**Beginner Sewing Machine & Hand Sewing Combo**

**“Pillows & More”**

**Lesson 1**

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|  | **Today’s Sewing Machine Project** | Introductory Felt Pouch |
|  | **Today’s Hand Sewing Project** | Bookmark |
|  | **Note To Instructor** | Pre-thread machines before class starts. Use bright colored threads that will show up on Intro Felt Pouch |
|  | **Today’s New Skills** | Students Will Learn The Basics Of Machine & Hand Sewing |
|  | **Extra Materials Needed** | * Intro Felt Pouch Fabric * Felt Bookmark Front & Back |
| **10 mins** | **Start of Class** | **Introduction:**   * Introduce yourself and tell the kids what name to call you (Miss Kim, Mrs. M. etc.) * Ask students to introduce themselves * Sew Happy Way (follow notes in Instructor Binder) * Goals For Today - “To learn the basics of machine sewing and hand sewing” |
| **10 Mins** | **Anatomy Of Sewing Machine** | * + On/Off Switch   + Bobbin   + Thread   + Needle   + Presser Foot   + Hand/Fly Wheel   + Presser Foot Lever   + Foot Pedal |

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| **20 Mins** | **Machine Sewing** | **Start Machine Sewing using Intro Felt Pouch**  With speed on SLOWEST setting:   * Line fabric up underneath the needle * Lower needle using hand wheel (turn towards you or anti-clockwise) * Lower presser foot * Press foot pedal * Start stitching the STRAIGHT LINES on the boxes * Pivot at each corner by lifting presser foot, turning fabric and lowering presser foot again. * Press the needle position button to raise needle when box is complete. * If there is time complete the 2 rectangles but you will continue with this at the next lesson |
|  |  | **STOP MACHINE SEWING** |
| **40 Mins** | **Hand Sewing** | Using machine thread and working on the side of the bookmark with the stitch lines, demonstrate:   * How to cut fabric * How to measure thread * How to thread a needle * How to tie a knot * Straight stitch * Lock stitch   (It’s ok if you don’t get to do all of these as you will be continuing next week) |
| **10 Mins** | **End Of Class** | **Clean-up & Dismissal** |
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