

CAMP FIRE

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A PATTERN FOR FUN

READY

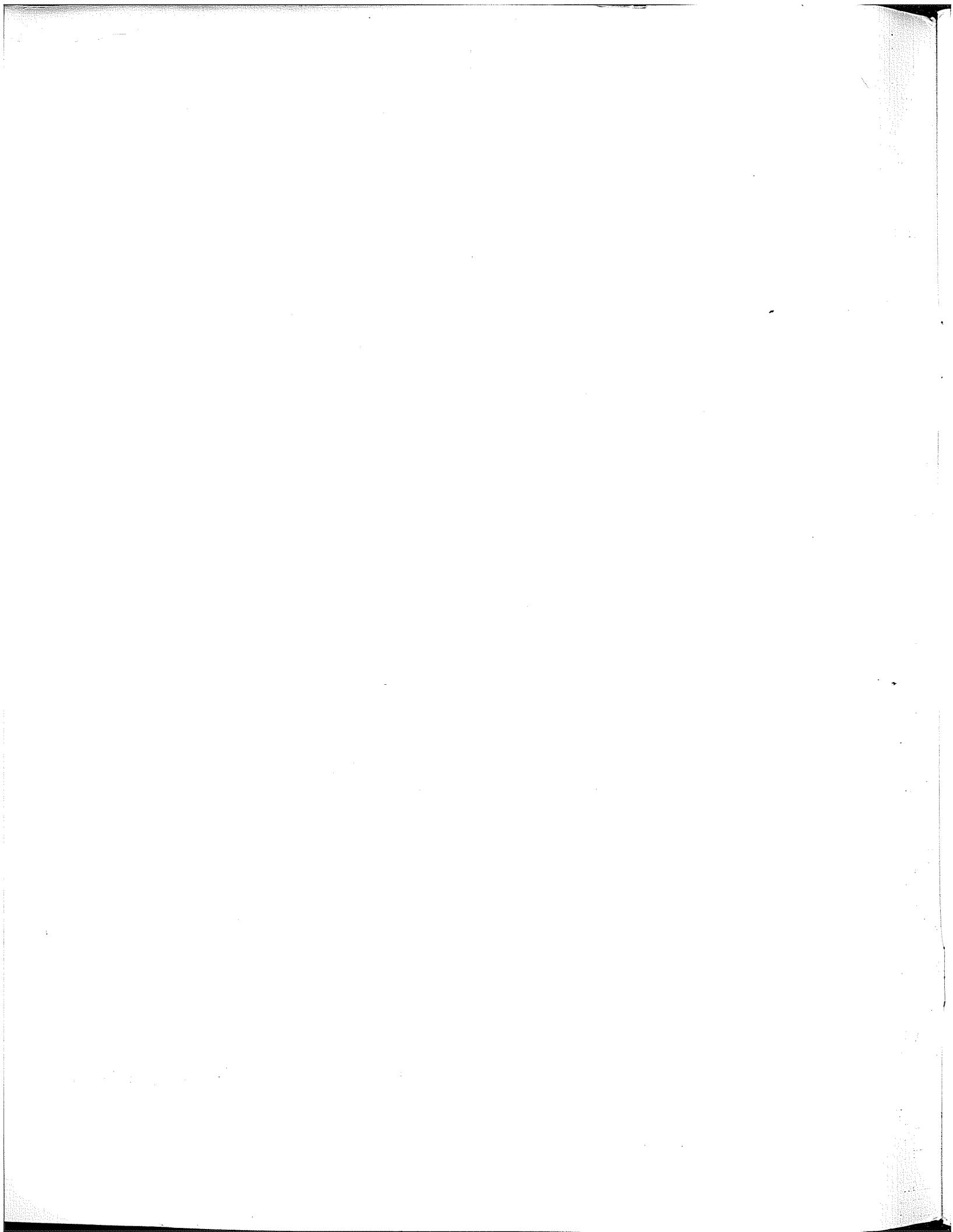
SET

SEW!



Camp Fire  
Boys and Girls®

LEADER'S GUIDE



**READY**

**SET**

**SEW!**

# Acknowledgments

**Ready, Set, Sew!** is an official, national publication of Camp Fire Boys and Girls. It is a national project developed as a guide for leaders to teach boys and girls basic sewing skills while encouraging creativity and imagination. *Ready, Set, Sew!* is geared toward third- through fifth-grade children; however, the project may be delivered to any age. Upon completion of the requirements, Camp Fire Boys and Girls members may receive the National Sewing Education Project Emblem.

Camp Fire Boys and Girls thanks the Home Sewing Association for its generous contribution in producing *Ready, Set, Sew!* Camp Fire Boys and Girls expresses its appreciation to Kelly Keeling and Shirley Calandra, sewing advisers for this project. Special thanks to Camp Fire Boys and Girls councils for their contributions to the *Ready, Set, Sew!* curriculum:

Reading-Berks County Council of Camp Fire, Mohnton, Pa.  
Camp Fire Boys and Girls Northwest Ohio Council, Findlay, Ohio  
The Children's Council of Central New York, Syracuse, N.Y.

Camp Fire Boys and Girls gratefully acknowledges the Home Sewing Association for permission to adapt sections of *Sew Fun: A Children's Guide to Sewing From the Sewing Fashion Council* and *Sew Creative*.

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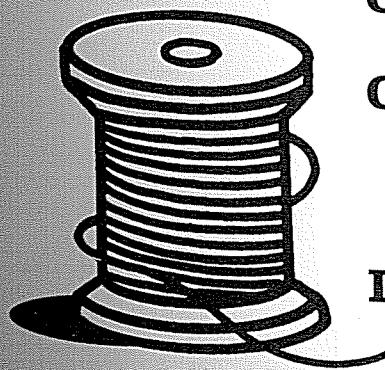
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Item No. D-32700  
P-57  
Published by:  
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# Table of Contents

<b>Introduction</b>	1
National Projects	1
Importance of Sewing in a Child's Life	2
Developmental Assets	2
Book Organization	5
Activity Format	5
Skill Levels	5
Service Learning	6
Safety Precautions	6
National Sewing Education Project Emblem	7
<b>Chapter 1</b> Getting Started	9
Basic Tools	10
Basic Sewing Skills	11
Fabric Tips	13
<b>Chapter 2</b> Patterns, Needles and Threads	15
Bean Bag Toy	16
Tote Pouch	18
Panda Bear	20
Placemats	22
Friendship Band	24
Snowman	26
T-shirt Bag	28
Wall Banner	30
Crazy Patch Pillow	32
Windsock	34
Checkerboard	36
Tie-dye	38
<b>Chapter 3</b> Sew Many Thoughts	41
<b>Chapter 4</b> Resource and Reference	45
Web Sites	45
Activity Books	45
Glossary	46
<b>Index</b>	48



Ready, Set, Sew!

# Introduction

**Camp Fire Boys and Girls helps youth of all ages develop personal life skills, social responsibility, healthy lifestyles and leadership through safe, fun programs, including:**

- self-reliance and service learning classes
- camping and environmental education
- child care
- clubs and mentoring opportunities
- leadership development



## National Projects

Camp Fire Boys and Girls also offers national projects designed to teach about peace, weather conditions, the environment, giving service and many other issues. Information on all of these national projects is available from local Camp Fire councils and national headquarters.

Camp Fire Boys and Girls' national sewing education project contains 12 activities designed to teach boys and girls basic sewing skills while encouraging creativity and imagination. This guide serves as a resource for adults working with children. It contains the tools for teaching children basic sewing skills and step-by-step instructions for completing various sewing activities. Adults will also find suggestions for modifying the activities. *Ready, Set, Sew!* is geared toward third- through fifth-grade children; however, the project may be delivered to any age.

The activities in this national project have been specially designed as hand-sewing activities. They are flexible so that they can be done by individuals or groups, outdoors, during club meetings, as part of a before/after-school program or at home. Children select the activities to be completed to fulfill the requirements for this national project. Please note that some of the activities require assistance from an adult. Therefore, it is recommended that individuals or groups work on only one activity at a time and that each be completed under the supervision of an adult.

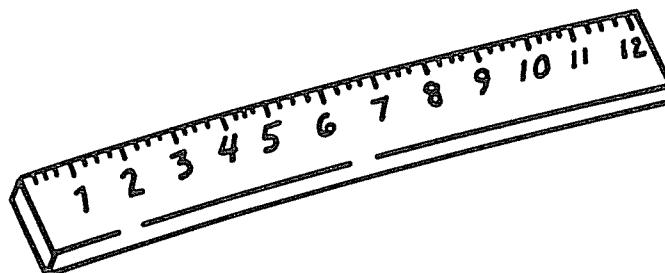
# Importance of Sewing in a Child's Life\*\*

According to clinical studies and consumer surveys conducted by the Home Sewing Association, sewing enhances creativity, builds self-esteem and optimism and reduces stress — all very important to the positive development of children. By working on the 12 activities in this national project, children will:

- develop patience and perseverance.
- enhance problem solving and other important life and work skills.
- experience the sense of accomplishment associated with completing an activity.
- understand color, textiles, construction techniques and other special concepts.
- learn to use and respect tools and technology.
- fine tune their hand/eye coordination and other motor skills.
- work independently and with others.
- learn ways to express their sewing skills by creating gifts for others, including needy families.
- express themselves and have fun!

## Developmental Assets

The sewing activities in this book focus on the importance of encouraging sewing skills, creativity and imagination. While working on this national project, it is important for the leader to understand and address the needs of boys and girls. Forty developmental assets have been identified by the Search Institute as forming a foundation for healthy development in youth. Upon completion of this Camp Fire Boys and Girls national sewing education project, children will have had the opportunity to reinforce 22\* of the 40 developmental assets, which follow.



\*\* Adapted with permission from the Home Sewing Association, *Sew Creative*.

# External Assets

FOR ELEMENTARY-AGE CHILDREN (Ages 6 to 11)

## SUPPORT

- Family support - Family life provides high levels of love and support.
- \*Positive family communication - Parent(s) and child communicate positively.  
Child is willing to seek parent(s) advice and counsel.
- \*Other adult relationships - Child receives support from nonparent adults.
- \*Caring neighborhood - Child experiences caring neighbors.
- Caring school climate - School provides a caring, encouraging environment.
- Parent involvement in schooling - Parent(s) are actively involved in helping child succeed in school.

## EMPOWERMENT

- \*Community values children - Child feels that the community values and appreciates children.
- \*Children given useful roles - Child is included in family decisions and is given useful roles at home and in the community.
- \*Service to others - Child and parent(s) serve others in the community.
- Safety - Child is safe at home, at school and in the neighborhood.

## BOUNDARIES AND EXPECTATIONS

- Family boundaries - Family has clear rules and consequences and monitors the child's whereabouts.
- School boundaries - School provides clear rules and consequences.
- Neighborhood boundaries - Neighbors take responsibility for monitoring child's behavior.
- \*Adult role models - Parent(s) and other adults model positive, responsible behavior.
- \*Positive peer interactions - Child plays with children who model responsible behavior.
- \*Expectations for growth - Adults have realistic expectations of development at this age. Parent(s), caregivers, and other adults encourage child to achieve and develop his or her unique talents.

## CONSTRUCTIVE USE OF TIME

- \*Creative activities - Child participates in music, arts or drama three or more hours each week through home and out-of-home activities.
- \*Child programs - Child spends one hour or more per week in extracurricular school activities or structured community programs.
- Religious community - Family attends religious programs or services for at least one hour per week.
- Positive, supervised time at home - Child spends most evenings and weekends at home with parent(s) in predictable and enjoyable routines.

## Internal Assets

### COMMITMENT TO LEARNING

Achievement motivation - Child is motivated to do well in school.

School engagement - Child is responsive, attentive and actively engaged in learning.

Homework - Child does homework when it is assigned.

Bonding to school - Child cares about her or his school.

Reading for pleasure - Child and a caring adult read together for at least 30 minutes a day. Child also enjoys reading without an adult's involvement.

### POSITIVE VALUES

\*Caring - Child is encouraged to help other people and to share her or his possessions.

\*Equality and social justice - Child begins to show interest in making the community a better place.

\*Integrity - Child begins to act on convictions and stand up for her or his beliefs.

Honesty - Child begins to value honesty and act accordingly.

\*Responsibility - Child begins to accept and take personal responsibility for age-appropriate tasks.

Healthy lifestyle and sexual attitudes - Child begins to value good health habits. Child learns healthy sexual attitudes and beliefs and to respect others.

### SOCIAL COMPETENCIES

\*Planning and decision making - Child learns beginning skills of how to plan ahead and makes decisions at an appropriate developmental level.

\*Interpersonal competence - Child interacts with adults and children and can make friends. Child expresses and articulates feelings in appropriate ways and empathizes with others.

\*Cultural competence - Child has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

Resistance skills - Child begins to develop the ability to resist negative peer pressure and dangerous situations.

Peaceful conflict resolution - Child attempts to resolve conflict nonviolently.

### POSITIVE IDENTITY

\*Personal power - Child begins to feel he or she has control over "things that happen to me." Child begins to manage life's frustrations and challenges in ways that have positive results for the child and others.

\*Self-esteem - Child reports having a high self-esteem.

