

CREATIVE FASHION & TEXTILES

ELECTIVE



MAURITIUS INSTITUTE OF EDUCATION under the aegis of



MINISTRY OF EDUCATION AND HUMAN RESOURCE



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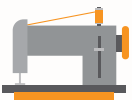
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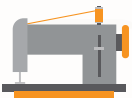
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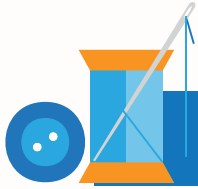
Teacher's Guide



Lesson 5: Sewing tools and pressing equipment



Four class periods (35 minutes each)



ACCESSORIES AND OUTFIT COORDINATION

Competency 2.2:

- Apply safety precautions while using basic sewing tools and equipment.

Purpose of activities:

- The activities will help students learn how to use basic sewing tools and equipment safely.

Learning outcomes:

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

1. Identify basic sewing tools and pressing equipment.
2. Use basic sewing tools safely.
3. Apply safety precautions when using the electric sewing machine and pressing equipment.

Teaching trajectories/Implementation guidelines



Activity 1: Introduction to basic sewing tools and equipment.

Materials needed:

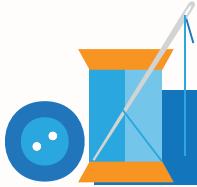
- Needle, pin
- Thimble
- Tailor's chalk
- Measuring tape
- Fabric scissors
- Unpicker
- Electric sewing machine
- Steam iron
- Ironing table



Note to Educator

Tools are small items used to measure, cut and sew fabrics.

Equipment are larger than tools that help to complete tasks more efficiently, such as electric sewing machine, iron and ironing board.



ACCESSORIES AND OUTFIT COORDINATION

1. Introduce the lesson

- Display the sewing tools and pressing equipment.
- State the name of each.
- Demonstrate the use of each.



Activity 2: Safety rules and storage of basic sewing tools and equipment.

Educators are required to explain the following:

- Avoid putting needle and pins in the mouth when sewing.
- Always store needles and pins in a box or pin cushion.
- Avoid running with scissors.
- Keep scissors closed when not in use.
- Always hand over scissors by holding the blades.
- Apply safety measures when using the sewing machine:
 - o Keep fingers away from the needle.
 - o Turn off the machine after use.
 - o Do not use with wet hands.
- Apply safety measures when using the iron:
 - o Keep fingers away from the hot plate.
 - o Always rest the iron in an upright position.
 - o Switch off iron after use.



Activity 3: Using basic sewing tools safely.

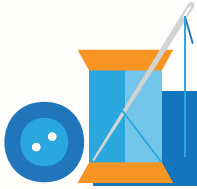
Materials needed:

- Needle, thread
- Measuring tape
- Tailor's chalk/fabric pen
- Scissors
- Calico fabric (50 cm).

Instructions:

Educators are required to:

- a) Demonstrate how to measure and mark the fabric:
 - o Lay out the calico fabric flat on the table.
 - o Use the measuring tape to measure 20cm x 20cm.
 - o Use tailor's chalk/fabric pen to draw a square on the fabric.



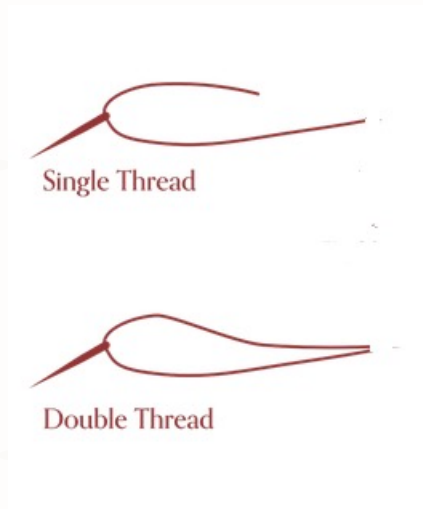
ACCESSORIES AND OUTFIT COORDINATION

b) Demonstrate how to cut the fabric:

- o Use fabric scissors to cut along the marked lines.
- o Remind students to keep fingers away from the blades and not to rush while cutting.

c) Demonstrate how to thread a needle:

- o Show how to single thread a needle.
- o Show how to double thread a needle.



