



SEW HAPPY INSTRUCTOR TRAINING

FIRST CLASS

“WELCOME MEETING” (10 MINS)

- Meet kids, take them to class room and have them put all their belongings in an area of the room where you won't trip over them.
- If there is a rug in the room gather everyone there otherwise have the children seated at their tables but without anything to distract them.
- Take attendance
- Play the “Pincushion Game”. Starting with you, pass an empty pincushion around the group and whoever is holding the pincushion should introduce themselves and say a fun fact about themselves.

GOALS & CLASSROOM RULES (10 MINS)

- The goals for the overall project are ... (show project samples)
- The goals for today are...
- “We are going to work together to create a list of classroom rules so that our classes will run smoothly and we will complete our project on time.”
- Take out your large sheet of paper and a Sharpie and write “Classroom Rules” at the top.
- “What rules do you think we should have during our sewing classes?”
- Make a list of rules and be sure to include the non-negotiable rules.
- Have the kids move to the tables (still with nothing in front of them).



THREADING THE NEEDLE (15 MINS)

THE MOST IMPORTANT PART OF OUR PROGRAM!

- Hand out a needle, a pincushion and a needle threader to each student.
- Have the students place their needle IN THE TOP of the pincushion so that one third of it is sticking out.
- (It's important that the needle is in the top and not in the side)
- The reason the needle needs to be inserted so far is so the needle threader will rest on the pincushion and not fall out
- Have the students practice putting the needle threader through the eye of the needle.
- YOU go around the children with a pre-cut and split piece of floss and put it through the hole in the needle threader until the floss touches the table
- Ask each child to pull the needle threader back so that the the floss goes through the eye of the needle. (If it's a big group use the buddy system where the kids split in to groups of 2 and they help each other with threading the needle)
- Next we will tie a knot.....

TYING A KNOT (5 MINS)

- Use the Sew Happy method to demonstrate tying a knot.
- TIP! Have the students lie the needle and thread on the table to make the loop. Show them how to overlap the needle and thread. Try saying the rhyme "Take the thread and put it to bed" as you lay the thread on top of the needle.
- Next tie a single knot around the needle.
- If this is too much for the students at this point you may give out your pre-threaded and knotted needles.



PRACTICE STITCHING (10 MINS)

- Hand out a practice piece (supplied with each kit) to each child
- Show them how to stitch following the dashed lines on the fabric

- You will only have time to do 1 or 2 rows as it will be time to clean up...

CLEAN UP (10 MINS)

- Set the alarm on your phone for 15 minutes and 10 minutes before the end of the class. The first alarm is a reminder that it's time to finish up whatever you are working on, the second alarm means everyone should be cleaning up.
- Assign jobs to everyone (WE BELIEVE AT SEW HAPPY THAT EVERYONE SHOULD HELP CLEAN UP)
- The magnet is a good motivator, you can have the kids take a turn each week at picking up any stray pins from the floor and desks.
- Check yourself to make sure the classroom is clean and tidy and left in the same way as you found it.
- Take the kids to dismissal location in a quiet and orderly fashion.