\*Sense of purpose - Child reports that "my life has a purpose."

\*Positive view of personal future - Child is optimistic about her or his personal future.

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# Book Organization

**Chapter 1 — Getting Ready** - introduces the basic tools and skills necessary to work on the activities in this project.

**Chapter 2 — Patterns, Needles and Threads** - contains all 12 of the sewing activities. The activities are divided into three skill levels: Beginner activities are quick and easy, and take approximately one to three hours to complete; intermediate activities have medium difficulty and take two to five hours to complete; advanced activities are more challenging and take at least three to six hours to complete.

**Chapter 3 — Sew Many Thoughts** - children are required to complete a Sew Many Thoughts reflection page for each service-learning activity. These questions have also been designed for adults to facilitate a discussion around the service-learning component of this national project.

**Chapter 4 — Resource and Reference** - lists Web site addresses, sewing activity books and a glossary of terms.

## Activity Format

Each activity has been set up in the same format for easy planning and completion, and each activity lists the necessary materials, safety precautions, detailed instructions and tips for modifying the activity. As new sewing terms are introduced, they appear in bold print. The definitions for these terms can be found in Chapter 4. The patterns for the activities are in a separate packet of reproduceable slicks included with this book.

## Skill Levels

Skill levels are noted with the following icons in the upper right corner of each activity.

beginner



intermediate



advanced



# Service Learning



Three activities have been designated as service-learning activities. A service-learning activity allows children to learn while providing a service that meets a need of the community. By encouraging children to become involved in a service-learning activity, they can find useful ways to apply their sewing skills. The children may want to create gifts for those in nursing homes, foster care, charitable organizations or repair clothing and toys for needy families.

Through researching its programs, Camp Fire Boys and Girls has found children gain skills from service-learning activities. Skills learned include:

- awareness and association of the community.
- enhanced leadership skills.
- knowledge and growth as they feel and think about service experiences.
- increased understanding and empathy for others.
- knowledge and interest of career choices.
- a sense of civic responsibility.
- contribution to a service experience no matter what their abilities may be.
- insight into what it means to help others.
- enhanced understanding of working with others on a project.

The hand symbol indicated above is found in the upper right hand corner of the first page of a sewing activity and designates a service-learning activity. When working through these activities the leader should discuss what service learning means and the value of giving to others.

For additional information and to learn more about service-learning, order Camp Fire Boys and Girls' *A Gift of Giving Program Administration Manual*, Item No. D-41300. *A Gift of Giving* is a service-learning program for youth in kindergarten through sixth grade. This program brings together volunteers and classrooms, and as a team, they work to define what community is and how they can make a difference by volunteering in their communities.

## Safety Precautions



Exercise safety precautions with sewing equipment and stress safety measures with the children as part of each activity. Adults will find the above caution symbol, indicating that precautions will need to be taken during the activity. Noted precautions can be found under the Cautions and Adult Help section of the activities.

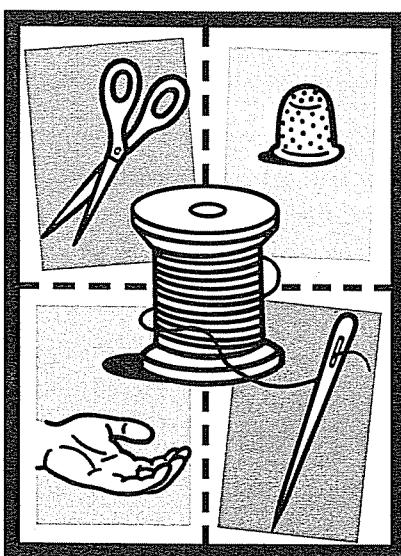
# National Sewing Education Project Emblem

Camp Fire Boys and Girls believes it is important to recognize the accomplishments of children, and by offering emblems, Camp Fire Boys and Girls encourages confidence and pride in realizing individual and group goals. Not all recognition is tangible. Words of praise, a pat on the back or a smile are sometimes all the recognition that is needed. However, sometimes it is important to have a visible sign that formally acknowledges the activities and projects a child completes.

To earn this emblem, Camp Fire Boys and Girls members must:

1. Complete five activities. This requirement may be modified by the council as appropriate for the abilities of younger or older children.
2. Complete two service-learning activities.
3. Complete a *Sew Many Thoughts* reflection page for each service-learning activity.

Additionally, for each completed activity, one small purple bead may be earned. The beads may be used to decorate award vests and to make pencil holders, belts, pins and decorations. Each child has the potential to earn a total of 12 purple beads and one emblem. Boys and girls in the Camp Fire Adventure program can also earn beads for the On the Trail to Creative Living, especially in the Fiber Fun category, and On the Trail to Helping People. More information can be found in the book *Adventure Trails*, Item No. D-06000. Beads and emblems are pictured in the *Camp Fire Boys and Girls Official Merchandise Catalog*.



*Ready, Set, Sew! Emblem*

Item No. B-12700

Symbolism: The thread in the center and surrounding elements represent the keys to creativity, imagination and design for all sewing activities.



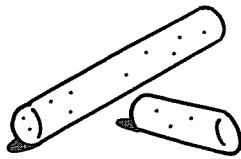
# Chapter 1

## Getting Started

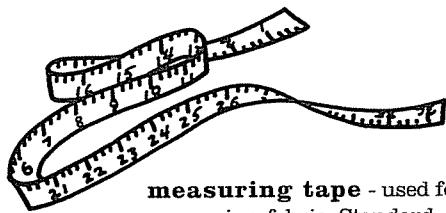
Whether beginner or advanced sewers, the enjoyment children receive depends on their level of interest and how the activity is taught. The following tips will help create a positive learning experience for boys and girls.

- Involve the children as much as possible in the decision-making process for the activity, including choosing fabric, decorations, color schemes and activities to complete.
- Review the sewing terms that the children will be introduced to prior to starting the activity.
- Use language boys and girls can understand and relate to, but introduce them to the actual names for sewing skills. For example: "Backstitching does just what it sounds like: You sew backward over stitching to keep your stitches from pulling out later."
- If the activity requires the use of one of the patterns from the slick packet, duplicate a pattern for each child.
- Before beginning the first activity, acquaint the child with the sewing basics: tools, stitches and fabrics. Allow the children to practice sewing over lines, squares and circles drawn on plastic foam, paper or different types of fabrics in order to get a feel for texture, colors and designs. Give each child a copy of the Basic Tools and Basic Sewing Skills, available in the slick packet.
- Focus on the fun and accomplishment of sewing, rather than on attaining perfection. Remember: There are no mistakes, only lessons learned.
- Start with easy, achievable activities for immediate gratification, such as those designated as beginner activities.
- Once the child understands the basics of sewing, such as marking and cutting fabric, threading needles, tying knots and learning a few stitches, any activity in this project can be mastered.
- For those involved in Camp Fire Boys and Girls' traditional club program, the children should be encouraged to practice their new sewing skills by sewing their symbolgrams, beads and/or emblems to the garment of choice. As the children complete action crafts, try-ads, trails, national projects and other activities, they can put their sewing skills to good use.
- For some children, using contrasting thread may make sewing easier.

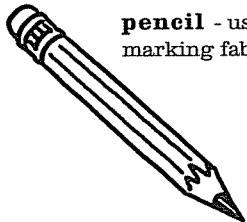
# Basic Tools



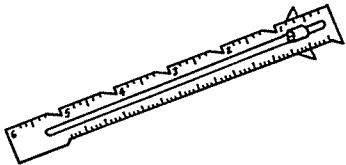
**chalk** - used for marking fabric



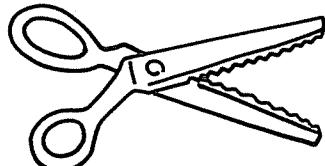
**measuring tape** - used for measuring fabric. Standard measuring tape is 60 inches long.



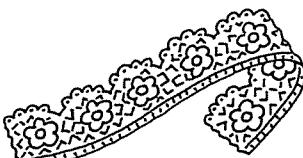
**safety pins** - used for inserting threads or cords



**sewing gauge** - holds the measurement you need



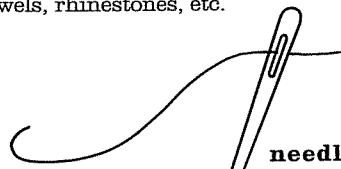
**shears** - cutting tool that allows the fabric to lie perfectly flat while you cut



**craft glue**

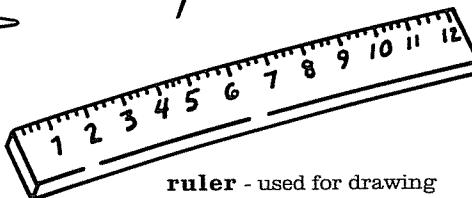
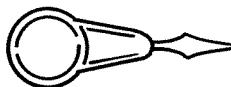


**decorations** - beads, buttons, felt, lace, jewels, rhinestones, etc.



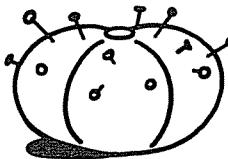
**needle** - many different sizes and shapes. Sharps are best for sewing.

**needle threader** - assists with threading needles

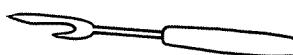


**ruler** - used for drawing straight lines on fabric

**pins** - hold fabric in place while sewing and cutting

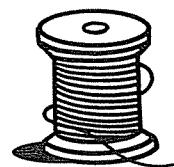
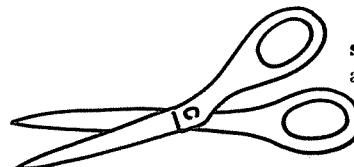


**pin cushion** - safe, convenient place to keep pins



**seam ripper** - device for ripping out stitches and adjustments

**scissors** - used to cut patterns and fabric



**thread** - cotton or polyester, holds fabric together



**thimble** - fits snugly over the middle finger, helps push needles through fabric

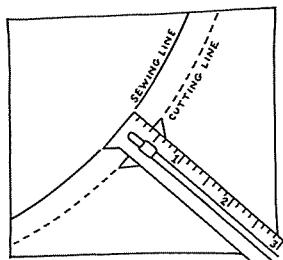


**tracing paper** - used for making patterns

# Basic Sewing Skills

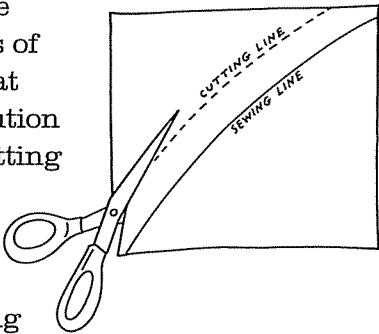
## Marking

Many of the activities begin by marking the back, or wrong, side of the fabric. These markings will serve as guidelines for sewing and cutting. A solid line tells you where to sew, and a broken line where to cut the fabric. Try to keep 3/8 inch between sewing and cutting lines.



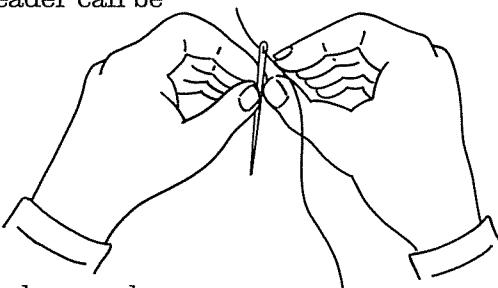
## Cutting

First, trace patterns with straight lines and curves on paper or newspapers. Practice cutting on the lines and curves of the patterns. Practice cutting single layers, then double layers of paper. Next, practice cutting fabrics. Cut the fabric on a flat surface, such as a table or a folding cutting board. Use caution so the scissors don't scar the table. Carefully follow the cutting line, keeping the fabric flat.



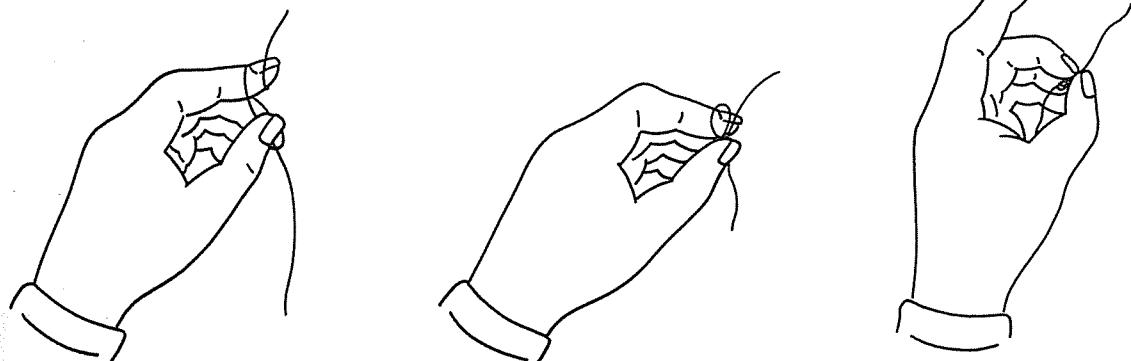
## Threading a Needle

Cut a piece of thread about the length of your arm. Keeping your hands steady, push the end of the thread through the eye of the needle. If the thread starts to come apart, recut or lick it, or lick your fingers and pinch it, then try again. In some cases, you may want to use a needle threader, which assists with threading needles. A drawing of a needle threader can be found on page 10.



