**Skill Level**

*Beginner (5-6th grade)*

**Learner Outcomes**The learner will be able to:

-Use sewing machine to sew a simple accessory.

-Sew a non-garment item.

**Tag(s)***4-H Clothing and Textiles*

**Impact**Students are successful if they can:

-select fabric suitable for making a pillowcase

-master skills of sewing straight and turning corners

-make a French Seam.

**Time Needed –***2-1/2-3 hours* **Materials Needed (by participant)**

-24" (2/3 yard) medium weight printed woven fabric for body of pillowcase (44-45” wide)  
-12" (1/3 yard) medium weight woven fabric for coordinating cuff piece (44-45” wide)

-Thread to match dominate fabric color

**Materials Needed by leader**

-Pillowcase Instructions

-Strips of woven fabric 3”X 6” for participants to practice sewing

-Fabric and thread necessary to make pillowcase (either furnish for participants or have them bring)

-Sewing supplies-sheers, straight pins, marking pens

-Sewing machine

-Samples with step-by-step instructions

-Finished pillowcase

-Instructions for making a French seam

**Introduction to Content**

Today you will be making your own pillowcase. This will help you perfect sewing a straight seam. When sewing with woven fabric, the seams will fray after use unless a seam finish is applied. Today you will learn how to do a French seam which completely encases the seam allowance so it won’t fray. You will also put your math skills to use as you pin seams and sew using fractions to figure seam allowances.

**Introduction to Methodology**

Participants use decision making skills to select fabric suitable for making a pillowcase that will complement room décor. They will learn seam allowance measurements. They will sew straight seams, pivot corners, learn to make a French seam, and apply this to creating a pillowcase.

**Terms/Concepts**

**Seam Allowance** Refers to the area between the stitching and the raw, cut edge of fabric.

**Seam Finish** Refers to a sewing technique that is sewn on the seam allowance to keep it from raveling.

**French Seam** A seam finish that completely encloses the raw edges of the fabric.

**Throat Plate** A thin metal sheet that sits below the needle and presser foot with openings for the bobbin thread and needle to pass through to make stitches. The throat plate has measurements with lines that help sewers line up the edge of the fabric along desired line when sewing, depending on width of seam allowance.

**Woven Fabric** Woven fabric is made by the interlacing of yarns. Warp yarns run vertically in fabric and filling yarns run the width of fabric. Woven fabrics can be characterized generally by their stability, with little give (elasticity).

**Knit Fabric** Knit fabrics are formed by interlooping yarns. Knit fabrics are known for their stretch. This makes garments very comfortable to wear.

**Authors**

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**Experience**

Leader will: 1. Review with the participants the parts of sewing machine and how to sew (straight line, back stitch, and turning corners).

Participant will practice sewing straight line & turning corners using the fabric strips provided.

Leader will: 2. Talk about woven fabric and the selection of fabric suitable for specific projects.

Participants will select from the fabric provided (unless they bring their own) based on what will look good in their bedroom or where they will use it.

Leader will: 3. Show 4-Hers the measurement markings on the throat plate and width measurement of the presser foot. The leader will then explain seam allowances and the width they will use when sewing.

Participants will place masking tape on appropriate marking on throat plate to help them sew the appropriate seam width.

Leader will: 4. Demonstrate the first step of making pillowcase including how to press seams. Show pillowcase step-by-step sample and explain steps (and distribute instructions). Leader will want to have participants do one step at a time before explaining and showing the next step.

Participants will complete the first step of making pillowcase using handouts and guidance including pressing the seam.

Leader will: 5. will demonstrate how to make a burrito roll with the fabric, pin, and sew the next seam.

Participants will follow instructions as demonstrated.

Leader will: 6. Demonstrate how to make a French seam and show the step-by-step sample.

Participants will sew the French seam on their pillowcase.

Leader will 7. Demonstrate the finishing steps.

Participants will complete the final steps.

**Setting the Stage/Opening Question**

Have you ever wanted to personalize your bedroom by making something for your bed?

How many of you have ever made something for your bedroom? Was it sewn on the sewing machine (Give participants an opportunity to share.)

Today you will learn make a pillowcase using what is called the burrito method. Who has ever made or eaten a burrito? A burrito uses a soft-shelled taco filled with meat, cheese, etc. and rolled up tightly. We are going to use this same concept to sew our pillowcase.

We will start out first by practicing our sewing skills.

**OPTIONAL - Teacher Talk:**

**NOTES**

Tips for  
 Engagement

Be sure to call upon all students when asking various questions.

Leader may provide various types of woven fabric for participants to examine – different weights, solids, prints, even knits when explaining suitable woven fabric for making a pillowcase.

**Share**

**LIFE SKILLS/TIPPS**

TIPPS

• Identify the parts, steps, and necessary sequence or order to achieve a goal.

• Use basic reading, writing, arithmetic, and mathematical skills.

• Make the needed effort to carry out a task or a plan.

LIFE SKILLS

Decision Making- Selecting fabric to use.

Positive Self Esteem- Completing first sewn product.

Have participants show their finished pillowcase and explain why they chose the fabric. This should include having them share the colors that are in their bedroom.

**Process**

Ask:

“What were you thinking as you started sewing your first seam?”

“Were you a little nervous? Did you have confidence in your sewing ability?”

“Was it difficult for you to understand how to roll the burrito?” “How did you figure it out?”

“Were you confused when I told you to put wrong sides together to begin to make the French seam?” Why or why not?

“What was the most exciting part of making your pillowcase?”

“What was the most difficult part of the process?”

“What would you different next time?”

**Generalize**

****Ask: “How do you feel when you are learning something new whether it be in sewing or in school?”

Each of us learns best differently.

**NOTES**

Your best way of learning may be:

-listening to someone explain the process

-seeing someone demonstrate the process

-looking at a sample that shows the process

-reading and following instructions

“Which of these is your best way of learning?”

The more your practice doing something (like math, reading, … as well as sewing) the better you will learn and master a skill.

**Apply**

“What can you do to make your learning easier next time you are learning something new based on your best learning style?”

“How can you use the skills learned today to make gifts for others?”

“How can you use the skills used today in a community service project?”

“Is there something else you can sew based on what you have learned today?”

**References** Beginner Level 4-H Clothing and Textiles Project Area Guide:- Activity 11: Know your Sewing Machine; Activity 12: Let’s Learn to Use a Sewing Machine

Sew a Pillowcase, Using Burrito Method Instructions

**Educational Standards Addressed**

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Grades 5,6,7 MATH Standard 5.NF.B.6 Solve real-world problems involving multiplication of fractions and mixed numbers by using visual fraction models or equations to represent the problem.

Grade 4 Science 4.ETS2: Links Among Engineering, Technology, Science, and Society. 1) Use appropriate tools and measurements to build a model.

Grade 10 Foundations of Fashion Design C22H10 Principles of Construction 16) Demonstrate the appropriate use, selection, and maintenance of equipment, tools, and sewing supplies for the construction of apparel.

Student Worksheet

Use activity sheets listed in References.