

Script for leaders

Follow along with the video session for
'Patch it up'.



Explain what you're doing today, give everyone a bit of background information, and make sure they have what they need. You could say something like:

In this activity, we're going to put our sewing skills to the test and repair a tear in something we wear by sewing a patch onto an item of clothing.

To patch it up, you'll need some old clothing that needs repairing (or something you'd like to sew a badge or patch onto). You'll also need some fabric, scissors, pins, and a needle and thread. It's up to you whether you choose fabric that goes with what you're repairing or whether you make it clash on purpose.

Talk everyone through getting their garment ready and cutting their fabric to the right size. You could say something like:

First things first, use your scissors to cut away any frayed ends and neaten up the fabric around the hole. You could even make the hole a different size or shape if you want to.

Take your fabric and cut a piece big enough to cover the hole. You'll need about an extra centimetre all the way around so you can sew it on.

Explain that everyone should pin their fabric in place. You could say something like:

Put the fabric inside your piece of clothing, underneath the hole. Check that it covers the hole without leaving any gaps, then pin it in place.

Tell everyone how to use a running stitch (or another stitch of their choice) to sew their patch on.

You could say something like:

Choose your colour of thread, and sew the patch on. The person in the video is using a running stitch. She's pushing the needle up through both pieces of fabric, then down through both pieces of fabric, over and over again. She's trying to keep the size of her stitches nice and even so it looks neat at the end.

If you're feeling confident, you could research other stitches: a pick stitch won't show up as much, while a slip stitch will create a hem.

Explain how to finish off by tying a knot in the thread and removing the pins. You could say something like:

Once you've stitched on your patch, tie a knot in the end of the thread and cut off any extra. Carefully take out your pins and hold your item up to see how it looks.

Help everyone reflect on what they've learned. You'll find some tips on the activity page.