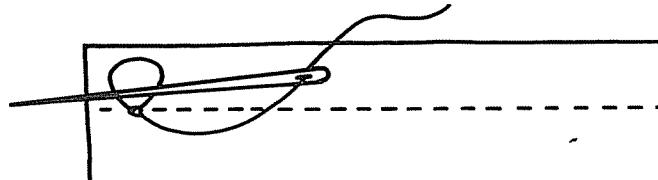
## Beginning Knot

After threading a needle, wind one end of the thread around the tip of your forefinger. Push your thumb forward, twirling the thread. Slip your forefinger out of the loop and push down on the loop with your middle finger and pull tight. Cut off the extra thread with scissors.



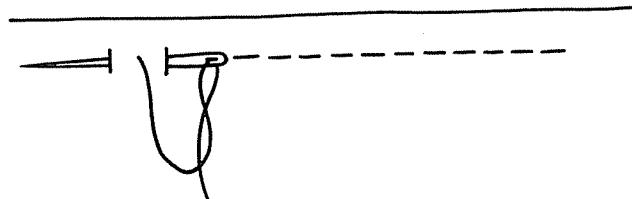
## Ending Knot

Sew two small stitches, one on top of the other on the fabric. Run the needle and thread under these stitches. Form a loose loop with the thread and put the needle and thread through this loop. Pull the thread firmly, but not so tight that the fabric puckers. Run the thread under the stitches again, catch the new loop and pull tight. Cut off the extra thread with scissors.



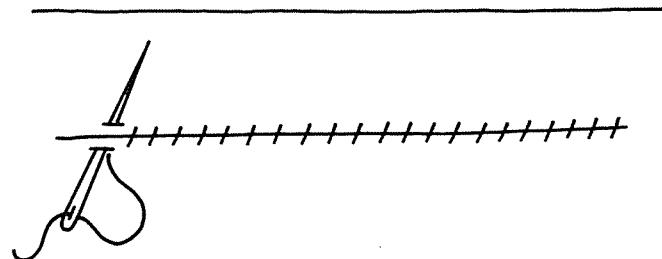
## Back Stitch

This stitch is strong and substitutes for machine stitching. Thread a needle and make a beginning knot. From the back side of the fabric, push the needle into the fabric and pull through so that the knot catches on the fabric. Insert the needle about 1/8 inch behind where the needle first came through. Bring the needle back through the fabric about 1/8 inch in front of where the thread first came through. Continue making a line of stitches, starting each stitch by inserting the needle 1/8 inch behind its last exit point and then bringing it through 1/8 inch in front. Pull the thread firmly, but not so tight that the fabric puckers. Secure with an ending knot.



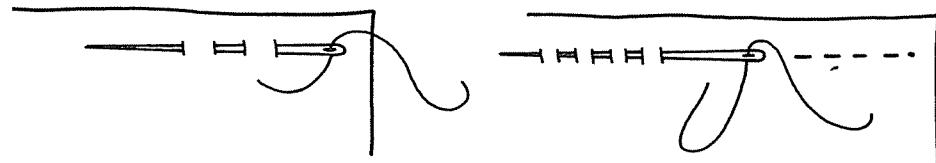
## Overhand Stitch

This stitch is also known as a slip or whip stitch. It is used to close the openings where fabrics meet, such as the open side of a pillow that was used for stuffing purposes. Thread a needle and make a beginning knot. Hide the knot by inserting the threaded needle between two pieces of fabric and pull it all the way through one layer of the fabric so the knot is pulled tight. Take a stitch through both pieces close to the knot and pull firmly, but not so tight that the fabric puckers. Continue making small, even stitches through both layers of fabric. When you come to the end, make a secure ending knot.



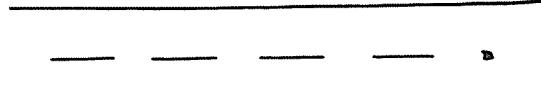
## Running Stitch

This is the most basic stitch and is used as an outline stitch. Thread a needle and make a beginning knot. Push the needle in and pull the thread all the way through so that the beginning knot catches on the fabric. Pull the thread firmly, but not so tight that the fabric puckers. Insert the needle back through the fabric 1/8 inch from the beginning knot. Continue forward, making even stitches 1/8 inch apart. Secure with an ending knot.



## Basting

This stitch is temporary, used to hold two or more pieces of fabric in place until the material can be permanently stitched. **Basting** is used for long seams and for fabric pieces that must be sewn together precisely in an intricate manner. Thread the needle and make a beginning knot. Make forward stitches 1/4 inch long and 1/4 inch apart. Secure with an ending knot. When the permanent stitching is completed, carefully pull out the basting.



## Fabric Tips

It is important to choose the right fabric for each activity. There are many different fibers, **textures**, colors, widths and weights. For most of the activities in this national project, cotton, linen or synthetic fabrics are recommended.

- Cotton is an all-purpose, washable, soft and comfortable fabric. It is easy to handle and inexpensive. Broadcloth, canvas, calico, gingham, muslin and terry cloth are a few cotton fabrics.
- Linen is durable and easy to work with, but a bit more expensive than cotton. Linen fabrics include: linen-and-silk mix, damask and dress linen.
- Synthetic fabrics are synthesized from chemicals or manufactured from natural materials and are relatively inexpensive. Synthetics include polyester, nylon, rayon, acetate and acrylic.

In discussing fabrics with children, adults should point out the various fibers, weaves, prints and finishes and care that must be given to the fabrics when working with them. It is important to coordinate color, texture and weight of the material when selecting fabric for the activities. Many fabric and discount stores (fabric section) will have **remnants** for sale. Fabrics can also be purchased off of **bolts**. Typically fabric widths are 45 inches or 54 inches. All the activities in *Ready, Set, Sew!* call for fabric 45 inches wide.

Children could use fabrics that can be recycled from everyday items, such as curtains, bedspreads, towels, sheets, articles of clothing or tablecloths. Be sure that they have permission to use these items before anything is cut.



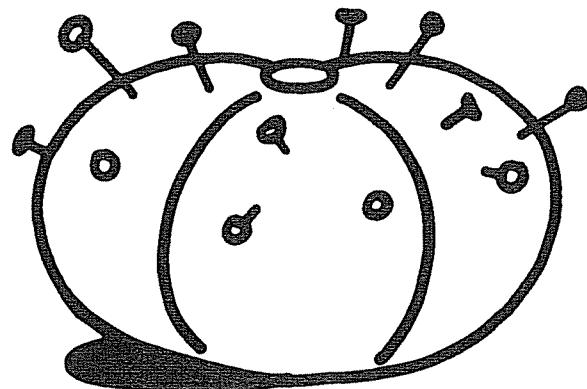
# Chapter 2

## Patterns, Needles and Threads

This chapter features 12 sewing activities for children, including a tie-dye item, bean bag toy, T-shirt bag, windsock, tote pouch and more. These items can be used at camp, for after-school activities or for personal use (tote pouch, T-shirt bag); they can be exchanged with other individuals and councils (friendship bands, checkerboard or wall banners); or they can be shared as gifts (placemats, pillows, snowmen and panda bears).

Before entering into the world of patterns, needles and threads, remember:

1. Be available to give guidance to the children from start to finish of the activity.
2. While the activities provide detailed instructions and illustrations, adults and children should feel free to make modifications.
3. Review with the children the **right side of fabric** and the **wrong side of fabric**.  
Remind the children never to mark the right side of the fabric. The marking may be difficult to remove.
4. Take all necessary precautions to ensure safety and success.
5. Some activities will require more patience than others.
6. Have fun!

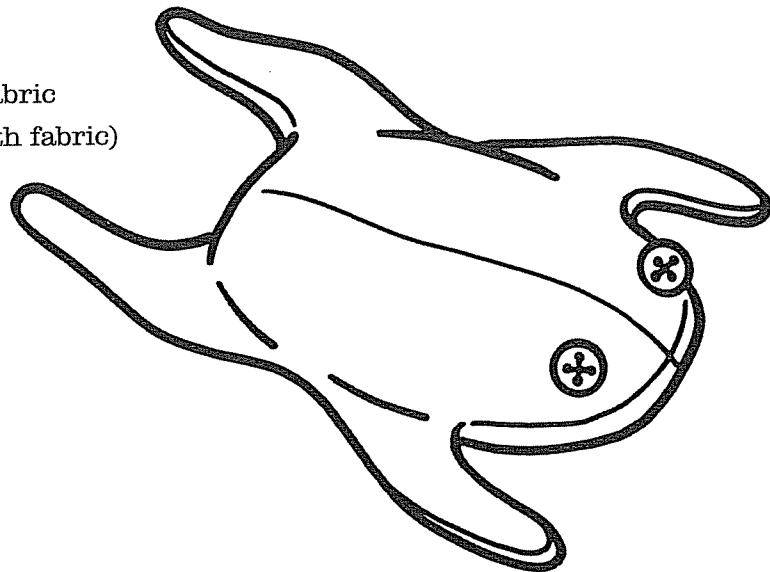


# Bean Bag Toy



## MATERIALS:

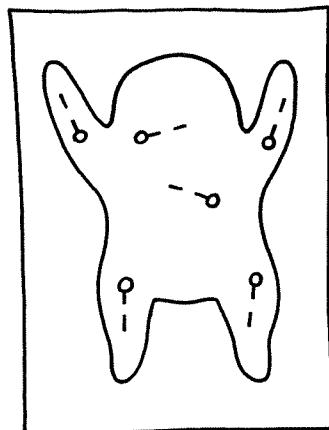
- Pattern
- 1/4 yard of 45-inch cotton fabric
- Thread (coordinate color with fabric)
- Poly beads** or dried beans  
(lentil beans work best, or substitute rice)
- Pencil or chalk
- Pins
- Scissors or shears
- Needle
- Measuring tape
- Ruler or sewing gauge
- Tracing paper
- Thimble
- Decorations - beads, buttons, lace, sequins, felt



## DIRECTIONS:

**One.** Lay the 1/4 yard of fabric on a flat, smooth surface. Fold it in half with right sides of fabric together. Make sure the fabric has no wrinkles.

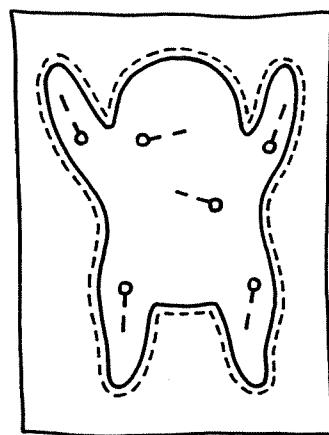
**two.** Select the frog bean bag toy pattern found in the packet of slicks. Trace the toy pattern onto **tracing paper**. Cut out the paper pattern and pin it to the fabric.  
(See illustration #1.)



1

**three.** Draw with a pencil or chalk on the fabric along the edge of the pattern. This will be the sewing line. Remove the pattern and pins.

**four.** Pin the two pieces of fabric right sides together. Place the pins inside the sewing line. Using the ruler or sewing gauge, measure 3/8 inch outside the sewing line for the cutting line by making a mark about every inch all the way around the toy pattern. This is the cutting line.  
(See illustration #2.)



2

**five.** Cut through both pieces of fabric along the cutting line.

**six.** Thread a needle and make a beginning knot. Then using a running stitch, sew along the sewing line. If the thread runs out before finishing the sewing around the toy pattern, make an ending knot. Then rethread the needle, make a beginning knot and continue sewing. Make the stitches very small and tight. Leave a 3-inch opening on one side of the toy pattern to fill with poly beads or dried beans. Knot the thread using an ending knot and remove the pins.

**seven.** Using the scissors, clip up to the edge of the stitching about every inch. (See illustration #3.)

**eight.** Turn the toy right side out, using the eraser end of a pencil to push out the corners. (See illustration #4.)

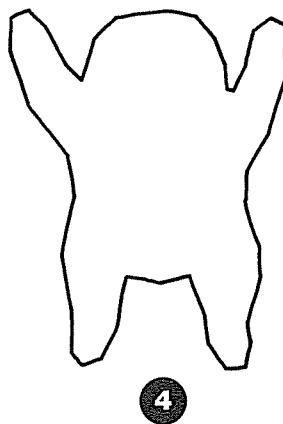
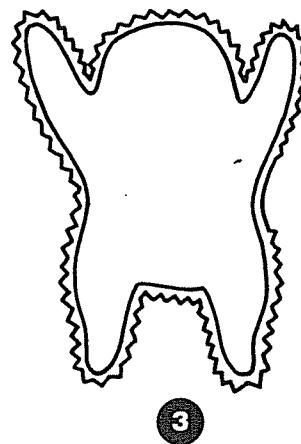
**nine.** Fill it with the poly beads or dried beans. Use less filler for a soft toy or more for a firm toy.

**ten.** Using an overhand stitch, sew the opening closed.

**eleven.** Depending on the pattern selected, add decorations to the toy.

#### TIPS AND MORE IDEAS:

- Encourage the children to design their own pattern(s).
- By making three square bean bag toys, children can practice juggling skills.
- Personalize the toy by stitching the names of people, sports teams or favorite musicians on the toy.
- Tie-dye fabric to be used to make a toy. (See page 38.)
- Paint an original design on the toy using fabric paints.

