

4-H-929-W
Helper's Guide

4-H Sew Much Fun • Helper's Guide

Sew Much Fun Helper's Guide



“Sew Much Fun” is a series of activity guides to be used with **Let’s Sew! A Beginner’s Sewing Guide** by Nancy Zieman (4-H-924). The series consists of five publications:

- **Sew Simple** for youth in Grades 3-4 (4-H-925)
- **Sew Smart** for youth in Grades 5-6 (4-H-926)
- **Sew Fine** for youth in Grades 7-9 (4-H-927)
- **And Sew On** for youth in Grades 10-12 (4-H-928)
- **Sew Much Fun Helper’s Guide** (4-H-929-W)

Helper/Leader’s Guide

Congratulations on your decision to be a “helper” to young people involved in the *Sew Much Fun* series. The helper’s role is critical in providing an opportunity for youth to learn and grow in a supportive environment. This guide has been designed to provide you with an overview of the new *Sew Much Fun* series. The *Helper’s Guide* contains helpful hints for working with young people, developing life skills, and teaching experientially.

Youth Activity Guides

The activity guides were written to be developmentally appropriate for specific grades, but they may be used by youths in any grade depending on their interest, skills, and experience. Each guide includes suggested reading, learning activities, skill tips, ideas for both wearable and non-wearable sewn items, and an achievement sheet. The learn-by-doing activities can be adapted to family, classroom, home school, club, and other educational settings.

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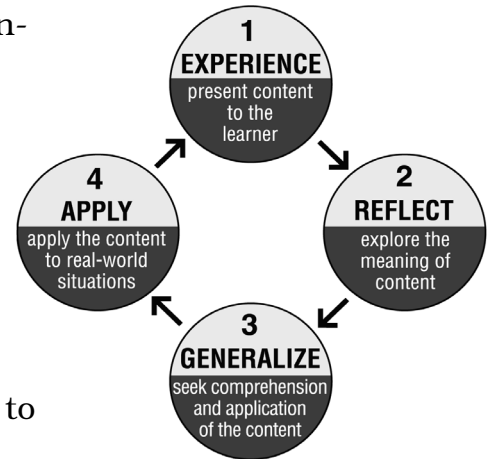
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Experiential Learning Model

“Learning by doing” is one of the primary reasons 4-H has been so widely recognized and respected in the field of non-formal education. Experiential learning distinguishes 4-H youth development education from many formal educational methods. Activities are designed so youth “learn by doing” an activity. They then discuss or reflect on what they did, draw conclusions from the activity, and then apply their experience to other real world situations. Project helpers “guide” youth as they explore an activity. Youth will answer questions on record sheets at the end of each activity guide to help them generalize the youth development and subject matter skills they practiced and to share how they will apply the skills to other situations.



Developing Subject Matter and Youth Development Skills

The sewing curriculum is designed to help youth develop both subject matter skills and youth development skills. **Subject matter skills** are specific to the sewing subject matter, such as learning to use the sewing machine, to straighten fabric, or to fit, place, and cut out a pattern. **Youth development skills** are developed during the process of doing an activity, and they are useful long after the member completes the project. Youth development skills that are emphasized in the *Sew Much Fun* series are decision-making, planning and organizing, and resource management. Some of the activities also give young people a chance to practice these youth development skills: processing information, practicing creativity, solving problems, learning to learn, achieving goals, mastering technology, and completing a project or task.

Subject Matter Skills

This sewing curriculum has a more defined focus than the previous 4-H clothing curriculum. Rather than focusing solely on constructing garments, the *Sew Much Fun* series is designed to help youth develop basic sewing skills whether they choose to construct garments or prefer to make items for the home. The subject matter skills built into the curriculum fall into four categories:

- Machine skills
- Construction techniques
- Equipment, tools, and notions
- Fabric and patterns

Youth Development Skills

The youth development skills involved in this curriculum are part of the Four-Fold Youth Development Model. The model encompasses the skills that a young person needs to become a confident, capable, caring, and responsible citizen (Barkman, et. al. 1999). Skills are grouped into the four H's in the 4-H clover – Head, Heart, Hands, and Health.

