

CREATIVE FASHION & TEXTILES

ELECTIVE



MAURITIUS INSTITUTE OF EDUCATION under the aegis of



MINISTRY OF EDUCATION AND HUMAN RESOURCE



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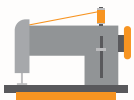
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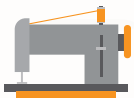
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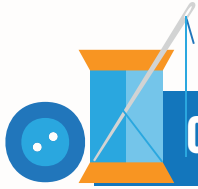
Teacher's Guide



Lesson 8: Fabric Decoration Techniques: Cross stitch, braiding and button application



Four class periods (35 minutes each)



CROSS STITCH, BRAIDING AND BUTTON APPLICATION

Competency 2.6:

- Apply simple fabric decoration techniques such as cross stitch, braiding and sewing buttons.

Purpose of activities:

- The activities will help students develop manipulative skills and express creativity through basic textile decoration techniques.

Learning outcomes:

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

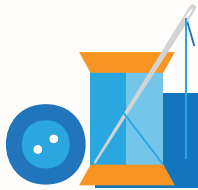
1. Work simple cross stitch designs or patterns on fabric.
2. Braid yarns neatly for decoration purposes.
3. Sew a 2-hole button securely onto fabric.

Teaching trajectories/Implementation guidelines



Introduction to lesson:

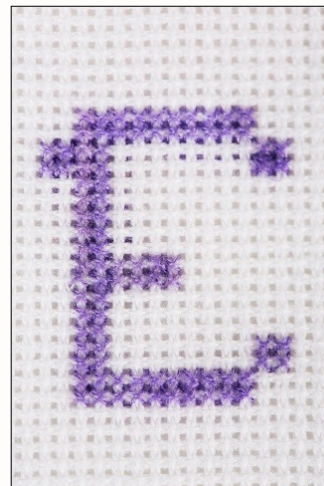
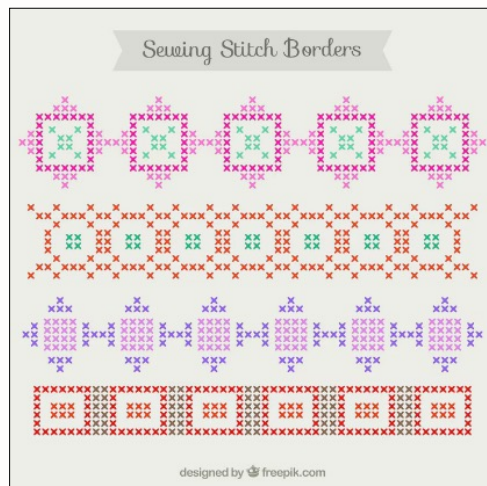
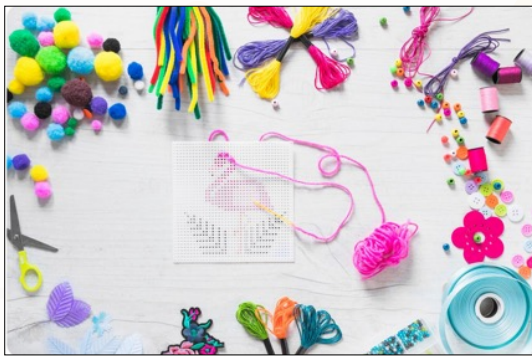
- Educators will recap on embroidery stitches which students practised in Lesson 7. They will also show pictures or samples of cross stitches, braiding and button attachment.
- Questions will be asked to students about how these decorative techniques can be used on garments or textile items.



CROSS STITCH, BRAIDING AND BUTTON APPLICATION

Stitch Fact

Cross stitches are one of the oldest and most popular embroidery stitches. They form an “X” shape and are great for both decorating fabric and adding texture. It is one of the easiest forms of embroidery to learn. Designs can be traditional or modern. People have used cross stitches for centuries in cultural designs, home décor, and have even narrated stories through stitching!