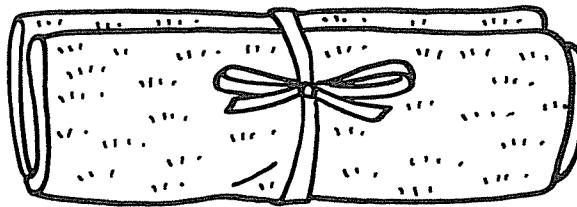


# Tote Pouch



## MATERIALS:

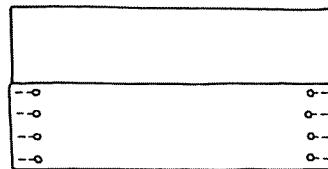
- New or used hand towel
- 1 yard of matching or contrasting ribbon or cord
- Needle
- Thread  
(coordinate color with towel)
- Pins
- Pencil or chalk
- Ruler or sewing gauge
- Thimble
- Craft glue



## DIRECTIONS:

**One.** Lay towel on a flat, smooth surface. Measure the towel and **fold** lengthwise, 1/3 the width of the towel. Make sure the towel has no wrinkles.

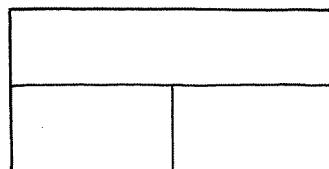
**Two.** Pin the ends of the towel together. (See illustration #1.)



1

**Three.** Thread a needle and make a beginning knot. Then using an overhand stitch, sew both ends of the towel closed along the double edge.

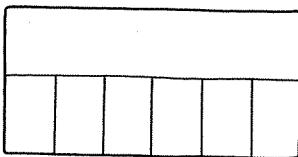
**Four.** Using the ruler or sewing gauge, measure and find the center of the towel. With the pencil or chalk, mark a straight line from the bottom of the towel to the edge of the folded section. (See illustration #2.)



2

**Five.** Thread a needle and make a beginning knot. Using a running stitch, sew along this line.

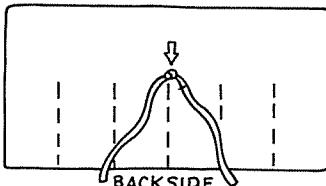
**Six.** Using the ruler, measure from the center to the edge of the towel. Divide this section into three even "pouches." With the pencil or chalk, mark a straight line from the bottom of the towel to the edge of the folded section for each pouch. There should be a total of six pouches. (See illustration #3.)



3

**Seven.** Thread a needle and make a beginning knot. Using a running stitch, sew along each of these lines.

**Eight.** Turn the towel over. Find the center stitching line. Glue or sew the center of the ribbon or cord at the top of this line with the right side of the ribbon facing out. (See illustration #4.)

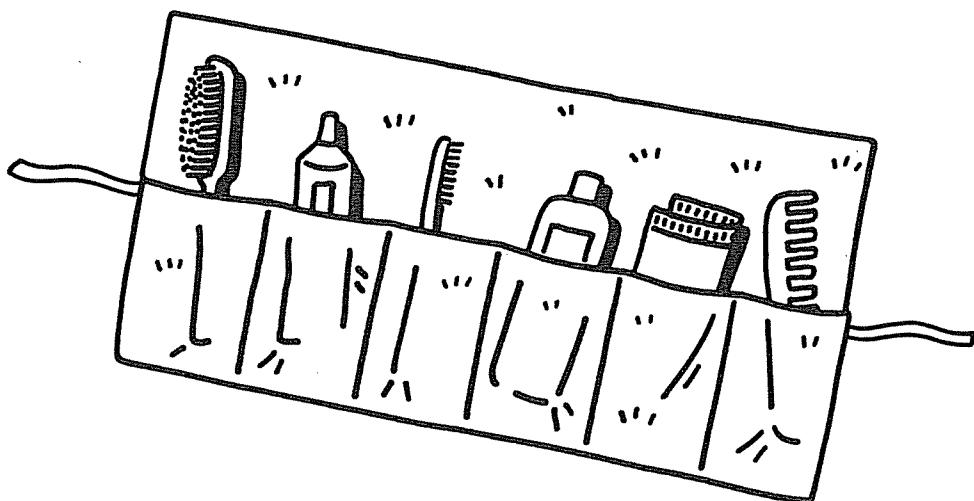


4

**Nine.** Roll the tote up. Wrap the ties around the tote and secure with a bow.

#### TIPS AND MORE IDEAS:

- Use fingertip towels or wash cloths to make a smaller tote (for 2 to 4 items). Adjust ribbon or cord size to fit.
- For a fun look, use brightly colored or printed shoelaces instead of ribbon.
- Glue lace around outside edge of tote for a frilly look.
- Use fabric paint to decorate the outside of the tote. Mark pouches with names of items to be stored, such as "comb," "brush," "toothbrush," "toothpaste," etc.
- Turn the tote pouch into a jewelry case by sewing pouches on both edges of the towel, so that there are 12 pouches for jewelry.



# Panda Bear



## MATERIALS:

- 1/4 yard of 45-inch cotton fabric
- One large white pompom (1 1/2 inch)
- Eight small black pompoms (1/4 inch)
- Three small black beads
- Piece of ribbon (to match fabric selected)
- Craft glue
- Pencil or chalk
- Needle
- Thread (coordinate color with fabric)
- Thimble
- Scissors or shears
- Polyester filling**
- Small plate (saucer size)

## DIRECTIONS:

**One.** Lay out the fabric on a flat, smooth surface.

Make sure the fabric has no wrinkles.

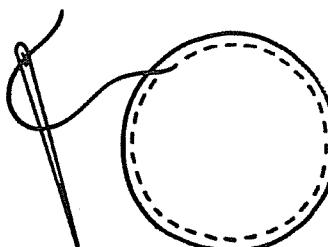
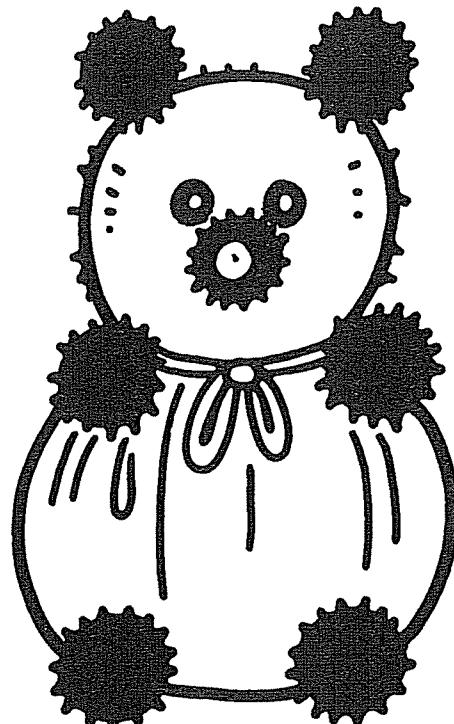
**TWO.** Place the small plate upside down on the fabric and carefully trace around the plate. This will be the sewing line.

**three.** Make a mark about every inch all the way around the circle, 3/8-inch from the sewing line. This is the cutting line.

**four.** Cut along this line.

**five.** Thread a needle and make a beginning knot. Then using a running stitch, sew along the sewing line. Leave about one inch of thread after the last stitch. You will use this to **gather** the fabric. (See illustration #1.)

**SIX.** In the center of the fabric, place a handful of polyester filling. Then, gently pull the thread so that the fabric will gather around the polyester filling. In gathering the fabric, if the thread should break, rethread the needle and begin anew.



**seven.** Once the fabric is gathered, make two small, tight, overhand stitches and tie an ending knot. Cut off the extra thread. This is the panda bear's body. (See illustration #2.)



2

**eight.** Glue the large white pompom on top of the overhand stitches. This is the panda bear's head.

**nine.** Glue one small black pompom where the nose, ears, arms, legs and tail will go. (See illustration #3.)

**ten.** Glue one small bead for each eye. Also, glue one small bead on the end of the nose.

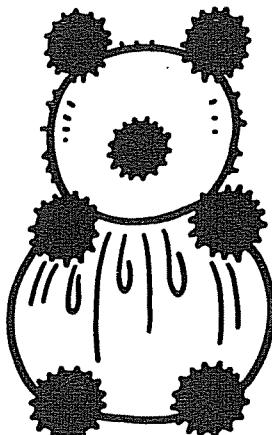
**eleven.** Tie the ribbon in a bow around the panda bear's neck.

#### TIPS AND MORE IDEAS:

- Use cotton balls, plastic bags, cut-up pantyhose or potpourri for the filling.
- To create a teddy bear, use brown fabric and brown pom-poms.

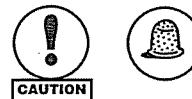
#### SERVICE-LEARNING IDEAS:

- As a group, create the panda bears to be distributed at nursing homes, a children's ward at a hospital or a homeless shelter.
- Contact a local service agency and collaborate to allow Camp Fire youth and leaders to provide a structured activity to teach participants how to make the panda bear.



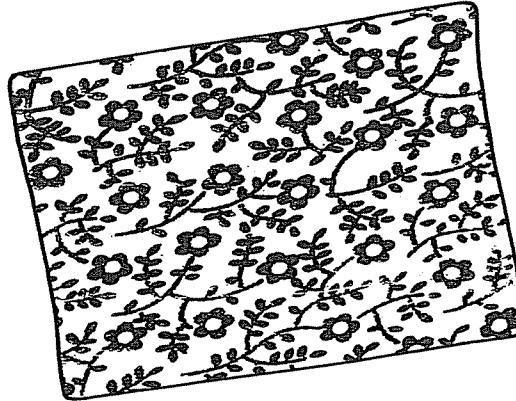
3

# Placemats



## MATERIALS:

- 13-by-17-inch print fabric  
(approximately 1/2 yard of 45-inch fabric)
- 13-by-17-inch solid fabric  
(approximately 1/2 yard coordinating  
45-inch fabric)
- 17-by-17-inch square of **batting**
- Needle
- Thread (coordinate with print fabric)
- Pins
- Scissors or shears
- Thimble
- Iron and ironing board
- Pencil or chalk



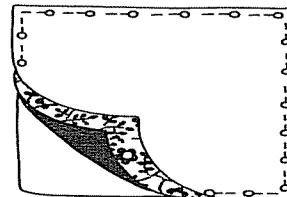
## CAUTIONS AND ADULT HELP:

An adult should help children when an iron is used.

## DIRECTIONS:

**One.** Lay out the fabric on a flat, smooth surface. Make sure the fabric has no wrinkles.

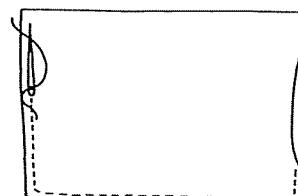
**two.** Using the scissors or shears, cut the batting to match the size of the fabric (13-by-17-inch rectangle).



1

**three.** Lay the batting flat on a table. Place the solid fabric on top of the batting, right side up. Next, place the print fabric right side down on top of the solid fabric. Pin all three layers together. (See illustration #1.)

**four.** Thread a needle and make a beginning knot. Using a running stitch, make small, tight stitches about 1/4 inch away from the edge around all four sides of the placemat, making sure to catch all three layers. Leave 3/4 of one side open.  
(See illustration #2.)



2

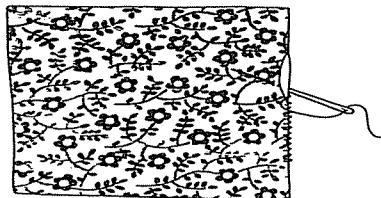
**five.** Turn the placemat inside out, using the eraser end of a pencil to push out the corners.

**Six.** Thread a needle and make a beginning knot. Using an overhand stitch, make small, tight stitches to close the opening of the placemat. Secure with an ending knot.  
(See illustration #3.)

**Seven.** Press placemat with an iron.

TIPS AND MORE IDEAS:

- Instead of a print fabric, use two solid fabrics. Cut out an original design and **appliquéd** it to the placemat.
- Remnants, old shirts, felt, printed sheets or pillowcases may be substituted for the print fabric.
- Make a set of four placemats.
- Glue or stitch fringe to the side edges.



