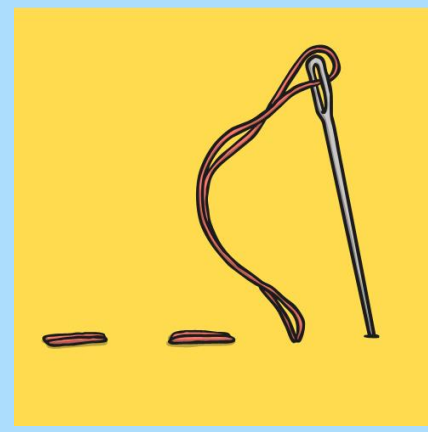
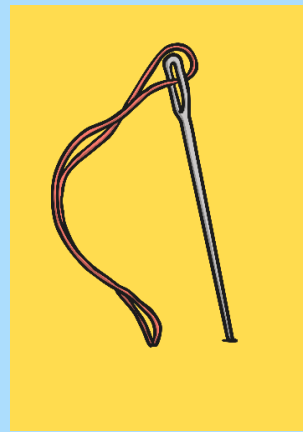
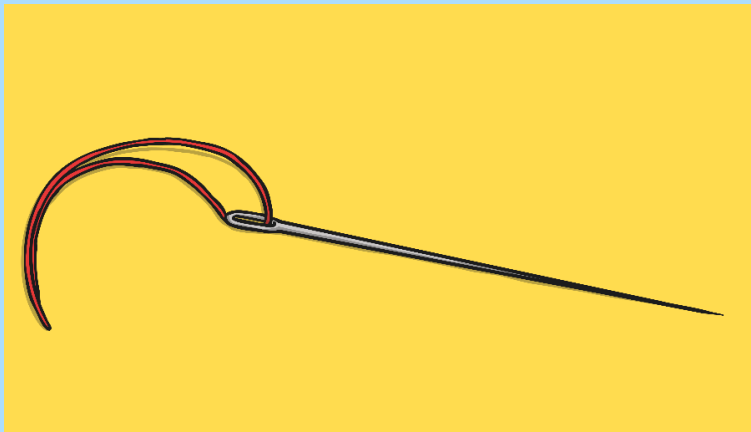


Running Stitch



Aim

- I can use a running stitch to join fabric.

Success Criteria

- I can thread my needle.
- I can start off.
- I can create a running stitch.
- I can finish off.

Sewing Basics

There are two layers of fabric to hold together.

Just like gluing or stapling two pieces of paper together, the thread is going to hold the two fabrics together by going in and out between the layers of fabric.

Each time you go in and out from the front to the back of the fabric, you've created a stitch.



Stitches

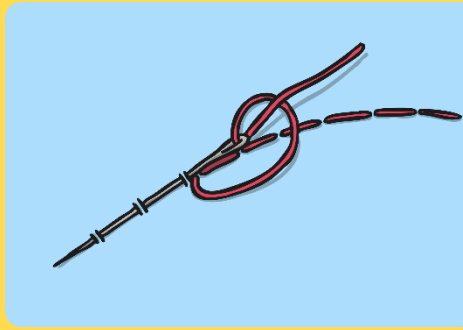


You can decide how tightly the fabric is sewn together by the changing the length of the stitch.

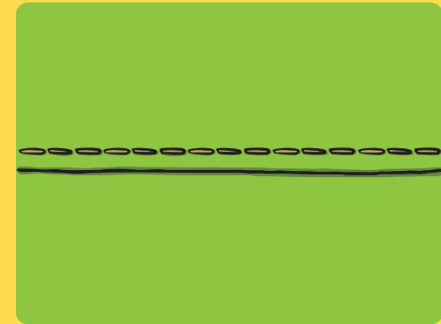
Small stitches make a very tight seam.



Wider or longer stitches are easier to sew but make a looser seam and your fabric is more likely to pull apart.



