

Creative Needle Arts: Summer Term 2025

This summer term focuses on sewing and embroidery techniques, building skills over multiple weeks with extended projects.

Required Materials List

- Basic sewing kit (needles, pins, scissors, seam ripper)
- Embroidery hoops (6" and 4" suggested)
- Embroidery needles (assorted sizes)
- Embroidery floss (assorted colours)
- Cotton fabric squares (light colours, various sizes)
- Felt sheets (assorted colours)
- Buttons, beads, and sequins for embellishment
- Transfer paper or washable fabric markers
- Iron-on patches or fabric scraps for appliqué
- Small ruler and measuring tape
- Thread (various colours)
- Optional: Simple sewing machine

Weekly Lesson Schedule – this may change slightly

Week 1 Introduction to Hand Sewing

- Threading needles and tying knots
- Basic stitches: running stitch, backstitch
- Project: Begin hand-sewn fabric pouch - cutting and marking
- Homework: Practice basic stitches on scrap fabric

Week 2 : Continuing Hand Sewing

- Review basic stitches
- Introduction to seams and finishing
- Project: Continue fabric pouch - assembly and seams
- Homework: Complete pouch construction

Week 3 : Introduction to Embroidery

- Transferring designs
- Basic embroidery stitches: backstitch, straight stitch
- Project: Begin simple embroidery design
- Homework: Complete embroidery design

Week 4 : Decorative Embroidery Stitches

- Chain stitch, French knots, lazy daisy
- Colour selection and planning
- Project: Begin embroidery sampler

- Homework: Practice new embroidery stitches

Week 5 : Beginning Sashiko Project

- Introduction to Japanese running stitch technique
- Pattern marking and execution
- Project: Begin sashiko table mat - design and marking
- Homework: Complete pattern marking

Week 6 : Completing Sashiko Project

- Continuing stitch technique
- Edge finishing methods
- Project: Complete sashiko table mat
- Homework: Finish any remaining stitching

Week 7 : Introduction to Appliqué

- Cutting and preparing fabric shapes
- Attachment methods
- Project: Begin summer tote bag - fabric preparation and planning
- Homework: Cut appliqué pieces

Week 8 : Tote Bag Construction

- Basic bag construction
- Seam techniques
- Project: Continue tote bag - assembly and stitching
- Homework: Complete basic bag construction

Week 9 : Embellishing the Tote Bag

- Applying appliqué designs
- Adding embellishments (buttons, beads)
- Project: Complete embellished tote bag
- Homework: Add final details to bag

Week 10 : Beginning Stuffed Creation

- Pattern tracing and cutting
- Understanding seam allowances
- Project: Begin stuffed animal or pillow - cutting and marking
- Homework: Complete cutting and marking

Week 11 : Continuing Stuffed Creation

- Sewing curved seams
- Assembly techniques
- Project: Continue stuffed creation - assembly and beginning stitching

- Homework: Continue stitching pieces together

Week 12 : Completing Stuffed Creation

- Stuffing techniques
- Closing seams invisibly
- Project: Complete stuffed animal or pillow
- Homework: Add final details and embellishments

Week 13 : Final Class and Summer Showcase

- Review of techniques learned
- Project troubleshooting and completion
- Virtual gallery of all summer projects
- Discussion and celebration of achievements