# Friendship Band



## MATERIALS:

- 1 yard each of 1/16-inch wide ribbon in three different colors
- Masking tape
- Scissors or shears

## DIRECTIONS:

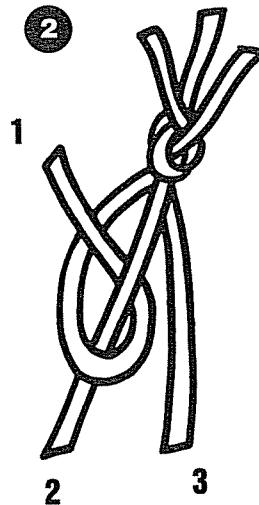
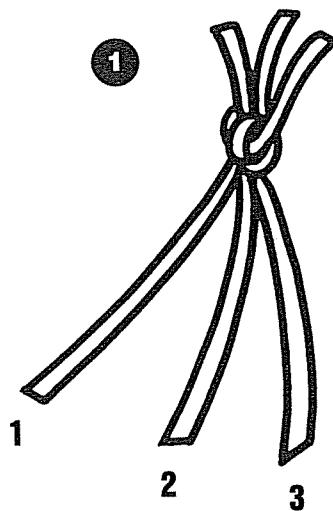
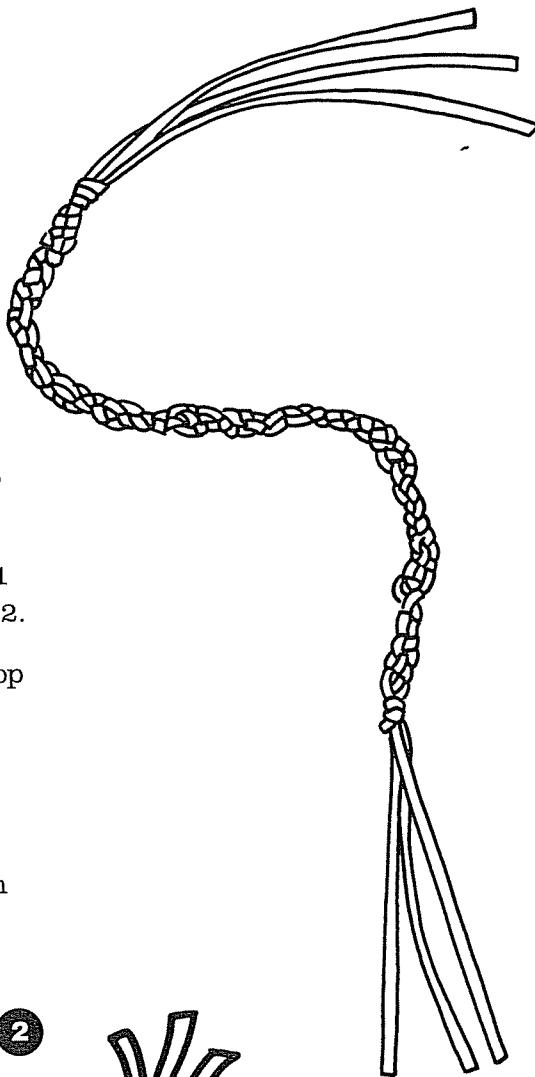
**One.** Knot the three ribbons together at one end. Tape this end to a flat work surface.

**Two.** Separate the ribbons and number the left ribbon 1, middle ribbon as 2, and right ribbon as 3. (See illustration #1.) Even though the ribbon position changes, the number assigned to the ribbon does not. The ribbon order keeps moving to the left.

**Three.** Make the first knot by bringing ribbon 1 across ribbon 2; leave an open loop between 1 and 2.

**Four.** Bring the end of 1 up and through the loop between 1 and 2 and pull snugly. (See illustration #2.) Repeat; use 1 and 2 ribbons again.

**Five.** Knot ribbon 1 with ribbon 3 in the same manner as in directions three and four. This completes one row of the braided band. The ribbon position should now be 2, 3, 1.



**Six.** For the next row, knot ribbon 2 onto 3. Repeat; use ribbons 2 and 3 again. Then knot ribbon 2 onto 1 in the same manner. This completes the second row of braided band. The ribbon position should now be 3, 1, 2. (See illustration #3.)

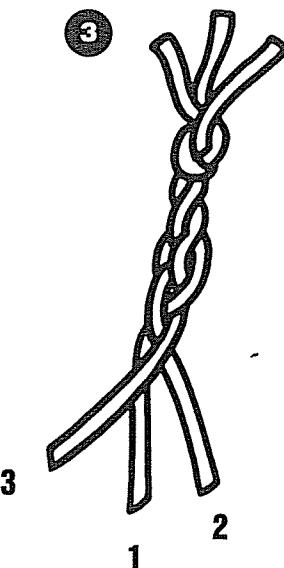
**Seven.** Repeat steps three, four, five and six to desired length. Knot ends when length is achieved.

TIPS AND MORE IDEAS:

- Use several strands of embroidery floss or thin leather strips instead of ribbons to create a band.
- Incorporate colorful beads into the band between knots.

SERVICE-LEARNING IDEAS:

- Sponsor a councilwide "Friendship Band Party." All of the friendship bands made could be donated to local service agencies.
- Invite family and friends to a meeting and teach them how to make a friendship band.



# Snowman

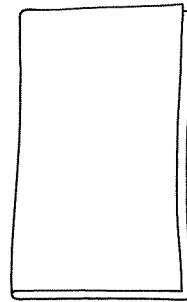


## MATERIALS:

- Pattern
- 9-by-12-inch piece of muslin
- White thread
- Polyester or cotton filling
- 1/4 cup poly beads or rice
- Black paint or marker
- Small red pompom
- Make-up blush or pink crayon
- Child sock (24- to 36-month size)
- 8-inch piece ribbon or jute
- 15-by-1-inch strip flannel fabric
- Three or four buttons
- Craft glue
- Scissors or shears
- Pencil or chalk
- Thimble
- Tracing paper
- Pins
- Ruler or sewing gauge
- Needle

## DIRECTIONS:

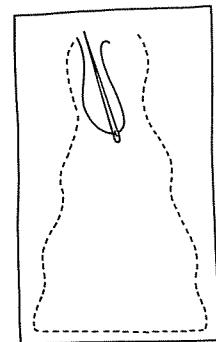
**One.** Lay the 9-inch-by-12-inch piece of fabric on a flat, smooth surface. Fold it in half long ways. Make sure the fabric has no wrinkles. (See illustration #1.)



1

**TWO.** Trace the pattern onto tracing paper. Cut out the paper pattern and pin it to the fabric.

**three.** Draw with a pencil on the fabric along the edge of the pattern. This will be the sewing line. Remove the pattern and pins.



2

**four.** Thread a needle and make a beginning knot. Then using a small, tight back stitch, sew directly on the sewing line. Leave a 1 1/2-inch opening in the top of the snowman's head.  
(See illustration #2.)

**five.** Using the ruler, measure 1/4 inch outside the stitching for the cutting line by making a mark about every inch all the way around the snowman.

**six.** Cut the muslin along the cutting line. Turn the snowman right side out; use the eraser end of a pencil to push out the corners.

**seven.** Pour in the 1/4 cup of polybeads or rice for a heavy base. Fill the remainder of the snowman with the polyester or cotton filling.

**eight.** Using an overhand stitch, sew the opening closed.

**nine.** Using the black marker or paint, add eyes and a mouth to the snowman. (See Illustration #3.)

**ten.** Glue the red pompom in the center of the snowman's face for his nose. Using the blush or pink crayon, add color to the snowman's cheeks.

**eleven.** Cut the sock at the bottom of the cuff ribs. Discard foot portion. Roll the finished edge of the cuff up about 1/2 inch. Place on snowman's head and glue into place to create a hat.

**twelve.** Tie ribbon or jute around sock — close to snowman's head.

**thirteen.** Tie flannel strip around snowman's neck for the scarf.

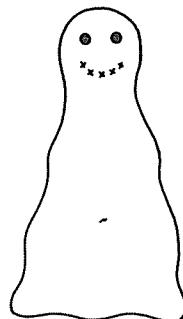
**fourteen.** Glue the buttons down the middle of snowman.

#### TIPS AND MORE IDEAS:

- For adult size snow people, enlarge pattern to 11 by 14 inches.
- For "mom" version, tie lace or **eyelet beading** around the neck. Glue flowers or beads down the middle instead of buttons. Create a small bonnet for her hat.
- For "dad" snowman, add a felt top hat and pipe.
- New or used white cotton fabric, sheets or pillowcases may be substituted for the muslin.

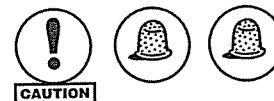
#### SERVICE-LEARNING IDEAS:

- Make snowmen and donate them to a local community center, children's center or place of worship as winter holiday gifts.
- Arrange to teach a younger Camp Fire Boys and Girls club how to make a snowman.



3

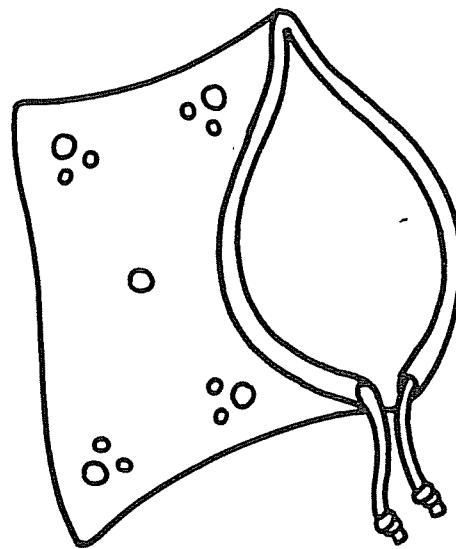
# T-shirt Bag



CAUTION

## MATERIALS:

- New or used T-shirt  
(for larger bag, use adult T-shirt)
- Needle
- Pins
- Ruler or sewing gauge
- Thread (coordinate with T-shirt color)
- Thimble
- Scissors or shears
- Safety pin
- Pencil or marking chalk
- 1 1/4 yard of 1/2-inch cord
- Decorations - beads, buttons, rhinestones, ribbons, lace, felt, **rick rack**
- Iron and ironing board



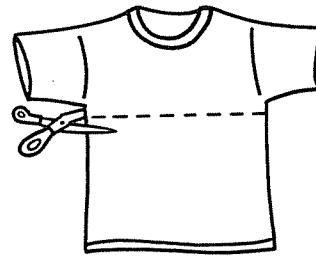
## CAUTIONS AND ADULT HELP:

An adult should help children when an iron is used.

## DIRECTIONS:

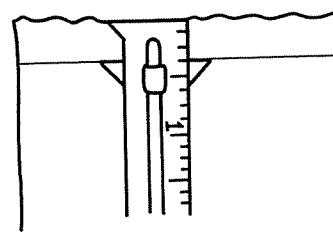
**One.** Lay the T-shirt on a flat surface. Make sure the T-shirt has no wrinkles.

**Two.** Using the ruler, make small marks about every inch across the T-shirt, underneath the arms. This is the cutting line. Using the scissors, cut along this line. (See illustration #1.) The bottom half of the T-shirt will become the bag.



1

**Three.** Using a ruler or sewing gauge, measure 3/8 inch from the unfinished edge and draw with a pencil or chalk a line across the fabric. This will be the sewing line.  
(See illustration #2.)

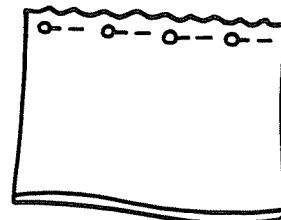


2

**four.** See the Tips and More Ideas below and decorate the front and/or back of the bag.

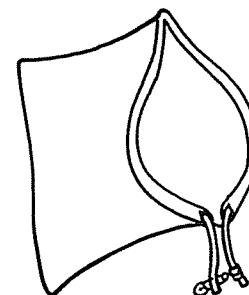
**five.** Turn the bag inside out.

**Six.** Pin the bag right sides together at the unfinished edge. (See illustration #3.) Thread a needle and make a beginning knot. Then using a running stitch, sew along the sewing line. If you run out of thread before you finish sewing the upper edge, make an ending knot. Then rethread the needle, make a beginning knot and continue sewing. Press with an iron.



3

**Seven.** Using the scissors, cut two slits in the hem of the T-shirt for inserting the cord. (See illustration #4.) Be careful not to cut through the stitching.



4

**eight.** Tie one end of the cord into a knot so it doesn't get pulled through. Use the safety pin to thread the cording through the hem. Remove the safety pin and knot the other end. (See illustration #4.)

**nine.** Turn the bag right side out. Use the cord to tighten or loosen the opening.

#### TIPS AND MORE IDEAS:

- Cut out an original design and appliqué it to the bag.
- Use fabric paints or markers and draw directly on the bag.
- Tie-dye the shirt. This should be done before the bag is constructed.
- Sew different decorations to the bag.
- Personalize the bag with the name of a favorite band, college team, school or school mascot.

# Wall Banner

## MATERIALS:

- Four 9-by-12-inch felt squares (same color)
- One 9-by-12-inch felt square (coordinating color)
- Assortment of scrap fabric and felt
- 15-inch **dowel** (3/4-inch diameter)
- 1/2 yard of cord (1/4-inch wide)
- Decorations - lace, beads, rhinestones, jewels
- Thread (coordinate with felt colors)
- Needle
- Pins
- Scissors
- Thimble
- Craft glue
- Iron and ironing board
- Ruler or sewing gauge

## CAUTIONS AND ADULT HELP:

An adult should help children when an iron is used.

