

EDUCATOR`S GUIDE – LESSON 9

ELECTIVE CREATIVE FASHION AND TEXTILES

TOPIC: MINI PROJECT: Creating a Fabric Bracelet

Time required: Eight class periods (35 minutes each) -*This project will approximately be carried out over two weeks.*

Competency 2 – Apply basic textiles skills, sewing techniques and creative decoration techniques to make simple textile items.

Purpose of Activities

- The activities will help students to make a fabric bracelet using basic sewing and decoration techniques.

Learning Outcomes:

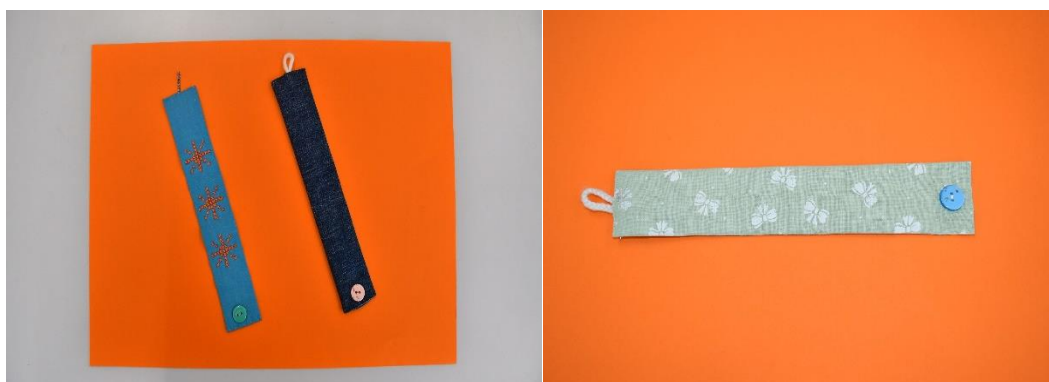
By the end of the lesson, students should be able to:

1. Measure and cut fabric to make a fabric bracelet for self.
2. Make a simple fabric bracelet from scrap fabric using basic sewing stitches.
3. Sew a button to fasten the bracelet.
4. Customise and decorate the fabric bracelet by using simple techniques such as embroidery stitches, braiding, cross stitches.

Teaching Trajectory /Implementation Guidelines

1.Introduction to lesson

- Educators show students a sample of the finished fabric bracelet.





- Briefly explain to students that they will be making their own bracelet during the lesson.
- Inform students that they will use scrap fabric and simple hand sewing stitches learned in lesson 6. Explain that each bracelet will be made to fit their own wrist size.
- Inform students that they can choose their own colours and design to personalise their bracelet.

2. **Explanation**

Educators will explain to the students the various ways the fabric bracelet can be customised by adding a personal touch to it. They can embroider their initials using cross stitches or with simple embroidery stitches learned in lessons 7 and 8.

Braiding and button sewing will be used to help fasten the bracelet. Educators can also use pictures from the internet to encourage the students to be creative in their own way.

Educators will list the materials required to make the fabric bracelet namely:

- Any medium weight scrap fabric 1.5 cm diameter two-hole plastic button.
- 10 cm braided woollen yarn.

Equipment needed: Sewing kit.

Pressing equipment: Ironing board and iron.

Note to Educators: To guide students during the step-by-step procedure and ensure that students apply safety precautions when using sharp tools and the iron.

3. **Demonstration**

Educators demonstrate to students how to measure their wrist:

-Wrap the tape measure just above the wrist bone as in the picture.



-Do not squeeze the tape.

-Read the measurement on the tape measure and note it down.

Note to Educators:

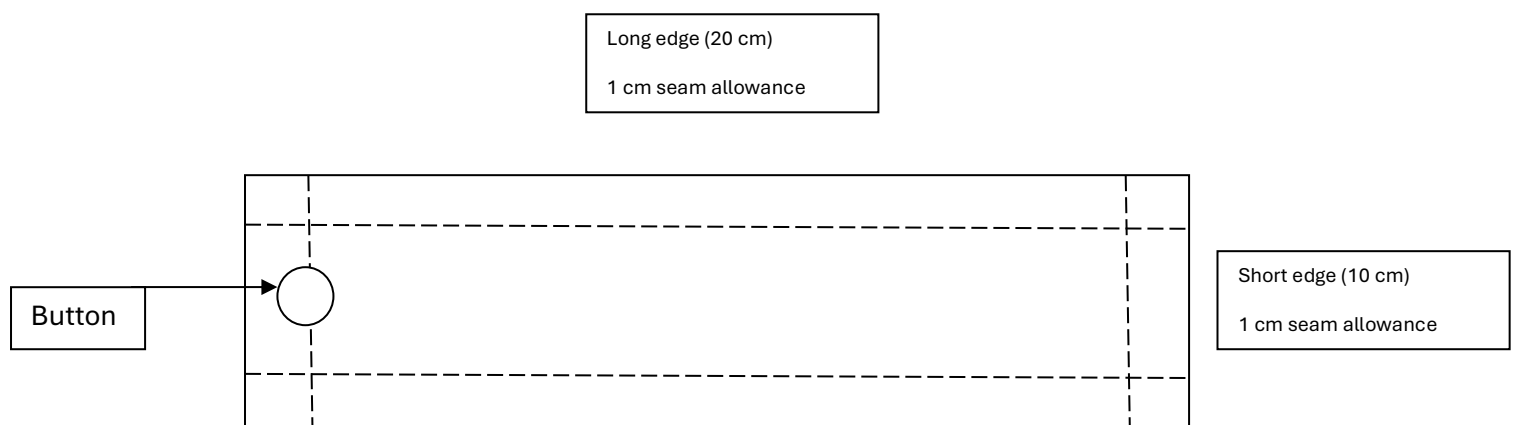
Wrist measurement = length of the fabric bracelet (Long edge).

