



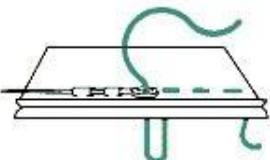
# Sewing

- Key Facts:**
1. There are two different ways you can sew either by hand or by using a sewing machine.
  2. You need one needle and one piece of cotton or thread to start sewing.
  3. There are different types of stitches, which are good for different things.
  4. The easiest stitch to use is the running stitch.
  5. It is best to use sewing scissors whilst sewing as they are slightly sharper and will cut through material better and neater.

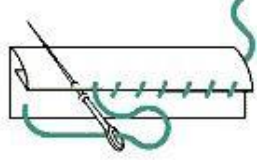
**Key vocabulary:**

Needle	A thin metal object in which thread or cotton is used with to sew
Pin	A thin metal sharp object used to secure objects in place when sewing
Stitch	A single turn or loop made by the needle and thread
Cotton/Thread	A thin material used to sew
Eye	Part of the needle where there is an opening for the cotton
Thread the needle	When the material is put through the eye of the needle ready to sew


**Different stitches:**




running stitch



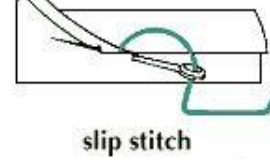
hemming stitch



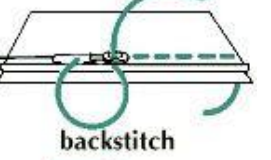
basting stitch




catch stitch




slip stitch



backstitch



overcast stitch



invisible stitch

Have you used any of these stitches before?

Challenge yourself to use as many of these stitches as you can!