## DIRECTIONS:

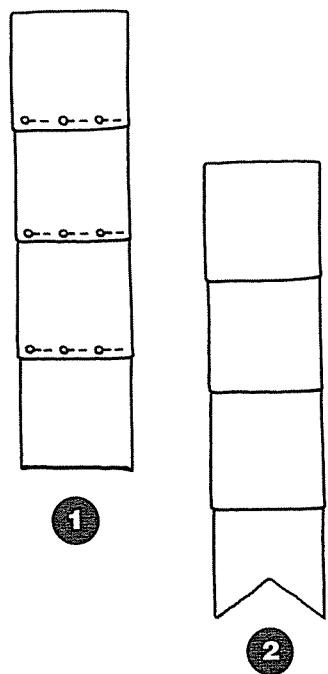
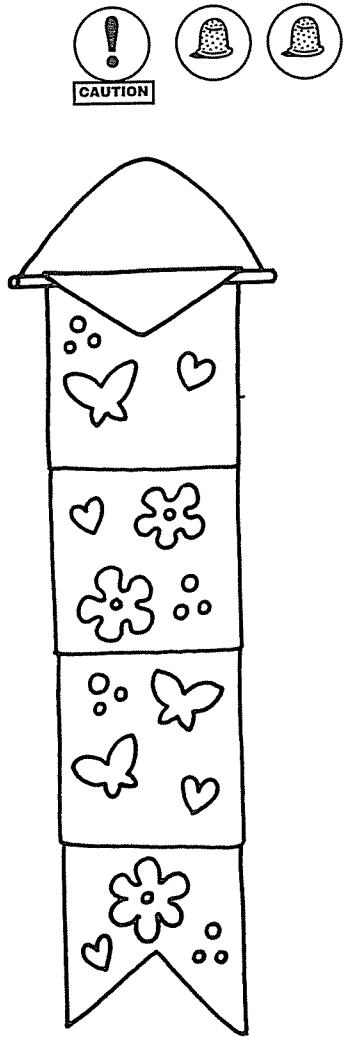
**one.** Lay the four felt squares on a flat surface.

**two.** Pin each of the four squares together in a row.

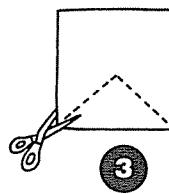
(See illustration #1.)

**three.** Thread a needle and make a beginning knot. Using a running stitch, 1/4 inch from the edge, sew felt squares together along pins. Secure the stitches with an ending knot. Press seams open with an iron. Repeat this step, until all four felt squares become one long piece.

**four.** Using the scissors, cut a triangle out of the bottom felt square. (See illustration #2.)

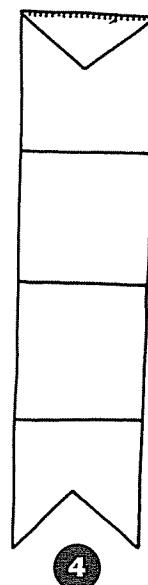


**five.** Using the scissors, cut a triangle out of the coordinating felt square. (See illustration #3.)



3

**six.** Thread a needle and make a beginning knot. Using an overhand stitch, sew the coordinating felt triangle piece to the top edge of the banner. (See illustration #4.)



4

**seven.** Using a ruler or sewing gauge, measure down 1 1/2 inch from the top edge of the banner. Make a straight line across the triangle from one side to the other. (See illustration #5.) This is the sewing line. Thread a needle and make a beginning knot. Using a running stitch, sew along the sewing line. Secure with an ending knot. This creates a **casing**.

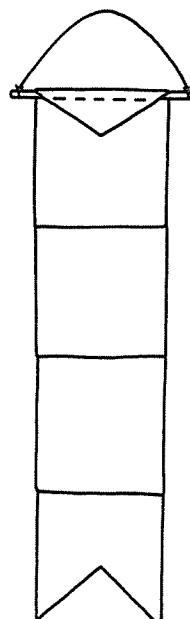
**eight.** Insert the dowel through the casing at the top of the banner. (See illustration #6.)

**nine.** Tie the cord to each end of the dowel. (See illustration #6.)

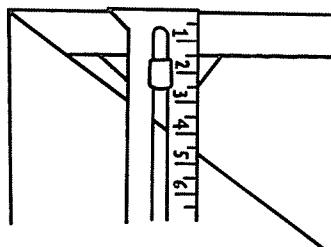
**ten.** Decorate the banner.

#### TIPS AND MORE IDEAS:

- Appliqué the individual or group name on the banner.
- Decorate the banner using a theme: shamrocks, snowflakes, rainbows, stars, pumpkins or hearts.
- Add lace trim, rhinestones, buttons, beads or jewels.
- Glue or stitch coordinating fringe or trim to the banner.

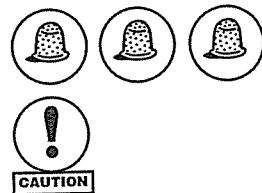


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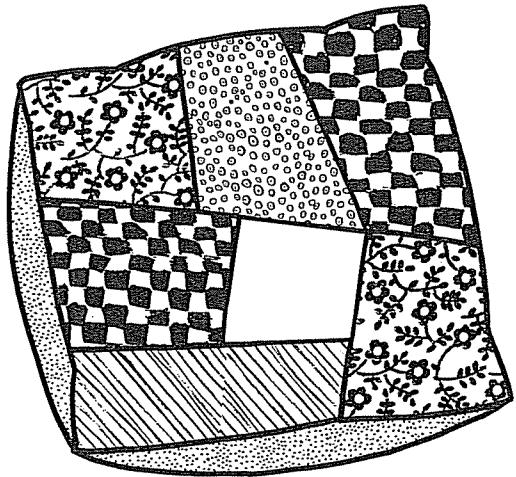
5

# Crazy Patch Pillow



## MATERIALS:

- Pattern
- Scraps of fabric
- 1/2 yard of solid color cotton fabric  
(coordinate color with the scraps of fabric)
- Thread (coordinate with scraps of fabric)
- Needle
- Scissors or shears
- Pencil or chalk
- Pins
- Thimble
- Ruler or sewing gauge
- Polyester filling
- Iron and ironing board

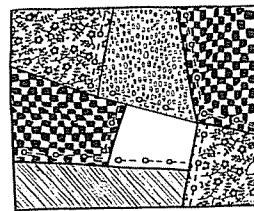


## CAUTIONS AND ADULT HELP:

An adult should help children when an iron is used.

## DIRECTIONS:

**One.** Arrange the scraps of fabric so that they fit within the pattern area. Pin the scraps of fabric right sides together. (See illustration #1.)



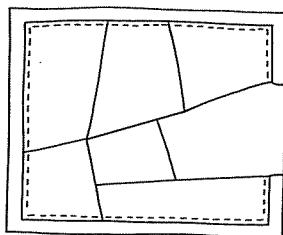
1

**Two.** Thread a needle and make a beginning knot. Using a running stitch, sew each of the pieces together, leaving a 1/4-inch **seam allowance**. Secure the stitches with an ending knot. Repeat this step until all of the scraps of fabric have been sewn together. Remove the pins after all of the pieces have been sewn together to form the square pattern. Press the seams.

**three.** Lay the solid color fabric on a flat, smooth surface. Make sure the fabric has no wrinkles. This fabric is for the back side of the pillow.

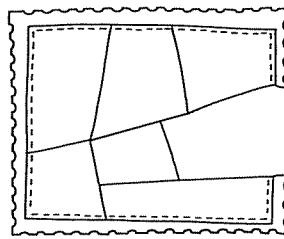
**four.** Pin the square of scrap fabric and the solid fabric right sides together. Using the ruler or sewing gauge, measure 3/8 inch from the edge of the fabric. Make a mark about every inch all the way around the square. Draw a line connecting all the marks. This is the sewing line.

**five.** Place the pins inside the sewing line. Thread a needle and make a beginning knot. Then using a running stitch, sew along the sewing line. If you run out of thread before finishing the sewing around the pattern, make an ending knot. Then rethread the needle, make a beginning knot and continue sewing. Make the stitches very small and tight. Leave a 3-inch opening on one side. Knot the thread using an ending knot and remove the pins. (See illustration #2.)



**2**

**SIX.** Using the scissors, clip up to the edge of the stitching about every inch around all four sides of the pillow. (See illustration #3.)



**3**

**SEVEN.** Turn the pillow right side out, using the eraser end of a pencil to push out the corners.

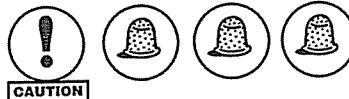
**EIGHT.** Fill it with the polyester filling. For a softer pillow, use less filling, or for a firmer pillow, use more filling.

**NINE.** Using an overhand stitch, sew the opening closed.

#### TIPS AND MORE IDEAS:

- Use goose down, feather stuffing, shredded foam or potpourri as filling.
- Glue or sew assorted buttons, beads, ribbons or rhinestones on the front.
- Choose two coordinating colors for the fabrics, possibly school or sports team colors.
- Select the various scraps of fabric for the pillow and tie-dye them. This should be done before the pillow is constructed.
- Decorate the pillow with fabric markers or glitter pens.
- Encourage the children to design their own pattern(s). After drawing the shape on a piece of paper, follow the same steps outlined in this activity.

# Windsock



CAUTION

## MATERIALS:

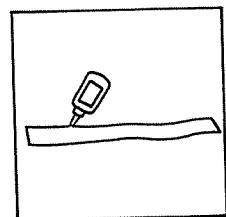
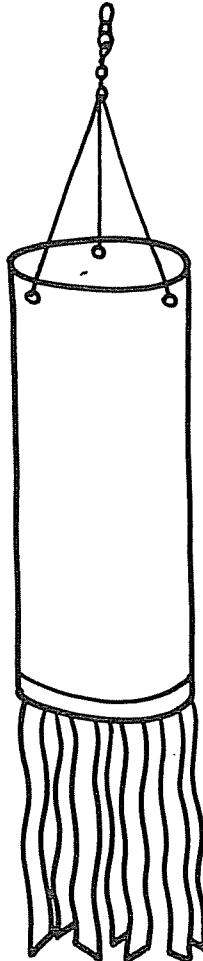
- 3/4 yard of 45-inch lightweight fabric (for windsock)
- 4 1/8 yards of fabric (for streamers; mix and match colors if desired)
- Thread (coordinate color with fabric for windsock and streamers)
- 7-inch diameter metal ring (available at fabric or discount stores)
- 2 yards nylon fishing line cord
- Lock-snap swivel (available where fishing line is sold)
- Liquid **seam sealant**
- Large eyelet tool kit
- Ruler
- Needle
- Scissors or shears
- Pins
- Thimble
- Iron and ironing board
- Sewing machine (optional)
- Seam ripper

## CAUTIONS AND ADULT HELP:

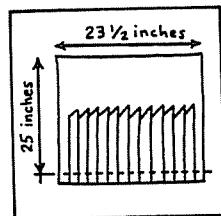
An adult should help children when an iron and sewing machine are used. An adult should assist the child in applying the liquid seam sealant.

## DIRECTIONS:

- One.** Cut one 23 1/2-inch-by-25-inch rectangle from windsock fabric.
- two.** Cut 15 streamers; each measuring 1 1/2 inch by 12 inches. Cut one end of each streamer diagonally.
- three.** Apply liquid seam sealant to all edges of streamers to keep the edges from fraying or unraveling; follow manufacturer's instructions. (See illustration #1.) Allow streamers to dry thoroughly.
- four.** Refer to Tips and More Ideas and decorate sock as desired.
- five.** Pin short side of rectangle up 1/2 inch. Lightly press with an iron.
- six.** Pin short, straight edge of streamers to seam of rectangle. If necessary, overlap the streamers to fit rectangle. Leave 1/2 inch on each side of the rectangle. Using a running stitch, sew streamers to sock; use 1/2-inch seam allowance. (See illustration #2.)

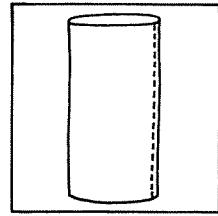


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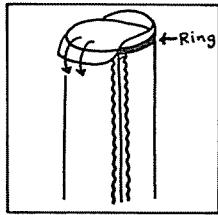
**Seven.** Pin sock in half lengthwise with right sides together; make sure streamers are not caught in pinned areas. Using a running stitch, sew these together. Use 1/2-inch seam allowance. The tube has now been created. (See illustration #3.) Apply seam sealant to bottom edge of tube. Turn tube right side out and check to make sure streamers are not sewn in the seam. If so, use the seam ripper to remove stitches and restitch (make sure to back stitch a bit over the sewn area). Turn tube wrong side out. Using an iron, press seams open.



3

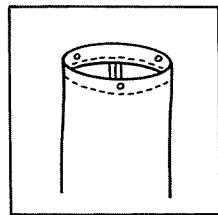
**eight.** Press top edge down 3/4 inch toward the wrong side of the tube.

**nine.** Fold over another inch and press to form hem. Place the metal ring inside the 1-inch fold line and arrange fabric over ring. (See illustration #4.) Using a running stitch, sew along the first fold line.



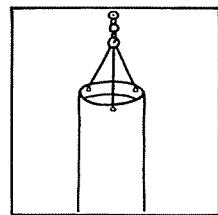
4

**ten.** Arrange tube so ring is against upper folded edge. Divide the hemmed area into thirds. Apply three large **eyelets** in the hem; follow manufacturer's instructions. (See illustration #5.) If you are not using eyelets, stitch 1/2-inch buttonholes at marked spaces; refer to sewing machine manual for buttonhole instructions.



