears or Scissors
- Thread (Contrasting Color)
- Stitch Direction Packet & Grading Rubric

DUE: 12/???? with grading rubric attached.
Running Stitch

- A very short, even stitch for fine, permanent sewing purposes.
  - **Directions:** Weave the point of the needle in and out of the fabric by using very short (1/16”), even stitches before pulling the needle through the fabric.

**Hint:** Start in upper left corner and go from left to right.

[Running Stitch Video]
How to Tie Off Thread

After you have completed a stitch you will need to tie a knot to secure the stitch from coming out/unraveling.

Directions:
- On your last stitch pull thread to wrong side of fabric
- Grab a small area of the fabric with the needle and stick the needle through half way.
- Place finger on needle and wrap thread around it 3-4 times (Similar to tying a knot when fishing).
- Hold it with your finger and thumb and pull through gently, tightening the knot towards the fabric.
- Cut off extra thread after the knot.

Start at 1:44
How to Tie Off Thread

Wrong Side (Back) of Fabric
Overcast (Whip) Stitch

- Keeps raw edges from raveling or fraying.
  - **Directions:** Stitch at a slant with large, even, closely spaced stitches.

**Hint:** Start in upper left corner and go from left to right.

[Overcast/Whip Stitch Video](#)
Backstitch

- Is used most often to repair hard to reach seams.
  - **Directions:** Pull the needle up through the upper side of the fabric, and poke the needle back into the fabric half a stitch behind where the thread first emerged. Bring the needle up a half stitch in front of where the thread first emerged. Repeat for the length of your fabric.

*Start with a single running stitch for your 1st stitch.*

**Hint:** Start in upper right corner and go from right to left.

[Backstitch Video]
Blanket Stitch

- Used for a variety of hand-finished details.

- **Directions:** Anchor the first stitch at the edge. Then, point the needle toward you and insert it through the “right” side of the fabric, about ¼” over the preceding stitch. Keep the thread below your work and under the needle. Your needle with go over the thread.

- **Hint:** Always work from left to right with the raw edge of the fabric toward you.

[Blanket Stitch Video]
Button

- Used to fasten a garment or for decoration.
  - Two Types:
    - 2 Hole and 4 Hole
    - Shank
  *See packet for detailed pictures and directions*

“—“ Pattern

Button Video

“=” Pattern

2 Hole

“X” Pattern

4 Hole
Challenge Activities

Sewing patterns?
Knot tying
Practice sewing straight and smaller stitches