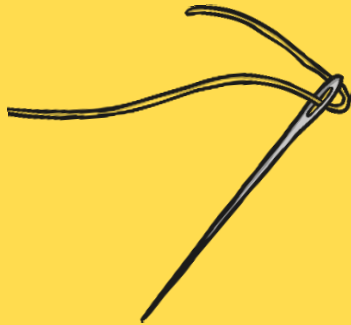
A seam is the line that the thread makes as you stitch in and out.



Joining Fabrics



1. Thread your needle.



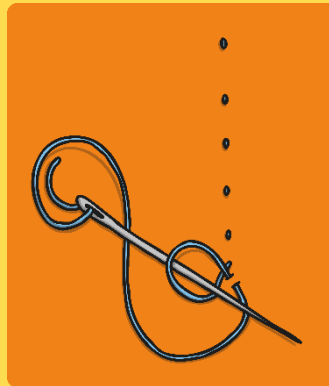
2. Start off by tying a knot at the end of the thread.



3. Complete a line of running stitch.



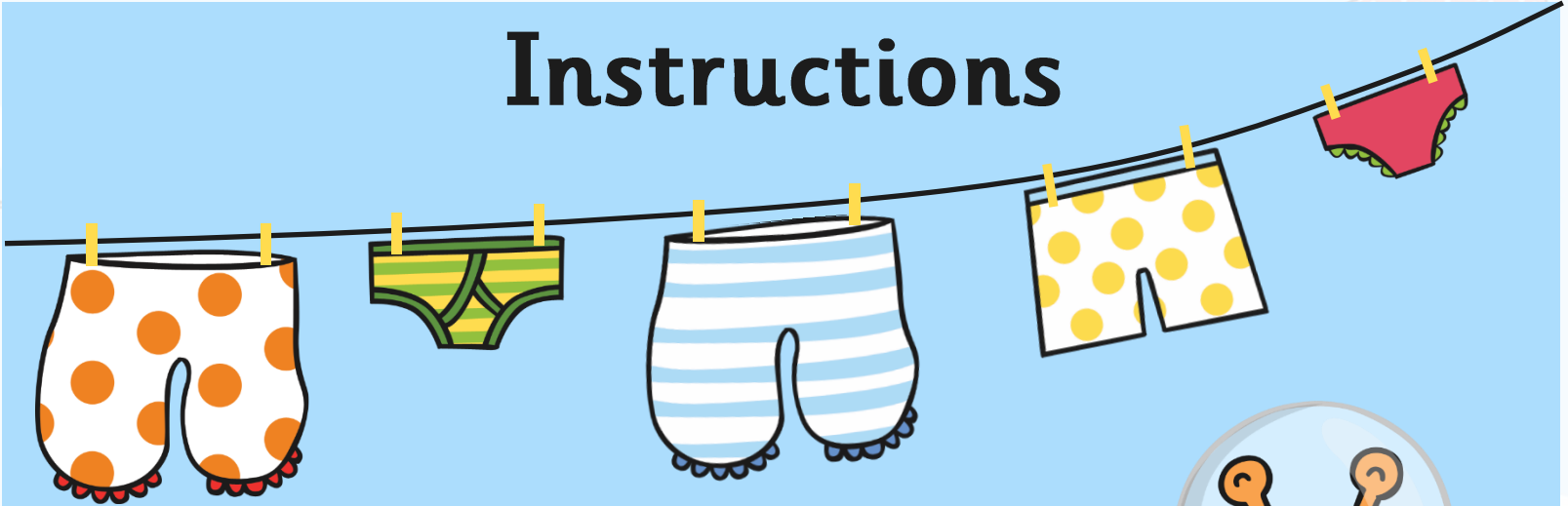
4. To finish off, bring the needle to the wrong side of the fabric and sew a small stitch. As you pull the thread through, pass the needle through the loop to create a knot.



5. Cut off any loose threads.



Instructions



An alien has landed in
your bedroom! He
wants his own socks
and underpants so he
can stop stealing from
the people on Earth!

Please make him
something to
wear!
QUICK!