5

**eleven.** Make a **bridle** by cutting three 18-inch lengths of nylon cord. Slip a cord through each eyelet and tie securely. Pull ends of cord together and attach to the lock-snap swivel for free movement of the windsock. (See illustration #6.) Hang the windsock where the wind can blow through the open end.

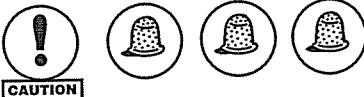


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#### TIPS AND MORE IDEAS:

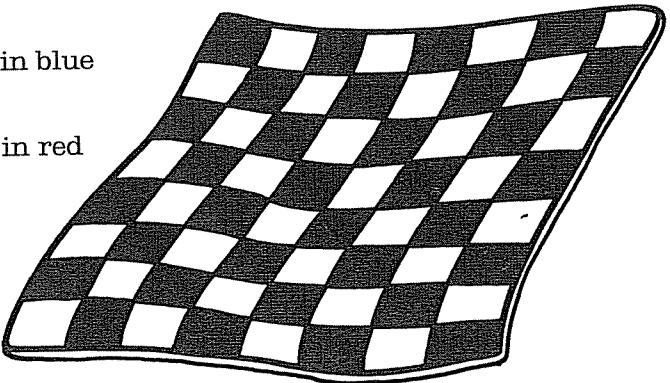
- Apply a paper-backed adhesive to the wrong side of another fabric, cut out an original design and appliquéd it to the windsock. Use **fusible bonding web**; follow manufacturer's instructions. Outline design with slick or glitter paint to secure. Holidays or special celebrations are perfect themes for windsock decorations.
- Use fabric paints, special crayons or markers and draw directly onto the windsock.
- Use iron-on transfers and letters to decorate the windsock.
- Select a heat transfer design, apply and paint as desired.
- Select a white fabric for the windsock and dye it in a color scheme of choice. The streamers can also be dyed different colors. This should be done before the windsock is constructed.
- Use colorful ribbons as streamers; mix and match the size for added fun. For longer streamers, increase the length to 18 inches.
- Tie feathers or bells with nylon cord and secure through eyelets or buttonholes.
- Sew different fabrics together randomly as done for the Crazy Patch Pillow on page 32. Trim the pieced fabric to achieve the necessary size for the windsock.

# Checkerboard



## MATERIALS:

- Thirty-two 2 1/2-inch fabric squares in blue  
(approximately 1/4 yard)
- Thirty-two 2 1/2-inch fabric squares in red  
(approximately 1/4 yard)
- 1/2 yard of white fabric
- 20-inch square of batting
- Twelve large red buttons
- Twelve large blue buttons
- Thread (coordinate with fabric colors)
- Needle
- Thimble
- Pins
- Scissors
- Pencil
- Iron and ironing board



## CAUTIONS AND ADULT HELP:

An adult should help children when an iron is used.

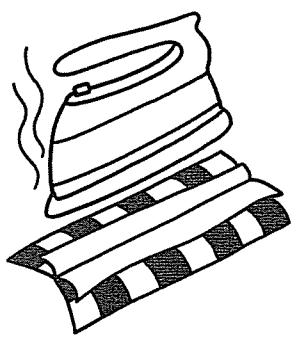
## DIRECTIONS:

**One.** Lay the fabric squares in alternating colors in eight rows on a flat surface. (See completed project above.)

**Two.** Pin each row of fabric squares together, right sides together.

**Three.** Thread a needle and make a beginning knot. Using a running stitch, sew the squares together. Secure the stitches with an ending knot. Leave 1/4 inch for the seam. Press with an iron. (See illustration #1.) Repeat this step until all eight rows of fabric squares have been made.

**Four.** Pin two rows of squares right sides together, alternating red and blue squares. Thread a needle and make a beginning knot. Using a running stitch, sew two rows together. Secure the stitches with an ending knot. Press with an iron. Repeat this step until all eight rows have been sewn together. Make sure the squares alternate in color to form a checkerboard pattern. (See completed project above.)



**five.** Cut the white fabric and batting to match the size of the red and blue checkerboard.

**Six.** Lay the batting flat on a table, place the white fabric square right side up, on top of the batting. Next, place the red and blue checkerboard right side down on top of the white fabric. Pin all three layers together. (See illustration #2.)

**Seven.** Thread a needle and make a beginning knot. Using a running stitch, make small, tight stitches about 1/4 inch away from the edge around all four sides of the checkerboard, making sure to catch all three layers. Leave 3/4 of one side open.

**eight.** Turn the checkerboard inside out, using the eraser end of a pencil to push out the corners.

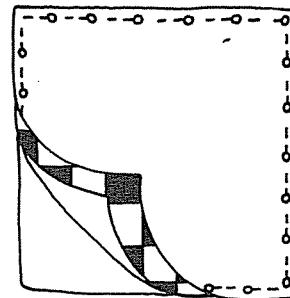
**nine.** Thread a needle and make a beginning knot. Using an overhand stitch, make small tight stitches to close the opening of the checkerboard. Secure with an ending knot.

**ten.** Press checkerboard with an iron.

**eleven.** Play checkers! The buttons are the game pieces.

#### TIPS AND MORE IDEAS:

- Beads, rocks or cut-out pieces of cardboard may be used for the playing pieces instead of buttons.
- Instead of sewing the opening closed, you may want to use a fabric fastener to close the opening and store the playing pieces inside.
- Choose two coordinating colors for the squares, possibly sports team colors.



2

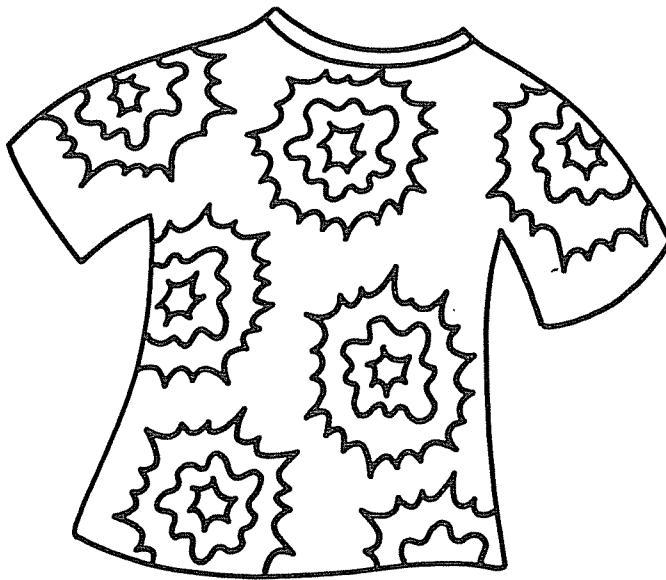
# Tie-dye



CAUTION

## MATERIALS:

- Water
- Wooden spoon
- Bowl, pan or plastic bucket
- Drying rack or clothesline and pins
- Cold-water dyes  
(Deka, Rit, Procion and Jacquard are the most popular brands)
- Salt
- Vinegar
- Rubber gloves
- Fabric or clothing for **tie-dyeing**  
(for best results, use 100 percent natural fabrics, such as cotton, linen or silk. Prewash new fabrics.)
- Apron
- Miscellaneous items: string, rocks, plastic wrap, peas, rubber bands, clamps, clothes pins



## CAUTIONS AND ADULT HELP:

An adult should supervise this activity at all times.

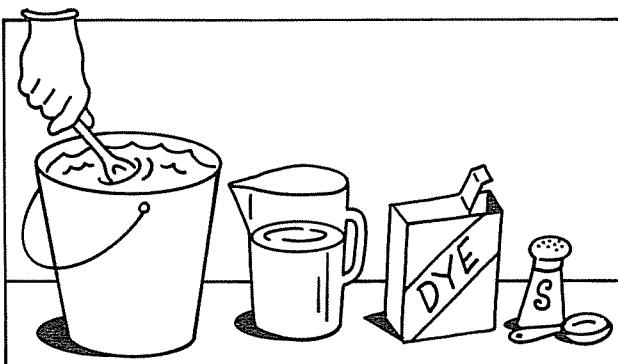
Dyes usually leave stains, so it's recommended to wear rubber gloves and an apron.

## DIRECTIONS:

**One.** Put the dye in a large bowl, pan or plastic bucket. Add cold water. Using a wooden spoon, stir the mixture thoroughly. (See illustration #1.)

**Two.** Add a tablespoon of salt, which will help the fabric soak up the dyes, creating deeper colors.

1



**three.** Dampen the article for tie-dying before putting it in the dye. This will help the dye soak into the fibers.

**four.** Lay the article flat. Gather a desired amount of material and use rubber bands to "tie" the material. Gather bunches all over the material. The tighter the bunch, the more the fabric will resist the dye. (See illustration #2.)

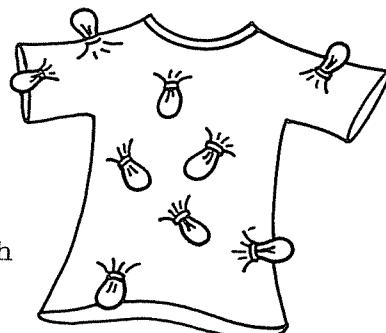
**five.** Leave the article immersed in the dye for approximately an hour. Stir it occasionally.

**six.** After an hour, remove the article from the dye. Rinse with cold water for about 10 minutes, or until the water runs clear. (See illustration #3.)

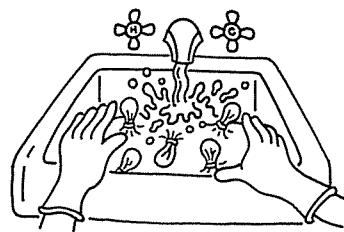
**seven.** Hang the article to dry. After the article has dried, undo the tied fabric to see the pattern that was created. (See illustration #4.)

#### TIPS AND MORE IDEAS:

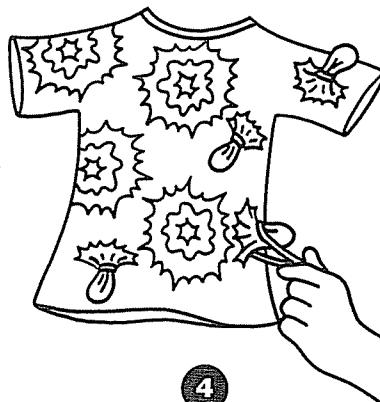
- By washing the article with a little vinegar before wearing it, the colors will last longer.
- Create interesting and exciting patterns using different ties. The dyes will change the color of the material, where there is no object or binding.
  - Place a pebble, rock or pea in the center. Secure by tying string around the object.
  - Roll the selected article and randomly tie string around it at intervals.
  - Fold the material like a fan and bind the material with clamps or clothes pins.
  - Fold the selected article in four quarters, then bind with string.
  - Form a ball with the selected article and bind it tightly. Dye it once and then bind it again to dip into a second color.
- Use the tie-dyed material to create any of the sewing activities in this book.



2



3



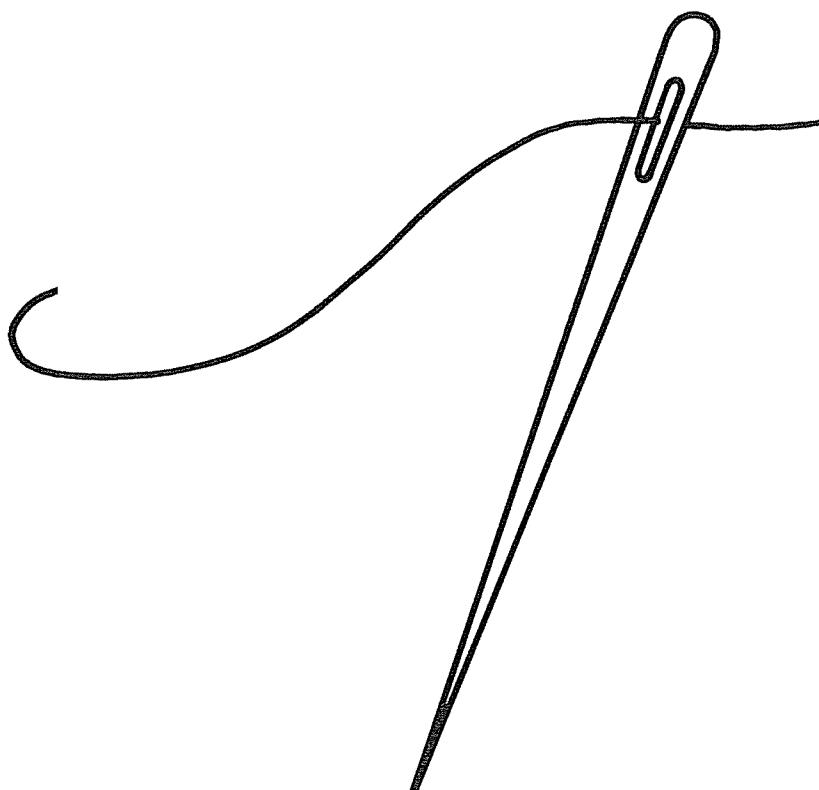
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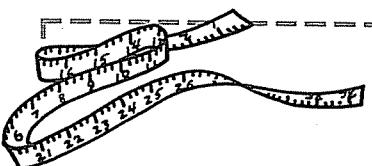


# Chapter 3

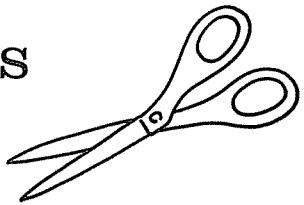
## Sew Many Thoughts

Reflection is an essential component of a learning experience. The Sew Many Thoughts reflection sheet provides children the opportunity to process, synthesize and give meaning to their learning experience. Through reflection, children are able to identify and understand why and how the experience was important to the community and to themselves. Sew Many Thoughts is also a guide to generate a discussion with the children around the service-learning component of this national project.