Width of the bracelet = 10 cm (Short edge).

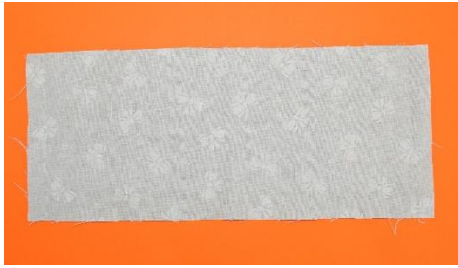
Educators, then, demonstrate and explain the step-by-step procedure to make the fabric bracelet as follows:

Procedure

1. Trace the following measurement on the fabric (20 cm by 10) cm, using tailor's chalk or dressmaker's pencil. A seam allowance of 1 cm is included.



2. Cut out the fabric using fabric scissors.



3. On the wrong side of the fabric, fold and tack 1 cm seam allowance on both short edges.

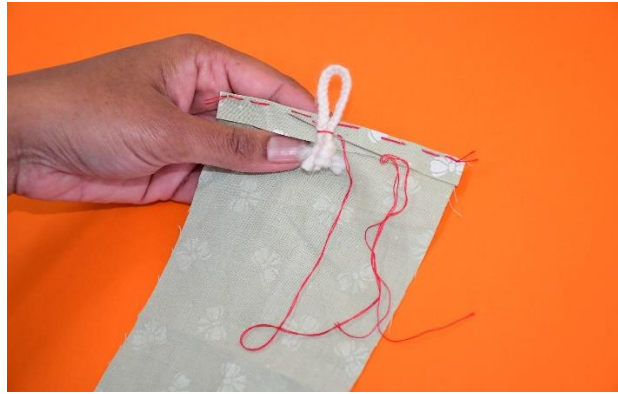


3. Work decorative stitches on the right side of the fabric to customise your fabric bracelet.

An example using cross stitches is shown in the picture:



4. On one of the short edges, place the braided woollen yarn, as illustrated in the picture. Pin and tack in position.



4. With right sides together, fold the fabric lengthwise, holding the right sides, as shown below.



Along the long edge, measure and mark 1 cm from the raw edge. Pin and tack along the marked line.

- Educators explain the meaning of a seam,
- Educators demonstrate how to work out the seam.

5. Stitch the **seam**, using either running stitches or backstitches along the tacked line.

Key words

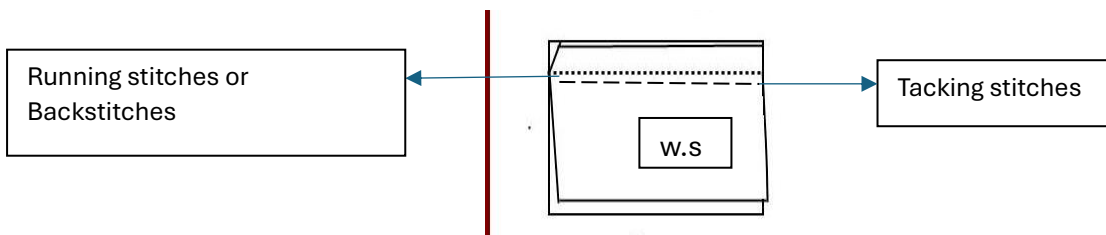
A **seam** is a method of joining together two pieces of material.

Note to Educators:

Working of a plain seam.

- Place two pieces of materials together with right sides facing and join in position.
- Measure 1 cm from the raw edges and tack in position.

- Work running stitches or backstitches just above the tacking line.
- Remove the tacking stitches.

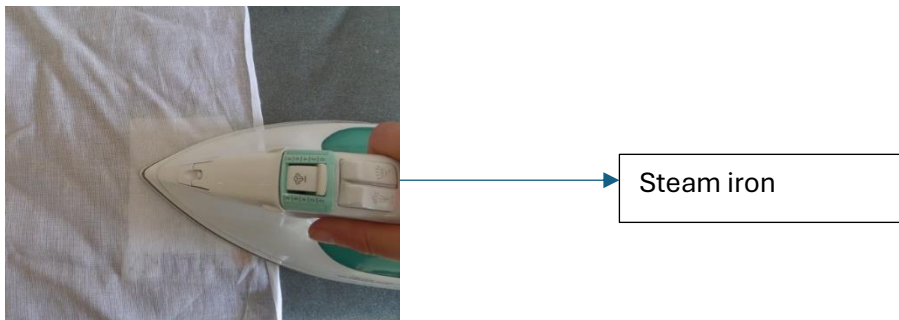


A plain seam is flat and should be well pressed on the right side and wrong side.

Educators put emphasis on pressing and how to carry out pressing of the seam.

Note to educators:

Pressing is applying pressure on the fabric using a steam iron.



Key terms:

The use of a **steam iron** is for the seam to lie flat and to remove creases.

7. Press open the seam using a steam iron.



8. Turn the fabric right side out. Press the bracelet such that the seam falls in the centre, as shown in the picture.



- 10 Close both edges, using running stitches.
- 11 Place the button in position and sew the button.



12. Your hand bracelet is now ready to wear!