Four-Fold Youth Development Model

HEAD	HEART	HANDS	HEALTH
Utilizing Scientific Methods	Communicating	Mastering Technology	Being Responsible
Processing Information	Interacting Socially	Learning Through Community Service	Developing Self Esteem
Self Esteem	Cooperating	Being a Responsible Citizen	Managing Yourself
Understanding Systems	Sharing	Working in a Team	Practicing Integrity & Character
Managing Resources	Resolving Conflicts	Exercising Leadership	Developing a Positive View of the Future
Practicing Creativity	Valuing Social Justice	Completing a Project/Task	Being Resilient
Making Decisions	Valuing Diversity	Motivating Yourself	Managing Stress
Solving Problems	Building Relationships	Volunteering	Making Healthy Lifestyle Choices
Visualizing Information	Caring for Others		Preventing Personal Injury
Learning to Learn	Being Empathetic		Expressing Emotions Positively
Reasoning			Preventing Disease
Thinking Critically			Developing a Sense of Purpose
Keeping Records			Utilizing Resistance Skills
Planning & Organizing			
Achieving Goals			
Navigating in Your Environment			
Working with Numbers			

The Design of the Sewing Curriculum

The design and pilot team for the *Sew Much Fun* series decided that it was imperative to encourage an interest in sewing (be it garment construction or home sewing). The design team felt it was unnecessary to produce a sewing skills instruction manual when a resource such as *Let's Sew: A Beginner's Sewing Guide* by Nancy Zieman was available for purchase. The resulting curriculum was built on the foundation available in Zieman's book. The team identified specific skills, from basic to advanced, and specific learning activities before determining the types of exhibits through which the skills could be displayed. Following are the flow charts utilized by the team in the design of the *Sew Much Fun* series.

Learning Activities to Be Achieved by Grade Level

GRADE	MACHINE SKILLS	CONSTRUCTION TECHNIQUES	EQUIPMENT/TOOLS/NOTIONS	FABRIC/PATTERN
3	Threading Winding a bobbin Running the machine	Straight and curved stitching Inserting and joining elastic or drawstring Simple seam finish Stitch in the ditch Trimming a crotch curve Machine topstitch hems	Selecting notions for project How to pin and cut Using the iron Using a seam gauge	Choosing pattern size Choosing suitable fabric Prewashing fabric Cutting pattern and fabric
4	Adjusting tension Adjusting stitch length Replacing needle Pivoting	Learn sewing terms Backstitching Staystitching and understitching Learn other seam finishes Trimming and grading seams Using a simple lining Applying a facing or binding	Uses for measuring tape Simple marking techniques Learning to press as you sew Using a seam ripper Using waistband interfacing Working with fiberfill	Coordinating fabric and pattern Types of grainlines Reading the pattern guidesheet Transferring pattern markings
5	Using accessory feet Using the serger	Basting and directional stitching Staystitching and understitching Topstitching Uses for zigzag stitching Gathering fabric Sewing patch or inseam pockets Sewing a "flat method" sleeve Inserting a zipper Machine blind hem Applying purchased trim or ribbing	Learn other marking techniques Using fiberfill Interfacings suitable for wovens	Learn about kinds of fabrics Reading bolt end information Simple pattern adjustments Basic matching skills
6	Making buttonholes Using the zipper foot Using a serger Applying machine appliqué	Buttonhole marking, placement, cutting Inserting a lapped zipper Stitching darts Inserting a set-in sleeve Sewing a simple collar (without collar band) Hemming: hand, topstitched, and machine blind hems Sewing on buttons, hooks, and snaps Sewing ruffles, tucks, or pleats Inserting piping	Learn about machine and hand needles Pressing tools: ham and sleeve roll Selecting buttons and zippers	Choosing compatible patterns Reading pattern descriptions Learn about napped fabric