# Sew Many Thoughts



What did you like about this sewing activity?

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What did you dislike about this sewing activity?

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What did you learn?

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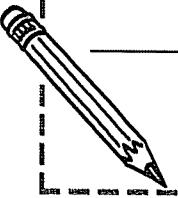
Did you have fun? Why or why not?

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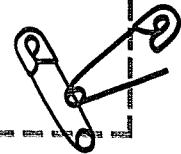
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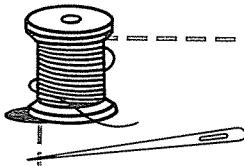
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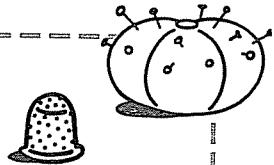
Name \_\_\_\_\_

Activity \_\_\_\_\_





# Sew Many Thoughts



What was the service-learning activity?

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Why was this service-learning activity chosen?

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Whom did it benefit?

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How did you feel helping someone else?

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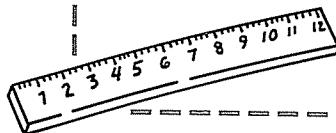
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Other comments:

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Name \_\_\_\_\_

Activity \_\_\_\_\_





# Chapter 4

## Resource and Reference

### Web sites

American Sewing Guild	<a href="http://www.asg.org">www.asg.org</a>
Butterick	<a href="http://www.butterick.com">www.butterick.com</a>
Home Sewing Association	<a href="http://www.sewing.org">www.sewing.org</a>
McCalls Patterns	<a href="http://www.mccall.com">www.mccall.com</a>
The Mining Company	<a href="http://sewing.miningco.com">sewing.miningco.com</a>
Original Sewing & Craft Expo	<a href="http://www.sewncraftexpo.com">www.sewncraftexpo.com</a>
Simplicity	<a href="http://www.simplicitypatt.com">www.simplicitypatt.com</a>
Softworld's Sewing Resource Guide	<a href="http://www.lilyabello.com/sekdir.html">www.lilyabello.com/sekdir.html</a>
You Can Make It	<a href="http://www.youcanmakeit.com">www.youcanmakeit.com</a>

### Activity Books

Beaton, Clare. *The Felt Book: Easy-to-make Projects for all Ages*  
Sterling Publishing Co., Inc., New York, 1994.

Doney, Meryl. *World Crafts Textiles*  
Franklin Watts, A Division of Grolier Publishing, London, 1996.

Duggins, Kay. *Heartwarming Soft Toys*  
Chilton Book Company, Radnor, Pa., 1985.

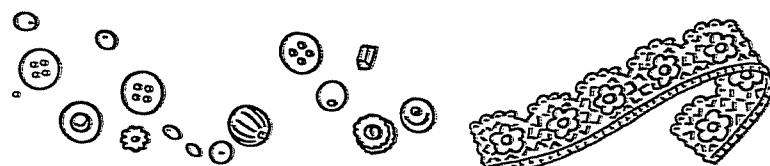
Pfiffner, George. *Earth-Friendly Wearables. How to Make Fabulous Clothes and Accessories from Reusable Objects*  
John Wiley & Sons, Inc., New York, 1994.

The Sewing Fashion Council. *Sew Fun: A Children's Guide to Sewing From the Sewing Fashion Council*  
Home Sewing Association, New York, 1992.

Temko, Florence. *Traditional Crafts from Mexico and Central America*  
Lerner Publications Company, Minneapolis, Minn., 1996.

Terzian, Alexandra M. *The Kids' Multicultural Art Book*  
Williamson Publishing, Charlotte, Vt., 1993.

Treinen, Sara Jane, Ed. *Better Homes and Gardens Incredibly Awesome Crafts for Kids*  
Meredith Corporation, Des Moines, Iowa, 1992.



# Glossary

**APPLIQUE** - a decoration cut from a fabric and applied to another piece of fabric

**BASTING** - stitching used to hold materials together temporarily

**BATTING** - filling material that is layered together with fabric and used as padding for sewing and craft activities

**BOLT** - roll of fabric from which pieces are cut

**BRIDLE** - unit on windsock or kite where string is attached

**CASING** - space created between layers of material into which cord, string, thread or rods may be inserted

**DOWEL** - a round, wooden rod or stick

**EMBROIDERY** - decoration made by using stitches like the blanket or chain stitches

**EYELET** - circular metal ring that is pressed through fabric where thread, cord or string is inserted

**EYELET BEADING** - trim with openings to weave ribbon through

**FINISH** - any method used to complete raw edges, preventing them from raveling

**FOLD** - folded edge of fabric

**FUSIBLE BONDING WEB** - material that melds together two layers of fabric; used for attaching decorative appliqués, mending and hems; refer to manufacturer's instructions when using this type of product

**JUTE** - fiber used for burlap and twine

**POLY BEADS** - small, synthetic beads of material used as filling in craft and sewing activities

**POLYESTER FILLING** - synthetic material, similar to cotton, used as filling

**RAW EDGES** - cut edges of fabric

**REMNANTS** - leftover pieces of fabric

**RICK RACK** - a flat braid woven to form zigzags and used as trim

**RIGHT SIDE OF FABRIC** - side of fabric with visible design or surface texture

**SEAM ALLOWANCE** - 3/8-inch edge of fabric outside the sewing line for most of the activities in this book; for other sewing activities it can be 1/4 to 1/2 inch; for clothing it is usually 5/8 inch

**SEAM SEALANT** - specially formulated liquid that is applied to raw edges of fabric to keep it from fraying or raveling

**SELVAGE** - the edge of fabric the manufacturer finished to prevent raveling

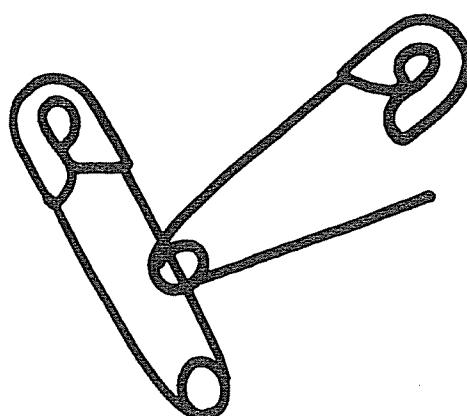
**TEXTILES** - fibers and yarn used for making cloth

**TEXTURE** - surface of material; can vary from smooth to fluffy to rough

**TIE-DYE** - a technique of resist dyeing in which portions of fabrics or articles of clothing are folded, tied and/or clamped to resist dyes

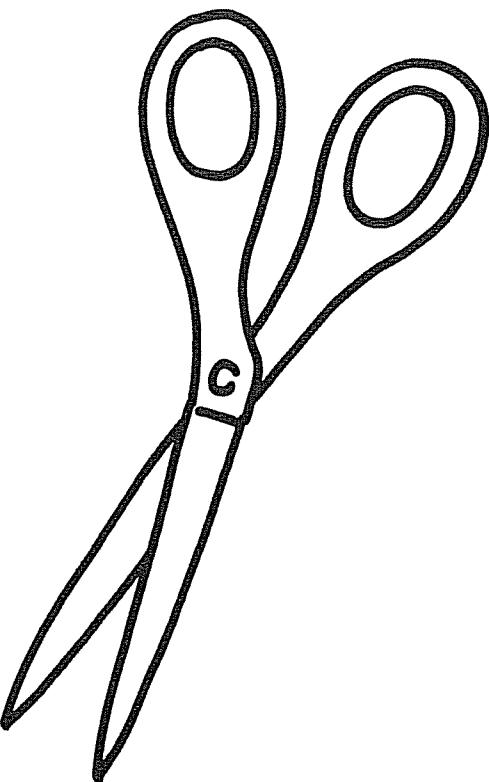
**TRACING PAPER** - a semi-transparent paper used to trace patterns

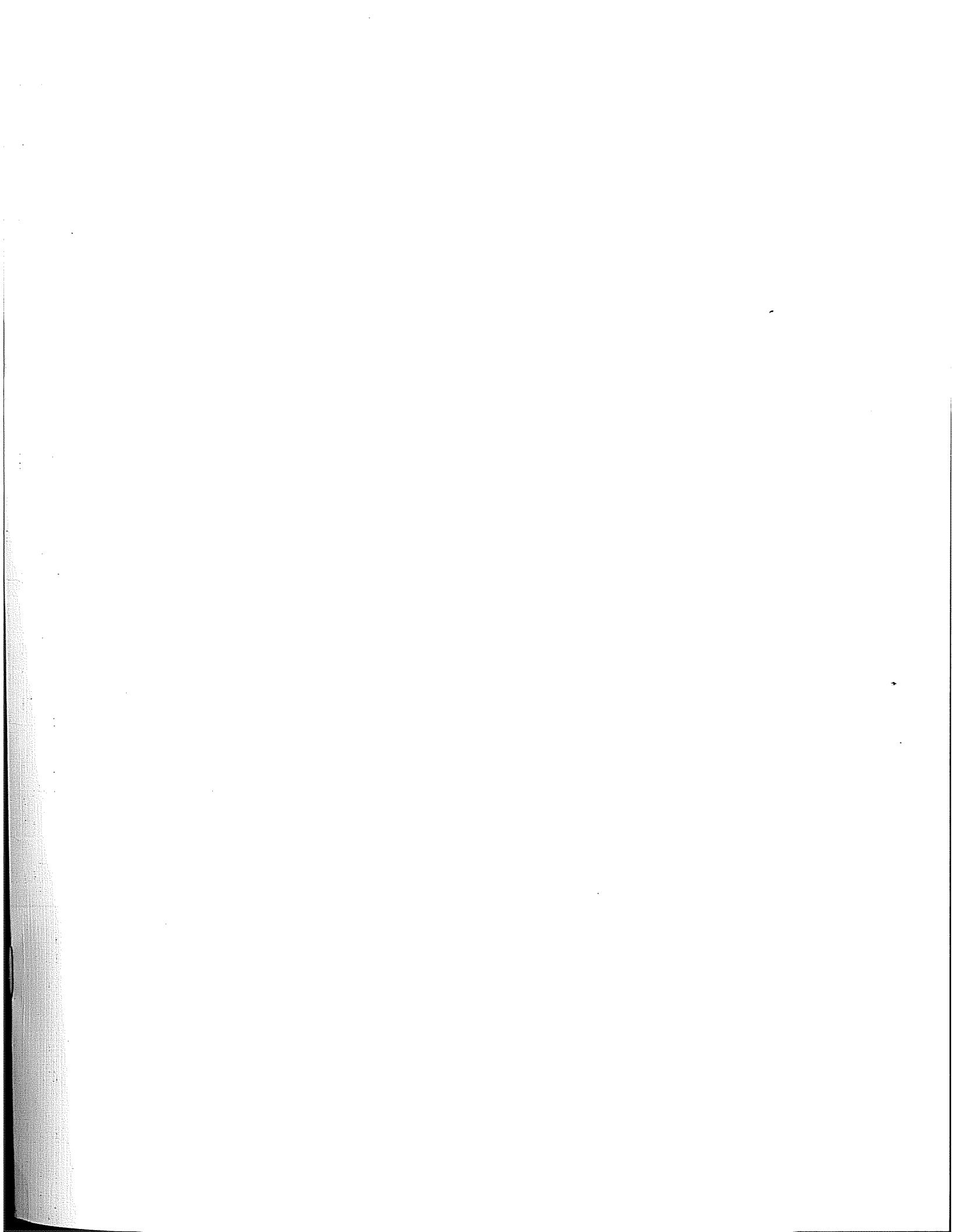
**WRONG SIDE OF FABRIC** - opposite side of printed design or texture



# Index

Activity books	45
Advanced level activities	5
<i>Adventure Trails</i>	7
<i>A Gift of Giving</i>	6
Appliquéd	46
Back stitch	12
Basic Sewing Skills	11
Basic tools	10
Basting	13
Bean bag toy	16
Beginner level activities	5
Beginning knot	11
Checkerboard	36
Crazy patch pillow	32
Cutting	11
Developmental assets	2
Emblem	7
Ending knot	12
Fabric tips	13
Friendship band	24
Glossary	46
Home Sewing Association	2
Intermediate level activities	5
Marking	11
National Sewing Education Project Emblem	7
Overhand stitch	12
Panda bear	20
Placemats	22
Resources	45
Running stitch	13
Service learning	6, 7, 21, 25, 27, 43
Sew Many Thoughts	41
Skill levels	5
Snowman	26
T-shirt bag	28
Threading a needle	11
Tie-dye	38, 47
Tote pouch	18
Wall banner	30
Web sites	45
Windsock	34







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