

# NARWHALS, NARWHALS

## After School Sewing Program



## NARWHALS, NARWHALS TUTORIAL 8 WEEK PROGRAM

**Each Kit Contains:  
6 Narwhal Projects**

**Accessory Bag Inc:  
6 Spools Of Thread  
6 #6 Needles  
6 Wire Needle Threaders  
6 x ½" Ribbons  
18 Buttons (for friendship bracelets)**

**6 Project Bags**


**In addition you will need:**

**Stuffing  
2 Bodkins**

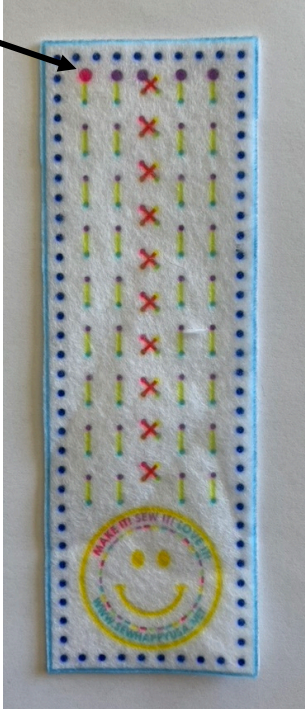
**Note: In this 8 week program you will not be decorating the back of the pillow so please bring extra appliques back to studio after your class is finished.**




# WEEK 1

INSTRUCTOR PREPARATION	
<p>1. <b>CUT:</b> BOOKMARK BACK (This is practice piece)</p> <p>2. <b>THREAD</b> and <b>KNOT</b> one needle per student</p>	
REMINDERS & DEMONSTRATIONS	
<p><b>Refer To "First Class" in The Sew Happy Instructor Training (Can Be Found In Instructor Binder)</b></p>	

## WEEK 1 SEWING STEPS



<b>1.</b>	Introduction & Demo	<b>SEE SEPARATE NOTES FOR WEEK 1</b>
<b>2.</b>	<p>The Practice Piece today is:</p> <ul style="list-style-type: none"> <li>• Bookmark Back</li> </ul>	
<b>3.</b>	<p>Starting at the <b>LARGE RED DOT</b> close to the edge of the fabric, insert needle in the <b>BACK</b> of the fabric and pull the needle all the way through.</p> <p>In the <b>FRONT</b> of the <b>BOOKMARK</b>, insert needle in the small blue dot and pull until the thread is all the way through. Repeat this "<b>STAB STITCH</b>" method and sew along the <b>GREEN STITCH LINES</b> until you get to the end of the first row of stitches.</p> <p>With your needle at the back of the <b>BOOKMARK</b>, make a <b>LOCK STITCH</b> (by leaving a small loop and pulling needle through the loop).</p> <p>Cut thread close to <b>LOCK STITCH</b>.</p> <p>Students should now take a new piece of floss and try to thread their needles. Start another row of stitches beginning at one of the <b>LARGE PURPLE DOTS</b>.</p>	
<b>TIP!</b>	<p><b>STAB STITCH:</b> Insert the needle in to the fabric and pull all the way through. Once a student has mastered the <b>STAB STITCH</b>, he/she can start to do the <b>RUNNING STITCH</b> where the needle is inserted in to the fabric and out again in one motion.</p>	
	<p><b>*EXTRA WORK*</b></p> <p>Extra activities for students who finish early: Add more stitching to <b>BOOKMARK BACK</b>.</p>	<b>Do NOT allow any student to move on to the next step!</b>

# WEEK 2

INSTRUCTOR PREPARATION	
<ol style="list-style-type: none"> <li>1. <b>CUT:</b> 1 of the bunting pennants</li> <li>2. <b>THREAD</b> and <b>KNOT</b> one needle per student.</li> </ol>	
REMINDERS & DEMONSTRATIONS	
<ol style="list-style-type: none"> <li>1. <b>Weekly Meeting &amp; Classroom Rules (15 Minutes)</b></li> <li>2. <b>DEMO</b> threading a needle using the needle threader and pincushion technique.</li> </ol> <p><b>This week the demo and practice SHOULD TAKE 15-20 MINUTES</b></p>	<ol style="list-style-type: none"> <li>3. Give each student a pincushion, needle and needle threader and have them practice threading the needle and tying a knot around the needle.</li> <li>4. <b>REMIN</b>d students about LOCK STITCH</li> </ol>





## WEEK 2 SEWING STEPS

1.	Reminders & Demo  <b>DO NOT SKIP THIS STEP!</b>	(See Previous Page)
2.	Hand each student: <ul style="list-style-type: none"> <li>• 1 Bunting Pennant</li> <li>• Pre-threaded needle if they didn't thread their own</li> </ul>	
3.	<ul style="list-style-type: none"> <li>• With WRONG SIDES together, and edges matching, FOLD pennant in half to make a triangle. PIN together with 2 pins.</li> </ul>	

- Starting at the LARGE RED DOT and using a straight stitch, sew along the red stitch lines.
- Make a LOCK STITCH at the end.





