

Lesson Plan: Quilting at Home

GRADES

3rd–5th grade
Adaptable to all grade levels

SUBJECT

Art, Mathematics and History

DURATION

10–20 minute sessions x 4 Lessons

LESSON SYNOPSIS

Learn the basics of sewing while being introduced to the art of quilting. Students will learn how to sew a running stitch and whipstitch and how to tie off these stitches as they create their own unique Four Patch quilt. Get inspired by Mingei International Museum's collection of quilts from all over the world. Learn to apply fundamentals of sewing in an online setting.

MUSEUM CONNECTION

Quilts from Mingei International Museum's permanent collection can be found here: www.mingei.org/collections.

LEARNING OBJECTIVES

Students will:

- Learn about the quilting tradition and history.
- Learn about sewing and quilting techniques.
- Make their own Four Square Quilt Block.
- Connect through literacy to quilting history and lore.
- Learn about tool and machine safety.
- **Sewing can be dangerous please be sure to go over all safety and emergency procedures with students for each tool and machine introduced.**

MATERIALS

- Sewing needles
- Fabric or felt
- Thread
- Scissors
- Pincushions
- Binder clips, paper clips or pins
- Needle threader
- Sewing machines (optional)

VOCABULARY

Quilt: A multi-layered textile, traditionally composed of three layers of fiber: a woven cloth top, a layer of batting or wadding, and a woven back, combined using the technique of quilting, the process of sewing the three layers together.

Sew: To join, fasten or repair by making stitches with a needle and thread or sewing machine.

Needle: A very fine slender piece of metal with a point at one end and an eye for thread at the other.

Fabric: Cloth produced by weaving or knitting textile fibers.

Thread: A long strand of cotton, nylon or other fiber used in sewing or weaving.

Knot: A fastening made by tying a piece of string, rope or something similar.

Running Stitch: A simple needlework stitch consisting of even stitches that run in and out.

Whipstitch: An overcast stitch, commonly used to bind two or more fabrics together.

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PROCEDURES

Pre-Class Prep

Cut Four Patch Fabric:

Measure fabrics and backing into 4" x 4" squares. (One quilt block is 8" x 8", but this may vary depending on the size of your finished quilt.)

Skills taught in four class sessions:

Intro to Sewing/Sewing a Pocket, Sewing a Four Patch, Finishing a Quilt, Sewing Challenges and Literacy Connection.

DAY 1

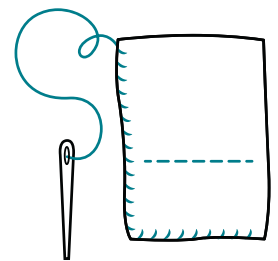
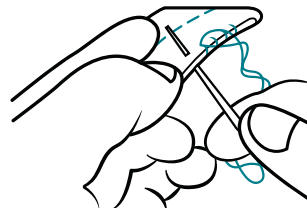
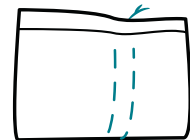
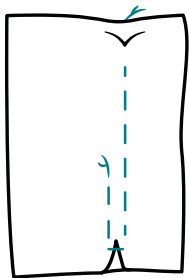
Introduction

Introduce sewing techniques and sew together a pocket. Students will practice sewing on felt squares as they learn the fundamentals.

Sewing diagrams, videos and resources can be found here: <http://mingei.org/learn/outreachathome>.

1. Start by threading needle and tying a knot.
2. Learn *running stitch* and *tying off*.
3. Learn *whipstitch* and make a pocket by folding felt over.
4. Clean up and reflect.

How To: Sew a Pocket



1. Fold in half.

2. Sew together two sides.

3. Leave one side open.

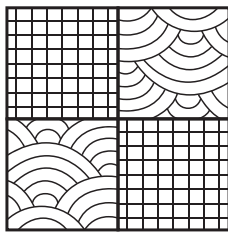
Tips:

- Start with 1 arm-length of thread until you get better, then use 2 arm-lengths.
- Watch the sewing videos and follow along. Leave space for failure and frustration.
- Be patient, Day 1 is slow going.

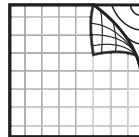
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DAY 2
Review all you learned in Day 1. Have the students mime the motions for *running stitch*, *whipstitch* and *messy knot* as you go through each slide on the powerpoint. Start by having students thread their needles and practice sewing on a spare piece of felt.

How To: Sew a Four Patch Quilt



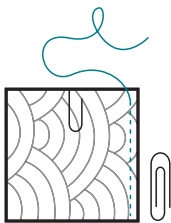
1. Pick four fabric squares for your Four Patch.



