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Happy hands sewing Camp with Jenna 🧵

Instructions:

Check out this sample camp outline and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Types of stitches, pinning, patience, creating, designing

Lesson Ideas

Lesson Title

Happy Hands Sewing Camp

Duration

5-Day Camp

Lesson Plan

Day 1: Introduction to Sewing and Basic Stitches
- Welcome and Introduction to Sewing (30 minutes)
- Basic Stitches: Running Stitch and Backstitch (1 hour)
- Snack Break (15 minutes)
- Pinning Techniques (45 minutes)
- Lunch (1 hour)
- Movement Break: Sewing Themed Yoga Poses (15 minutes)
- Craft Project 1: Simple Fabric Bookmark (1 hour)
- Storytime/Quiet Time: "The Quiltmaker's Gift" by Jeff Brumbeau (30 minutes)

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Day 2: Exploring More Stitches
- Review of Previous Day and Introduction to More Stitches (30 minutes)
- Cross Stitch and Stem Stitch Tutorial (1 hour)
- Snack Break (15 minutes)
- Patience and Precision Exercises (30 minutes)
- Lunch (1 hour)
- Movement Break: Hand and Finger Exercises (15 minutes)
- Craft Project 2: Personalizing a Handkerchief (1 hour)
- Bonus Activity: Sewing Themed Coloring Pages (30 minutes)

Day 3: Designing and Creativity
- Exploration of Textile Art and Color Design (30 minutes)
- Designing a Sewing Project: Sketch and Plan (1 hour)
- Snack Break (15 minutes)
- Fabric Cutting and Pinning Techniques Refresher (45 minutes)
- Lunch (1 hour)
- Movement Break: Thread the Needle Game (15 minutes)
- Start Craft Project 3: Simple Tote Bag (1.5 hours)
- Storytime/Quiet Time: "Sewing Stories" by Barbara Herkert (30 minutes)

Day 4: Crafting and Creating
- Tote Bag Sewing (Continuation) (1.5 hours)
- Snack Break (15 minutes)
- Embellishing the Tote Bag (1 hour)
- Lunch (1 hour)
- Movement Break: Creative Dance with Scarves (15 minutes)
- Team Project: Group Quilt or Banner Design (1.5 hours)

Day 5: Final Touches and Showcase
- Finalizing Projects and Adding Personal Touches (1 hour)
- Snack Break (15 minutes)
- Presenting Projects: Mini Fashion Show (1 hour)
- Lunch (1 hour)
- Movement Break: Relaxation and Stretching Exercises (15 minutes)
- Camp Review: Sharing Favorite Moments and What We Learned (30 minutes)
- Closing Ceremony: Certificates and Goodbye (30 minutes)

Materials List

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- Assorted fabric pieces
- Needles and thread
- Scissors
- Pins and pin cushions
- Embroidery hoops
- Colored markers and pencils
- Sewing patterns for beginners
- Sewing kits (with basic tools)
- Iron-on patches
- Sewing books for kids
- Coloring pages
- Storybooks related to sewing

Adaptations for Different Ages

- Younger children can focus on larger stitches and simple projects.
- Older children can work on more complex stitching patterns and designs.
- Provide pre-threaded needles for younger participants to simplify the process.
- Offer additional challenging projects for advanced students.

Movement Break

Sewing Themed Yoga Poses: Incorporate poses that mimic sewing actions such as "Thread the Needle Pose" or stretches that engage sewing muscles and relieve tension.

Bonus Activities

- Sewing Themed Coloring Pages: Provide themed coloring sheets that relate to sewing patterns and materials.
- Thread the Needle Game: A fun activity where kids learn to 'thread the needle' while moving through an obstacle course.
- Creative Dance with Scarves: Dance with colorful scarves to imitate the flow and movement of fabric.

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Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can submit another idea, or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