## NARWHALS, NARWHALS TUTORIAL 8 WEEK PROGRAM

	<ul style="list-style-type: none"> <li>Starting at the LARGE RED DOT and using a whipstitch, sew all the way around the pennant following the dotted lines.</li> </ul> <p>NOTE: If a student doesn't get this step done it's ok to skip it. The bunting will still function if this step is skipped. (Only skip if a student can't keep up).</p>	
<b>TIP!</b>	<p>To hide a knot: When starting with a new piece of knotted thread, insert needle between the front and back of the fabric.</p>	
	<p><b>*EXTRA WORK*</b></p> <p>Extra activities for students who finish early:</p> <p>Continue working on BOOKMARK</p>	<p><b>Do NOT allow any student to move on to the next step!</b></p>



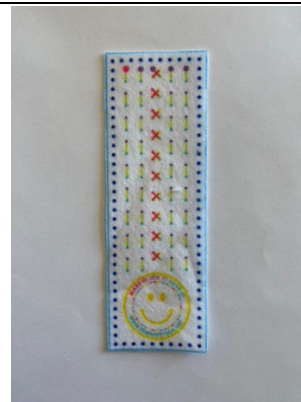
# WEEKS 3, 4, & 5

<p><b>INSTRUCTOR PREPARATION</b></p>	
<ol style="list-style-type: none"> <li>1. <b>CUT:</b> Another of the bunting pennants</li> <li>2. <b>THREAD</b> and <b>KNOT</b> one needle per student.</li> </ol>	
<p><b>REMINDERS &amp; DEMONSTRATIONS</b></p>	
<ol style="list-style-type: none"> <li>1. <b>Weekly Meeting &amp; Classroom Rules (10-15 Minutes)</b></li> <li>2. <b>DEMO</b> threading a needle using the needle threader and pincushion technique.</li> <li>3. <b>This week the demo and practice SHOULD TAKE 5-10 MINUTES</b></li> </ol>	<ol style="list-style-type: none"> <li>4. Give each student a pincushion, needle and needle threader and have them practice threading the needle and tying a knot around the needle.</li> <li>5. <b>REMIND</b> students about <b>LOCK STITCH</b></li> </ol>


WEEKS 3, 4, & 5 SEWING STEPS		
1.	Reminders & Demo  <b>DO NOT SKIP THIS STEP!</b>	(See Previous Page)
2.	Hand each student: <ul style="list-style-type: none"> <li>Next Bunting Pennant (in any order)</li> <li>Pre-threaded needle if they didn't thread their own</li> </ul>	
3.	<ul style="list-style-type: none"> <li>With WRONG SIDES together, and edges matching, FOLD pennant in half to make a triangle. PIN together with 2 pins.</li> <li>Repeat instructions from Week 2</li> </ul>	
<b>TIP!</b>	As a student finishes their thread they can try to thread their own needle using the pincushion and needle threader technique.	
	<b>*EXTRA WORK*</b>  Extra activities for students who finish early:  Continue working on BOOKMARK:	<b>Do NOT allow any student to move on to the next step!</b>


## NARWHALS, NARWHALS TUTORIAL 8 WEEK PROGRAM

- Stitch all straight lines on BOOKMARK BACK
- Stitch CROSS STITCHES on BOOKMARK BACK
- PIN FRONT BOOKMARK to BACK BOOKMARK
- Whipstitch around all 4 sides of bookmark, inserting MADE-BY LABEL at one end




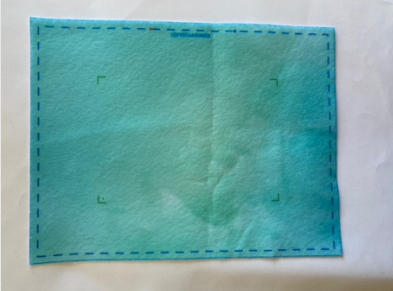
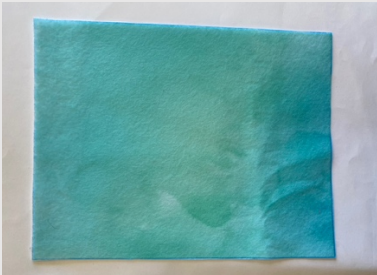
# WEEK 6

