

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ PERIOD: \_\_\_\_\_

UNIT ONE EVALUATION

**HAND SEWING GRADE SHEET**

CRITERIA	POINT VALUE	YOUR GRADE	TEACHER'S GRADE
<i>BASTING STITCH - RAINBOW STRIPES</i>	25 <i>TOTAL</i>		
used double thread and knotted	5		
stitches even and neat (no loops or knots)	5		
neat appearance	5		
fastened off correctly	5		
used at least 2 colors of thread	5		

<i>BACKSTITCH - SAIL AWAY!</i>	25 <i>TOTAL</i>		
used a double thread and knotted	5		
stitches even and straight	5		
stitches done correctly	5		
fasten off correctly	5		
used at least 2 colors of thread	5		

<i>HEM</i>	25 <i>TOTAL</i>		
used a single thread and knotted	5		
stitches spaced evenly about 1/4" to 1/2" apart	5		
stitches invisible on right side (backside of paper)	10		
fastened off correctly	5		

<i>BUTTON</i>	25 <i>TOTAL</i>		
used double thread	5		
sewn on securely	5		
top design even, no loops	5		
thread shank made correctly	5		
underneath side stitched neatly and fastened off	5		

<b>TOTAL</b>			
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NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ PERIOD: \_\_\_\_\_

HAND SEWING GUIDED PRACTICE SHEET

**BASTING STITCH**

The basting or running stitch is used to temporarily hold two pieces of fabric together. It is designed to be loose and easy to pull out. Sometimes they are used for gathering because you can pull on the thread and the fabric will ruffle up.

1. Roll off from the spool thread about an arm's length. Thread the eye of the needle.
2. Put both ends of the thread together and create a tailor's knot.

ur thumb

3. On your paper, the back side is the same as the wrong side of the fabric. All knots go on the wrong side. So, start with your needle coming up through the paper from the wrong side. Follow the stitches as they are shown.
4. When you finish always fasten off. To fasten off, make a stitch but do not pull it all of the way. Leave a loop. Put the needle through the loop and pull it. Do this twice.
5. After you do one line, fasten off and change color of thread.

**RAINBOW STRIPES**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

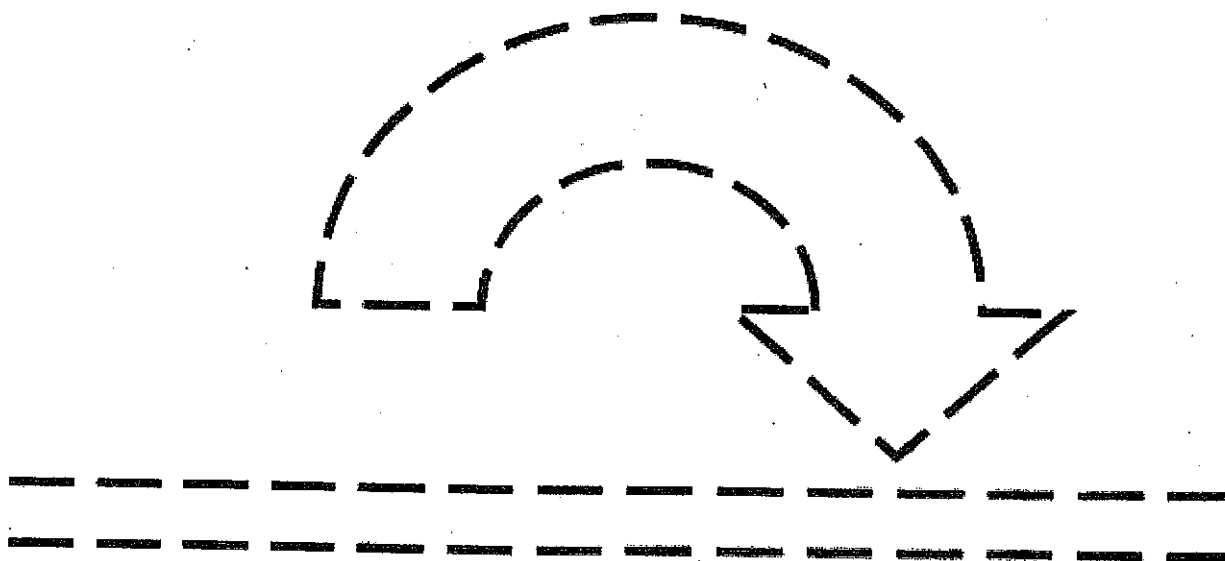
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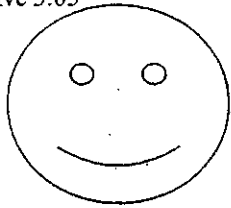
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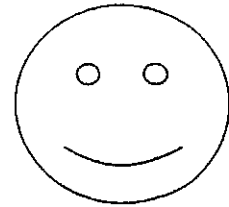
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4. When you finish always fasten off. To fasten off, make a stitch but do not pull it all of the way. Leave a loop. Put the needle through the loop and pull it. Do this twice.
5. Create a rainbow effect and change colors as you stitch another line.