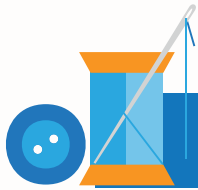
d) Emphasise upon safety during each step.



Note

Use a single thread for sewing lightweight to medium weight fabrics - for neat and decorative stitches.

Use a double thread for heavy weight fabrics, sewing buttons or repairs, and when you need strong, durable stitches.



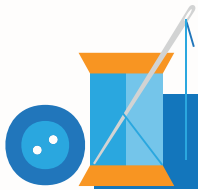
ACCESSORIES AND OUTFIT COORDINATION

Worksheet for Activity 1: Introduction to basic sewing tools and equipment

Match the tool in column A to its corresponding name in column B.

Column A	Column B
	Tailor's chalk
	Fabric scissors
	Unpicker
	Needle
	Measuring tape
	Pins

Note: Allow students to practise writing the words on the whiteboard or in their copybook.



ACCESSORIES AND OUTFIT COORDINATION

Worksheet for Activity 2: Safety rules and storage of basic sewing tools and equipment.

- Guide students to read the sentences below.
- Explain the words from the word bank as required.

Fill in the blanks with the correct words.

scissors

heel

sewing

off

fingers

iron

burn

pin cushion

1. Always store needles and pins in a box or pin cushion.



2. Avoid running with scissors.



3. Turn off the iron after use.



4. We use an iron for ironing clothes.



5. The iron must be kept on its heel when not in use.



6. Be careful when using the hot iron so you do not burn your hand.

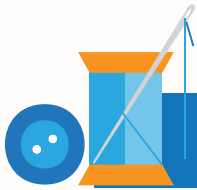


7. Always keep the sewing machine switched off, when not in use.



8. Always keep your fingers away from the needle when using the sewing machine.





ACCESSORIES AND OUTFIT COORDINATION

Worksheet for Activity 3: Using basic sewing tools safely

Perform the following tasks while observing all safety rules.

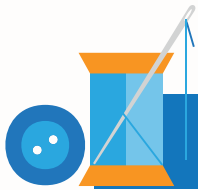
1. Measure and mark the fabric: insert icon measure.

- o Use a measuring tape to measure a square of 20cm x 20cm on your fabric.
- o Use tailor's chalk to draw the square neatly.



2. Cut the fabric:

- o Use fabric scissors to cut along the marked lines.
- o Make sure to cut slowly and safely, keeping fingers away from the blades.



ACCESSORIES AND OUTFIT COORDINATION



3. Thread a needle:

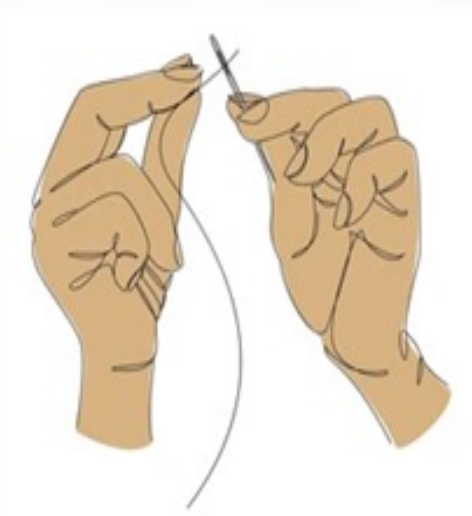
- o Single thread a needle.
- o Double thread a needle.
- o Allow students to try to thread the needle using sewing thread and cotton perlé/ embroidery thread- they will observe that different needles will be required according to the type of thread used.



Single Thread



Double Thread



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