

### ***Hand Sewing: Skills and Stitches Checklist***

- Measure the thread length. ( 18 inches, to prevent thread knotting)
- Thread needle.
- Make tails even.
- Tie a small knot.
- Secure hand stitches with a lock stitch.
- Running stitch – for joining, gathering, basting, or decorating.
- Overcast stitch – for joining, decorating, or preventing fraying.
- Backstitch – for constructing or repairing seams. (strongest hand stitch)

### ***Sewing Rules to Remember***

- ❖ Listen well and follow directions.
- ❖ Be careful and neat.
- ❖ Respect, but don't be afraid of your sharp tools.
- ❖ Hand sewing sometimes needs a little spit. 😊
- ❖ Edges matching when attaching.
- ❖ Hide your knots.
- ❖ Save enough thread to lock stitches tight.
- ❖ Put away your needle and every pin.
- ❖ Try to do your own work.
- ❖ Finish what you start.
- ❖ Share what you learn.