# BACKSTITCH



The backstitch is a strong stitch. It is made with two threads. Sometimes it is used in embroidery and cross-stitch. You can also use this stitch to sew two pieces of fabric together.

1. Thread your needle the same way you did for the basting stitch. Knot the ends together using the tailor's knot.
2. Outline the design with backstitches. Do the practice line first.

### To create backstitches:

- \* Push the needle in and out of the fabric and pull it through.
- \* Go back to the beginning (where you have your knot) and push your needle in but make it come out in front of the last stitch (about 1/4").
- \* Pull the thread all of the way. This is your first backstitch.
- \* To continue always go back to the last hole behind the thread and pull the needle through, remember to make the needle come out in front of your last stitch.

3. When you have finished, fasten off.



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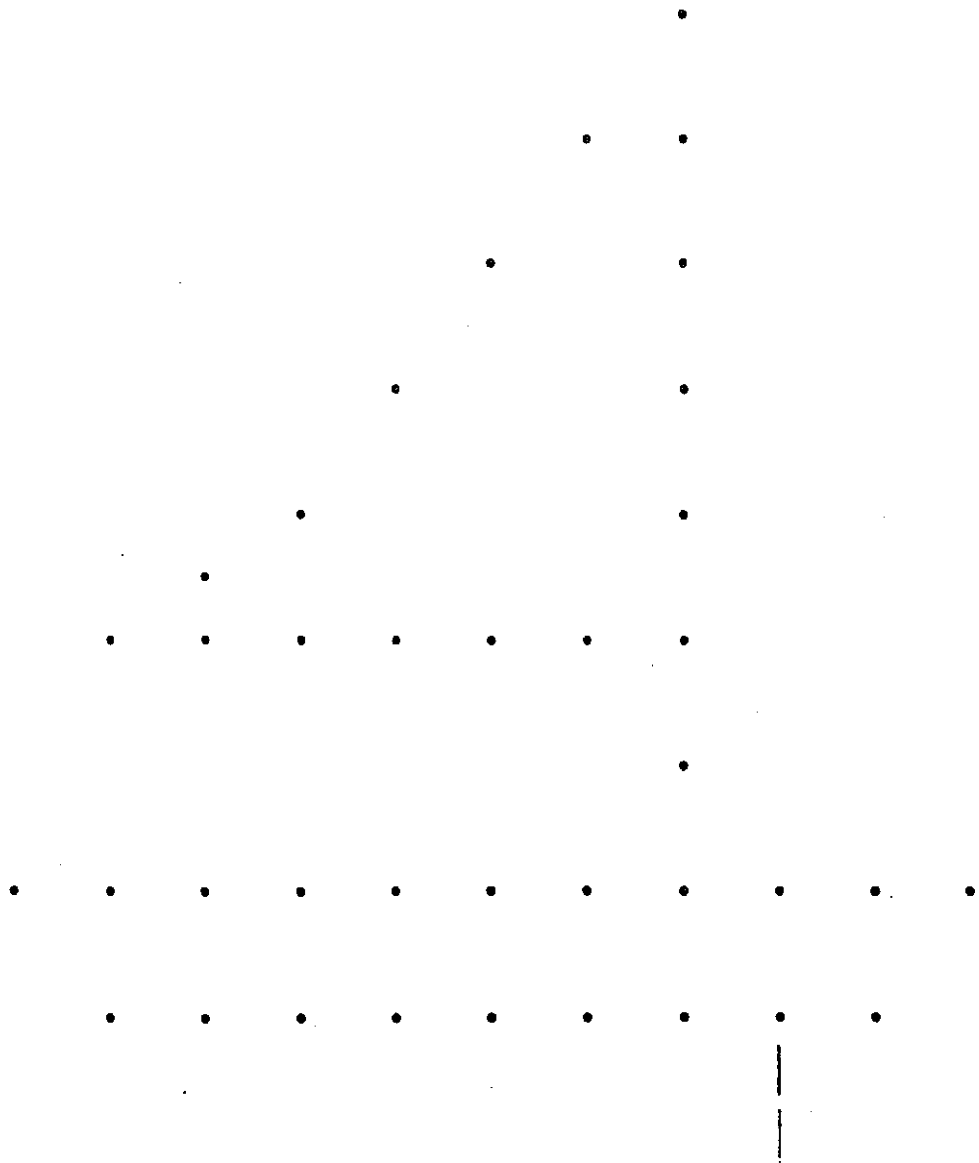
**THE BACKSTITCH**

Thread your needle and make a double knot.