CROSS STITCH, BRAIDING AND BUTTON APPLICATION



Activity 1: Cross stitches

Materials required:

- Embroidery needle
- embroidery thread (cotton perlé, six-stranded thread)
- calico fabric or any other suitable scrap fabric (20cm x 20cm)
- canvas fabric (10cm x 10 cm)
- design or initials template

Instructions for teacher-led demonstration:

- Pin and tack the canvas fabric onto the base fabric (calico or any other suitable fabric).

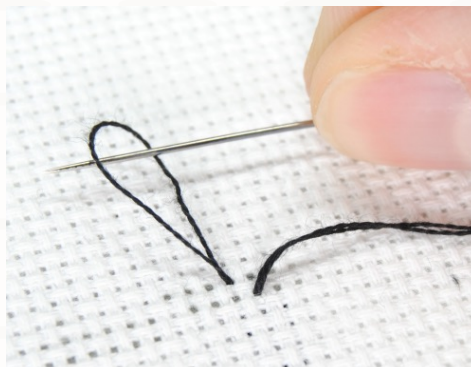


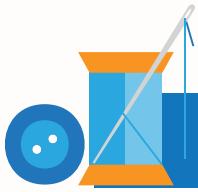
- Work the cross stitches as per instructions below



Note

- Educators should present students with a finished sample of cross stitch to help them see the final appearance of the stitch they will be learning.





CROSS STITCH, BRAIDING AND BUTTON APPLICATION



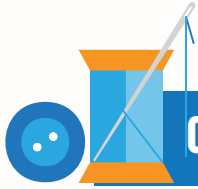
Start as per picture

- a. Make a row of diagonal stitches as shown. Instruct students to use the weaves in the canvas fabric as a guide.



- b. To make the crosses, connect the ends using diagonal stitches, as shown. A vertical row can also be done using the same technique.
c. Stitch until you complete your design. You can also change thread colour.



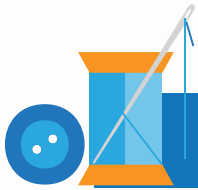


CROSS STITCH, BRAIDING AND BUTTON APPLICATION

- iii. Finish off by weaving the embroidery thread into the stitches on the wrong side of the fabric.
- iv. After completing the design, remove the canvas yarns.



Your canvas design is now ready!



CROSS STITCH, BRAIDING AND BUTTON APPLICATION

Stitch Fact – Braiding

Braiding has been used for centuries in clothing and hairstyling. Braiding is a simple technique where three or more strands of yarns are crossed over each other to make a strong and decorative braid.

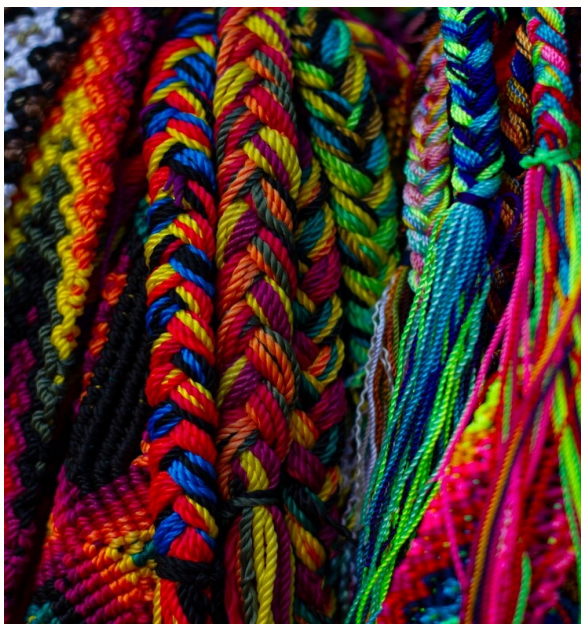
It is often used to make friendship bracelets, bag handles, and hair decorations. Braids can be made with yarn, fabric strips, or even recycled materials! Braids look beautiful and creative when made with colourful yarns, ribbons or cords of different textures!



