



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS
 Affiliated with National Volunteer Outreach Network, Country Women’s Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service
 SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Becoming a FCL - 4-H Mentor

Objectives: To learn to prepare a sewing lesson for 4-H youth.

Lesson Overview/Introduction: Members will learn tips on setting up workshops or club presentations that will teach basic sewing techniques to 4-H youth.

Many of our SCFCL members have special talents, skills and rich life experiences to share with 4-H youth. Whether you would like to teach a workshop class, to conduct a demonstration for a 4-H club or to be an “ assistant” for an hour or two with a 4-H leader, there are lots of opportunities to pass along your skills to youth. If you or your club would like to teach 4-H sewing projects, a good place to start is with basic sewing skills.

Activity 1. Simple Clothing Repairs

Supplies:

Needles	Scissors
Thread	Buttons
Scraps of Fabric	

You can explain that clothing repairs are expensive to have a professional seamstress do them and that they are really easy to do yourself! Let them have fun experimenting with sewing techniques

Being able to sew on a button, hem a skirt or pair of pants and do simple clothing repairs are useful skills for anyone. If possible, make small sewing kits containing a needle, different colors of thread, clear or white shirt buttons, pins and a measuring tape. Students can bring scissors and articles of clothing to work on. You might supply small scraps of fabric for students to use to practice stitches.

- Show them how to sew on a button
- Show them how to sew a hem

.Activity 2: Tote Bags

Supplies

Sewing Machine	Pattern
Fabric	Folding Tables
Matching Thread	Cutting mats
Scissors	Rotary cutters
Pins	Hem Markers

If you have sewing machines available, making a simple tote bag is easy enough for most beginners and only requires a few basic machine stitches. This is a good time to practice

threading the machine, putting thread on bobbins and choosing the proper needle for the job. Students can learn to cut out patterns, pin them to fabric and how to choose the right fabric for the project.

4-H members could bring their own supplies or you could solicit them from FCL club members or businesses and charge a small fee for the class. Limit the number of participants for classes that use sewing machines. It is hard to have more than 3 or 4 students per teacher and still be able to give individual help. Be sure to ask 4-H parents to help out. They make pretty willing assistants.

You will need folding tables to cut out fabric and work on it. If you have cutting mats and rotary cutters, hem markers and pins and other advanced sewing equipment, bring them to show how they can make sewing fun and easy.

Tote bags can be lined or unlined, with self-fabric handles or ribbon or webbing. They can be large or small and a pocket can be sewn inside for small items if desired. Let the kids design their own and be creative.

This is your opportunity to have fun with them and teach them skills they can use in daily life. Keep beginning classes simple and not too long. After they have learned the basics you can go on to more complicated projects. Many of them won't have adults around who can sew. Most will be eager to learn from you! Don't forget to tell about how you learned to sew, who taught you to sew and what item you made first. Tell about your sewing successes and failures. Tell them what sewing has meant to you. It's not just about teaching technique. It's also about why knowing how to sew is an accomplishment in life and a valuable skill. Most important of all, be open to learning from them. You'll leave with more than you thought possible.

As you teach them, remember they learn best by doing sewing, by following up with reflection (developing logical thoughts, verbalizing those thoughts, relating them to others in the group, and comparing experiences and opinions) and by applying what they have learned to other examples and situations. This is the 4-H model of experiential learning.

Lesson Summary: Members should be able to confidently teach basic sewing skills to 4-H youth and share experiences with them.

Suggested Activities: Have club members bring sewing supplies and fabrics along with patterns to meetings. Talk to fabric shops about donations. Find out about the availability of sewing machines. Think of questions for youth to help them summarize what they have experienced. Where possible, incorporate the 4-H "learning-by-doing" approach into the method for teaching youth (see lesson supplement below).

Suggested Materials:

- Fabric, patterns and sewing notions
- Lists of supplies that would be useful for sewing classes
- Patterns for tote bags

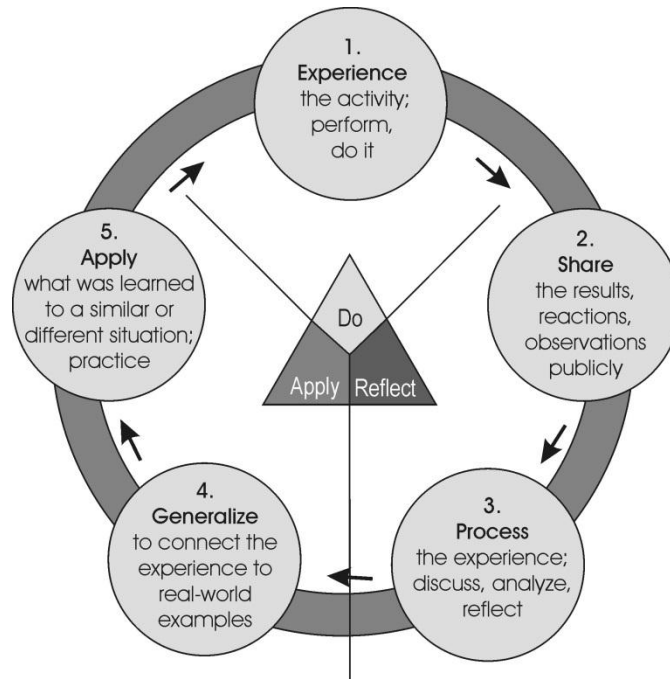
Lesson Prepared by: Debbie Calcutt, SCFCL Board Member, Vice President of Programs

Lesson Review by: Dr. Pam Ardern, State Leader, 4-H and Youth Development and Dr. Susan Barefoot, Food Safety and Nutrition Program Team Leader

Sources/References:

- Sewing teachers
- 4-H leaders
- Diem, Keith. 2005. Learn by Doing the 4-H Way. 4-H Leader Training Series. Clemson Extension.

Lesson Supplement: 4-H EXPERIENTIAL LEARNING MODEL



1. Experience (Doing) – Provides an opportunity for the youth to experience the activity.
2. Reflect – Provides an opportunity for youth to develop logical thoughts, verbalize those thoughts, relate to others in the group, and compare experiences and opinions.
3. Apply – Provides activities or questions for youth to help them summarize what they have experienced. It also enables them to generalize about what they have learned and apply it to other examples and situations.