Use the backstitch and follow the design.

Change your thread color at least once.

**SAIL AWAY!**



START

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ PERIOD: \_\_\_\_\_

HAND SEWING GUIDED PRACTICE SHEET

**THE HEM STITCH**

A hem is the bottom finished edge of clothing, or curtains. It is suppose to be as invisible as possible. You use a single thread of the best color match as possible. When you make the stitch, you pick up only one or two threads of the fabric. These stitches are usually 1/2" apart.

1. To create a hem with this sheet of paper, fold up the bottom edges on the lines.
2. Thread your needle but do not put the two ends of the thread together. Leave one thread longer than the other. Knot the longer thread.
3. Be sure you hide your knot on the wrong side of the fabric or under the hem.
4. All stitches should be placed close to the area where the hem and the fabric come together.
5. Make a small stitch in the fabric picking up only a few strands of fabric on your needle, then go directly into the hem. Pull the thread through. Be careful not to pull the thread off the needle.
6. Continue on until you run out of thread or you have finished your hem. Fasten off. Hem stitches do not have to be very close together. It is important that they be even and straight.

WRONG SIDE OF FABRIC

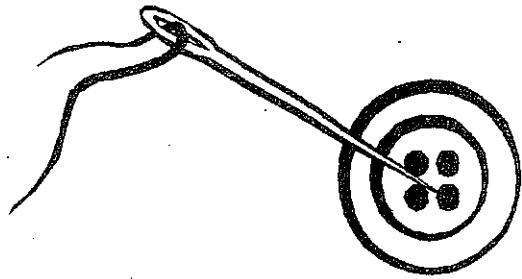
STITCHING GUIDE



3.) THE LAST FOLD SHOULD BE JUST BELOW THE STITCHING GUIDE DOTS

2.) FOLD PAPER AGAIN

1.) FOLD THE PAPER THE FIRST TIME



Name: \_\_\_\_\_

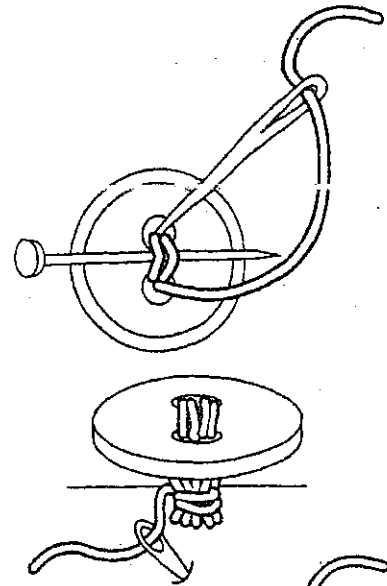
Hour: \_\_\_\_\_

# Sewing on Buttons

**GOAL:** ...be able to sew on buttons, use skills to repair clothes.

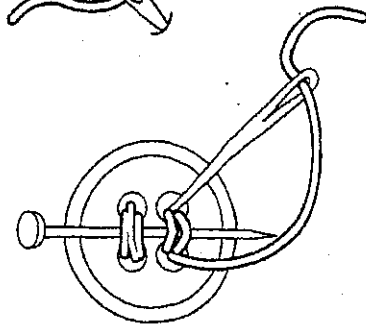
## 2-Hole Button

1. Thread needle with color to match button. Take a small stitch where button is to be placed. Poke needle through button hole, hold button in place over small stitch.
2. Place straight pin across top of holes. Sew with thread going over top of pin and down in opposite hole. Do this at least 6 times.
3. Remove pin. Poke needle so thread comes out under button, but on top of fabric so you can **TIGHTLY** wrap threads around the middle of the stitches 4 times. This creates a thread shank (so you have room for other layer of fabric when you button).
4. Poke needle to back of fabric. Stitch in place 3 times to make a secure knot. Trim thread.



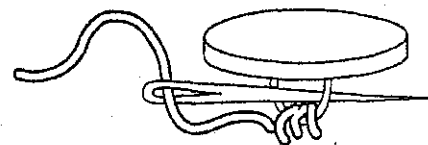
## 4-Hole Button

1. Follow directions for the 2-hole button.
2. When stitching the extra two holes, poke needle from the underside and continue so the extra thread doesn't show on the top. You must use the same thread for the entire button.



## Shank Button

1. Thread needle with color to match button and take a small stitch where button is to be placed.
2. Slip button on thread, hold button at an angle, poke up through hole, down the side of the shank and continue at least 6 times. Then just stitch in place 3 times on the back to knot thread. **DO NOT WRAP THREADS** because this button has a shank.



**Staple your sample here.**