Hair braiding



Braided yarn



Braiding bracelets with yarns



Creative braiding



CROSS STITCH, BRAIDING AND BUTTON APPLICATION



Activity 2: Yarn braiding

Materials required:

- Woollen yarn of 3 different colours (50 cm each)
- Scissors

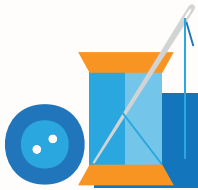
Educators are required to demonstrate how to do braiding:

i. Cut three equal lengths of woollen yarn in different colours.



ii. Tie a knot at the top end of the strands. Divide them per colour.





CROSS STITCH, BRAIDING AND BUTTON APPLICATION

iii. Braid the yarns as shown below



v. When completed, tie a knot at the bottom edge of the braid to avoid fraying.





CROSS STITCH, BRAIDING AND BUTTON APPLICATION

Tips: Students can experiment with a mix of scrap fabrics, ribbons, yarns, strings or trimmings.



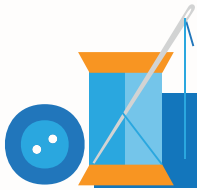
Stitch Fact – Button Sewing

Buttons are used to fasten clothes and can also be added to decorate garments or textile items.

Buttons have been around for over 4,000 years. They were made from wood, shells, and bones. However, people only started using them to fasten clothes in the 1200s!

Learning to sew a button helps you to mend clothes and make them last longer.





CROSS STITCH, BRAIDING AND BUTTON APPLICATION

Activity 3: Sewing a button.

Materials required:

- One 2cm plastic button (2 holes)
- two pieces of calico fabric (15cm x 15cm)
- dressmaker's pins
- fabric pencil/pen
- sewing needle
- thread.



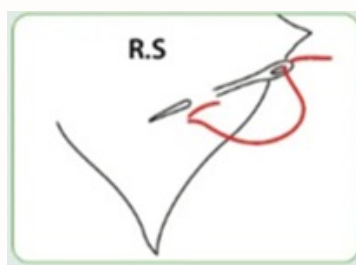
R.S- Right Side of fabric

W.S- Wrong Side of fabric

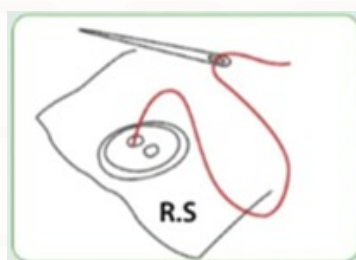
Instructions:

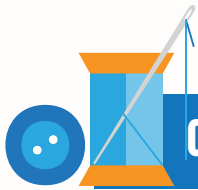
Educators are required to demonstrate how to sew a button on a fabric or garment.

1. Pin the two pieces of fabric W.S facing each other.
2. Place the button on the fabric and mark the two holes on the fabric.
 - i. Start with a double backstitch on one of the holes.



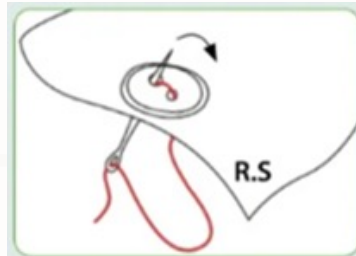
- ii. Bring the needle through one hole of the button and pull tightly.





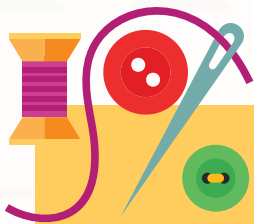
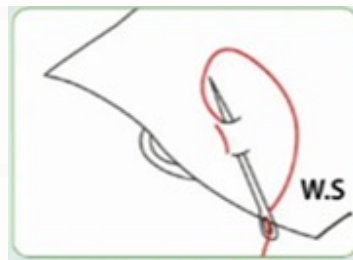
CROSS STITCH, BRAIDING AND BUTTON APPLICATION

iii. Next, bring the needle down through the second hole of the button and the fabric.



iv. Repeat the process 2 to 3 times to secure the button in position.

v. Finish with a double backstitch on the wrong side of the fabric.



SAFETY!

Educators to monitor students while sewing.

Remind students to:

- Use about 50 cm length of sewing thread.
- Beware when pulling the thread and not to hurt their friends.

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