INSTRUCTOR PREPARATION	
<ol style="list-style-type: none"> <li>1. <b>CUT:</b> The last bunting pennants</li> <li>2. <b>THREAD</b> and <b>KNOT</b> one needle per student.</li> </ol>	
REMINDERS & DEMONSTRATIONS	
<ol style="list-style-type: none"> <li>1. <b>Weekly Meeting &amp; Classroom Rules (10 Minutes)</b></li> <li>2. <b>DEMO</b> threading a needle using the needle threader and pincushion technique.</li> </ol> <p><b>This week the demo and practice SHOULD TAKE 5 MINUTES</b></p>	<ol style="list-style-type: none"> <li>3. Give each student a pincushion, needle and needle threader and have them practice threading the needle and tying a knot around the needle.</li> <li>4. <b>REMIND</b> students about LOCK STITCH</li> </ol>

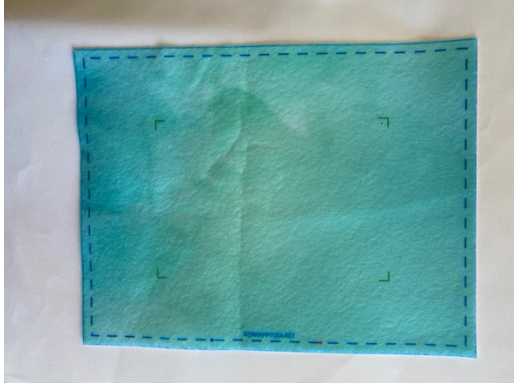

WEEK 6 SEWING STEPS		
<b>1.</b>	Reminders & Demo  <b>DO NOT SKIP THIS STEP!</b>	(See Previous Page)
<b>2.</b>	Hand each student: <ul style="list-style-type: none"> <li>Final Bunting Pennant (whichever one is left)</li> <li>Pre-threaded needle if they didn't thread their own</li> </ul>	
<b>3.</b>	<ul style="list-style-type: none"> <li>Repeat steps from Week 2</li> </ul>	
<b>4.</b>	<ul style="list-style-type: none"> <li>Make the bunting:</li> <li>Thread the ribbon through each pennant</li> <li>Tie a loop at each end so student can hang it when they get home</li> </ul>	
<b>TIP!</b>	Use a BODKIN to thread the ribbon through the pennants	If you don't have a BODKIN, use a SAFETY PIN
	<b>*EXTRA WORK*</b>  Extra activities for students who finish early:  Continue working on BOOKMARK	<b>Do NOT allow any student to move on to the next step!</b>



# WEEK 7

INSTRUCTOR PREPARATION	
<p>1. <b>CUT:</b> PILLOW FRONT PILLOW BACK POCKET</p> <p>2. <b>THREAD</b> and <b>KNOT</b> one needle per student.</p> 	 
REMINDERS & DEMONSTRATIONS	
<p>1. <b>Welcome Meeting &amp; Classroom Rules (10-15 Mins)</b></p> <p>2. <b>DEMO</b> threading a needle using the needle threader and pincushion technique.</p> <p>3. <b>REMINDE</b> students about <b>TYING A KNOT</b> and <b>LOCK STITCH</b></p> <p><b>This week the demo and practice SHOULD TAKE 5 MINUTES</b></p>	<p><b>DO NOT SKIP THIS STEP</b></p>

## WEEK 7 SEWING STEPS

1.	Reminders & Demo  <b>DO NOT SKIP THIS STEP!</b>	
2.	Hand each student:  Pillow FRONT POCKET	 

**3.**

- PIN and STITCH Pocket on Pillow Front




### \*EXTRA WORK

- Show students the appliques (no need for instructor to cut, students can do this themselves)
- Let students choose a variety of appliques to add to their pillow



# WEEK 8

1.	<p>Hand each student:</p> <ul style="list-style-type: none"> <li>PILLOW FRONT</li> <li>PILLOW BACK</li> </ul>	
3.	<ul style="list-style-type: none"> <li>With WRONG SIDES TOGETHER, PIN PILLOW FRONT to PILLOW BACK</li> <li>Starting at the LARGE RED DOT, STITCH around edges, following stitch lines</li> <li>STOP at the LARGE PURPLE DOT. Make a LOCK STITCH</li> <li>STUFF</li> <li>Stitch opening closed</li> <li>Pillow is complete</li> </ul>	
	<p><b>EXTRA WORK:</b></p> <ul style="list-style-type: none"> <li>Make FRIENDSHIP BRACELETS</li> <li>Stitch a button on to the X on one of the friendship bracelets</li> <li>Instructor should carefully cut a slit at the other end</li> <li>FREE SEW using WHITE FELT (leftover scraps from original kit) and remaining appliques</li> </ul>	