

Sew Much Fun!

Feather. Blanket. Straight. Cross. Satin. Zigzag. Chain. Running. Back. Whip. Slip. Knotting.

These aren't yoga poses; they're stitches! In this patch program, you'll explore sewing tools, materials, and stitches, create your own sewing project, and then put your sewing skills to the test by making something for someone in your community. Dream it. Design it. Sew it!

Sewing is one of the oldest skills in human history. Early humans used bone needles and animal sinew to stitch together clothing for warmth and protection. Over time, sewing evolved alongside technology:

- Ancient civilizations used hand stitching for clothes, sails, and tents.
- The Industrial Revolution introduced sewing machines, making clothes more affordable and accessible.
- Today, sewing combines traditional hand techniques with modern machines, smart textiles, wearable technology, and sustainable fashion practices.

Throughout history, sewing has been a powerful tool for self-expression, problem-solving, community building, and innovation.

Materials needed:

- Basic sewing supplies (see Step 1)
- Fabric (scraps, felt, cotton, or embroidery cloth)
- Buttons
- Embroidery hoop (quilting hoop)
- Sewing resources (online tutorials with an adult, library books, or a sewing mentor)
- Box, pouch, or basket to store your sewing kit

Step 1 DISCOVER

Before starting a project, we need to DISCOVER the tools and techniques used in sewing.

You must complete both activities to complete this step.

Activity 1: Create your own sewing kit.

- **Needles in various sizes**
  - » Different needles are used for different fabrics and threads. Smaller needles work well with thin fabric, while larger needles are easier to use with thick fabric or embroidery floss.
- **Thread**
  - » Thread is what holds fabric pieces together. It's used for most basic sewing and repairs, like fixing a button or sewing a seam.
- **Embroidery floss**
  - » Embroidery floss is thicker and more colorful, making it perfect for decorating projects, practicing stitches, and creating designs you can easily see.

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- **Needle threader**
  - » A needle threader helps pull thread through the tiny hole in a needle, making sewing easier and less frustrating—especially for beginners.
- **Scissors**
  - » Scissors are used to cut fabric, thread, and floss. Sewing scissors should only be used for fabric to keep them sharp and safe.
- **Seam ripper**
  - » A seam ripper safely removes stitches so you can fix errors and try again without damaging the fabric.
- **Pins or clips**
  - » Pins or clips hold fabric pieces in place while you sew, helping keep seams straight and projects neat.
- **Pin cushion**
  - » A pin cushion keeps pins and needles in one safe place, making them easy to find and preventing lost (or pokey!) surprises.



Activity 2: Once you have your sewing kit assembled, it's time to learn basic stitches. Thread your needle, tie a knot at the end, grab a scrap piece of fabric, and practice each stitch below.

Girl Scout Daisies & Brownies: Practice at least 3 stitches.
Girl Scout Juniors & Cadettes: Practice at least 5 stitches.
Girl Scout Seniors & Ambassadors: Practice all the stitches.

Running Stitch

The In and Out Stitch: This stitch is great for beginners.

Directions:
- Push the needle up through the fabric from the back.
- Push the needle down a short distance away.
- Keep going up and down like a dashed line.

Tip: Try to keep your stitches the same size.

Slip Stitch

The Hidden Stitch: This stitch is great for closing pillows or plushies.

Directions:
- Bring the needle up through the folded edge of one fabric side.
- Move straight across and go into the fold on the other side.
- Pull gently to hide the stitch.
- Repeat until closed.

Tip: Pull slowly so the thread doesn't show.

Back Stitch

The Strong Stitch: This stitch is used when you want extra strength.

Directions:
- Bring the needle up through the fabric.
- Push it down a short distance forward.
- Bring the needle up again a stitch-length ahead.
- Push the needle back into the end of the last stitch.

Tip: This stitch looks like one solid line.

Whip Stitch

The Edge Hugger: This stitch is perfect for sewing edges together.

Directions:
- Place two pieces of fabric together and align the edges.
- Bring the needle up through both layers near the edge.
- Wrap the thread over the edge and push the needle back through.
- Repeat all along the edge.

Tip: Keep stitches evenly spaced.

Blanket Stitch

The Cozy Edge Stitch: This stitch is used on blankets and felt projects.

Directions:

- Bring the needle up near the fabric edge.
- Pull the thread through, keeping the loop on the edge.
- Put the needle through the loop before pulling it tight.
- Repeat along the whole edge.

Tip: Each stitch should look like an upside-down "L."

Finish Like a Pro—Knot Tying

- After your last stitch, slide the needle under a stitch on the back.
- Wrap the thread around the needle once.
- Pull the needle through the loop to make a knot.

Zip-Zag Stitch

The Side-to-Side Stitch: This stitch is fun and decorative!

Directions:

- Stitch diagonally up and to the side.
- Stitch diagonally down to the opposite side.
- Keep going to make a zig-zag pattern.