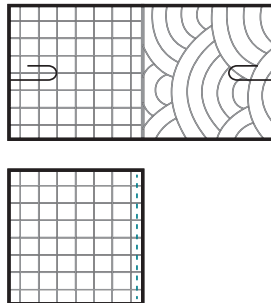
2. Stack them with the designed sides facing in.



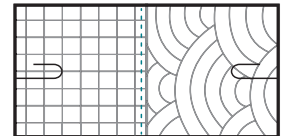
3. Clip together.



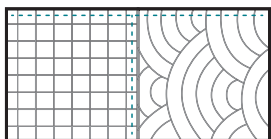
4. Sew together the fabric, along one joining edge.



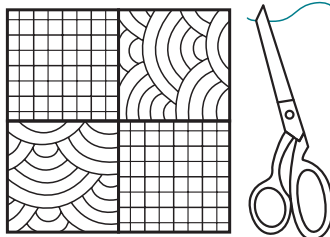
5. Open.



6. Like steps 2 and 3: Stack the fabric, designed sides facing in, then clip together.



7. Sew long edge together.



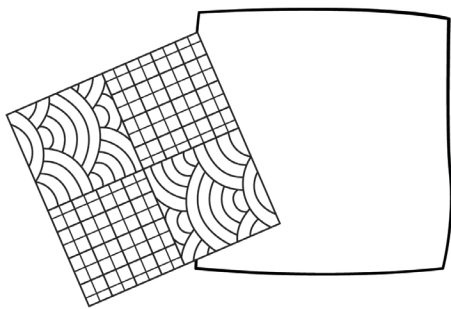
8. You made a Four Patch!

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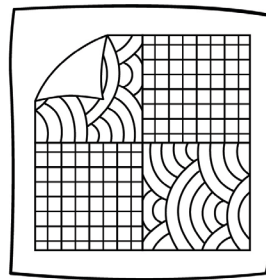
DAY 3

Review basic techniques. Finish quilt by sewing on a backing.

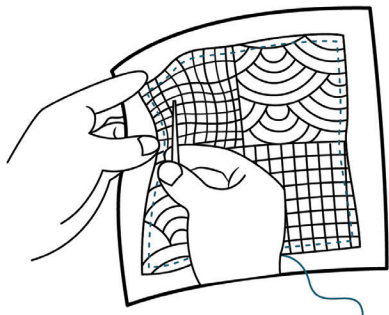
How To: Back a Quilt



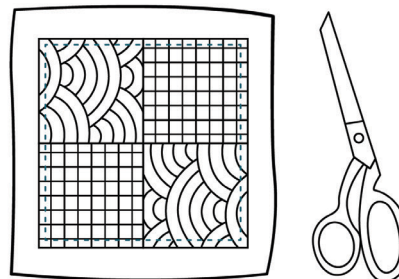
1. Gather your materials.



2. Center the quilt on the backing.



3. Sew together around all sides.



4. Tie off and you are done!

DAY 4

Reflect on skills, create your own sewing projects and read some quilting stories.

Literacy Connections:

The Keeping Quilt by Patricia Polacco

Additional Resources:

Interview with Patricia Polacco and the original Keeping Quilt

<https://www.youtube.com/watch?v=HkRkWoneKgY>

The Patchwork Path: A Quilt Map to Freedom by Bettye Stroud

Resources:

<http://mingei.org/learn/outreachathome>

Mingei International Museum

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STANDARDS:

National Core Arts Standards:

3rd Grade:

VA:Cr1.1.3a, VA:Cr1.2.3a, VA:Cr2.1.3a, VA:Cr2.2.3a

4th Grade:

VA:Cr1.1.4a, VA:Cr1.2.4a, VA:Cr2.1.4a, VA:Cr2.2.4a, VA:Cn10.1.4a

5th grade:

VA:Cr1.1.5a, VA:Cr2.1.5a, VA:Cr2.2.5a, VA:Cr2.3.5a, VA:Cr3.1.5a, VA:Cn11.1.5a

6th Grade:

VA:Cr2.1.6a, VA:Re.7.1.6a, VA:Cn11.1.6a

7th Grade:

VA:Cr1.1.7a, VA:Cr1.2.7a, VA:Cr2.1.7a, VA:Cr3.1.7a, VA:Cn11.1.7a

8th Grade:

VA:Cr2.1.8a

HS Proficient:

VA:Cr1.1.Ia, VA:Cr2.1.Ia

HS Accomplished:

VA:Cr2.1.IIa

HS Advanced:

VA:Cr2.2.IIIa

Common Core:

3rd Grade:

CCSS.ELA-LITERACY.RI.3.7