Tip: Try big zig-zags, then small ones.

Cross Stitch

The X Stitch: This stitch is great for pictures and patterns.

Directions:

- Make one diagonal stitch (/).
- Cross it with another diagonal stitch (\) to make an X.
- Keep all Xs facing the same direction.

Tip: Use a grid or lightly marked dots.

Step 2 CONNECT

Now that you have the basics of sewing down, it's time to CONNECT your skills to creativity and make a project!

Pick at least one creative sewing project to put your skills to the test. We've included some ideas, but you can create anything you can imagine!

Project Ideas

Button Art

Directions:

- Place a piece of fabric into an embroidery hoop and pull it tight.
- Plan your design by lightly drawing a shape or pattern with chalk or a washable marker.
- Thread your needle and tie a knot at the end.
- Sew buttons onto the fabric using a running stitch or cross stitch through the button holes.
- Tie a knot on the back of the fabric when finished.
- Display your artwork in the hoop or place it in a frame.

Tips:

- Use colorful or different-sized buttons to add more texture and designs.
- Start with simple shapes like hearts, stars, or flowers.
- Count your stitches to help keep buttons evenly spaced.

Felt Bookmark or Keychain

Directions:

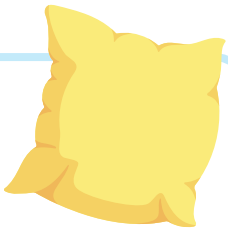
- Cut two matching shapes from felt.
- Place the felt pieces together.
- Thread your needle and tie a knot at the end.
- Sew around the edges using a whip stitch or blanket stitch.
- For a keychain, slide the keyring into the top before finishing the last stitches.
- Tie off your thread securely when finished.

Tips:

- Felt doesn't fray, making it great for beginners.
- Use embroidery floss for bright, easy-to-see stitches.
- Decorate with buttons, initials, or simple designs before stitching the edges.



Mini Pillow or Pin Cushion



Directions:

- Cut two matching fabric squares or shapes.
- Place the fabric pieces together with the "good sides" facing out.
- Thread your needle and tie a knot at the end.
- Sew around the edges using a whip stitch or running stitch.
- Leave a small opening.
- Stuff lightly with cotton or fiberfill.
- Close the opening using a slip stitch.
- Tie off your thread and trim the excess.

Tips:

- A pillow should not be overstuffed—soft is best!
- A pin cushion can be filled tightly with packed stuffing.
- Add a button in the center for a classic pin cushion look.

Doll Clothes or Accessories



Directions:

- Choose what you want to make (skirt, cape, scarf, headband, or bag).
- Measure your doll and wrap fabric around it to check the size.
- Cut fabric to fit, leaving extra space around the edges for stitching.
- Fold over any raw edges to make them neat.
- Thread your needle and tie a knot at the end.
- Sew the edges using a running stitch or whip stitch.
- Add details like buttons, ribbons, or embroidery, if desired.
- Tie off your thread and trim the excess.

Tips:

- Start with simple shapes like rectangles or circles.
- Felt works great because it doesn't fray.
- Test the fit on your doll before sewing everything closed.
- Accessories like scarves or capes are perfect beginner projects.

Simple Tote Bag

Directions:

- Cut two matching rectangles of fabric for the bag body.
- Cut two long strips for handles.
- Place the two large fabric pieces together with the "good sides" facing in.
- Thread your needle and tie a knot at the end.
- Sew along the sides and bottom using a running stitch or back stitch.
- Turn the bag right-side out.
- Fold and sew the edges of the handle strips to make them sturdy.
- Sew one handle to each side of the bag opening.
- Tie off your thread and trim the excess.

Tips:

- Use thicker fabric for a stronger bag.
- A back stitch makes the handles extra secure.
- Decorate the bag before sewing it together for easier stitching.

Step 3

TAKE ACTION

Put your new sewing skills to work by TAKING ACTION in a meaningful way. Sewing isn't just about creating something—it's about helping, sharing, and solving problems. With your new skills, you can repair, create, and give in ways that help people and reduce waste.

Choose at least one activity to complete this step.

Activity 1: Community Care Projects

- Sew comfort items such as small pillows, stuffed hearts, or soft toys.
- Make reusable tote bags for food pantries, libraries, or community events.
- Create pencil pouches or bookmarks for students or classrooms.
- Repair or mend clothing, backpacks, or stuffed animals for friends or family.
- Create "kindness kits" with sewn items and positive notes.

Activity 2: Share What You've Learned

- Show a younger Girl Scout how to thread a needle or sew a stitch.
- Demonstrate sewing skills at a troop meeting or event.
- Create a simple instruction card for a sewing project and share with your community.

All done? CONGRATULATIONS!

You've completed all the necessary steps to earn the Sew Much Fun patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch or order them on the fun patch order form.* A patch may be worn on the back of a vest, sash, or tunic.

*Patch shown may be substituted with similar patch, based on availability.