## Doodle Lou's

# My First Sewing Cards

## www.steampoweredpoetry.com

#### **Materials Needed:**

- Sewing cards on pages 2, 3 & 4 printed in color on white card stock
- Clear contact paper or lamination supplies
- Scissors
- 1/4" Hole punch
- 36" Shoe laces (One lace for each card)
- A plastic bag for storage.

### **Directions:**

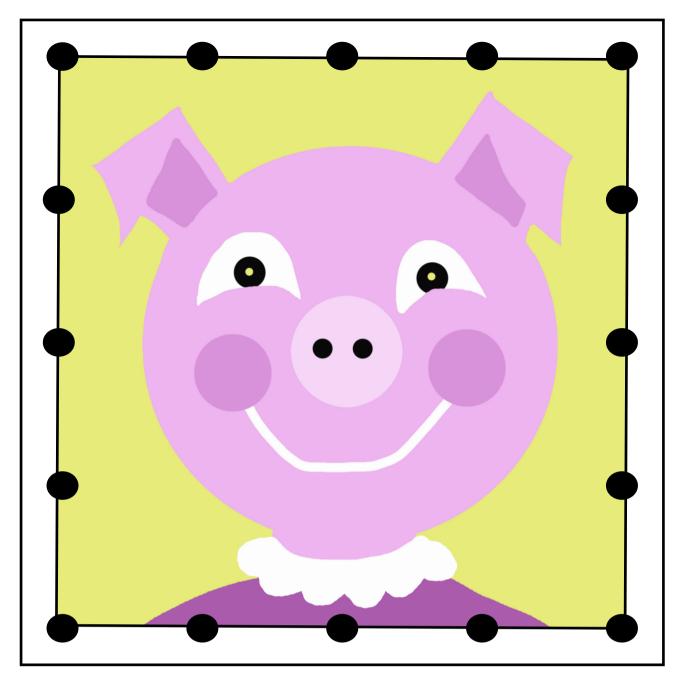
- 1. Print sewing cards (on pages 2,3 & 4) from this document in color on white card stock.
- 2. Cut out the cards (leaving the small white border around each one).
- 3. Laminate, or cover both sides of each card with clear contact paper.
- 4. Trim the contact paper, or lamination, leaving a 1/4" border.
- 5. Poke holes with a 1/4" hole punch as indicated.
- 6. Use the bootlace aglet, like a needle, to demonstrate either a RUNNING STITCH\* or an OVERCAST STITCH\*\*.
- 7. Store the sewing cards and shoelaces out of the reach of infants when not in use.



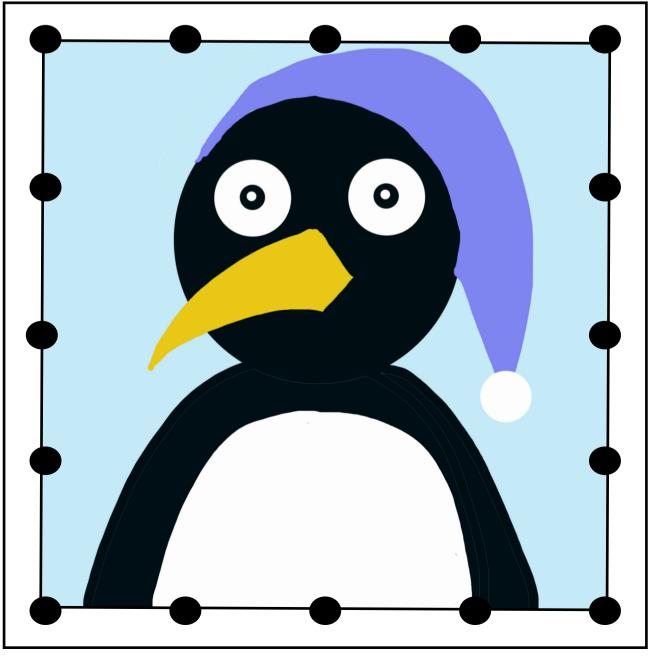
\*A **RUNNING STITCH** starts from the back of the card and you bring the lace up, then go back down at the next hole. The stitch alternates between pulling up and poking down.



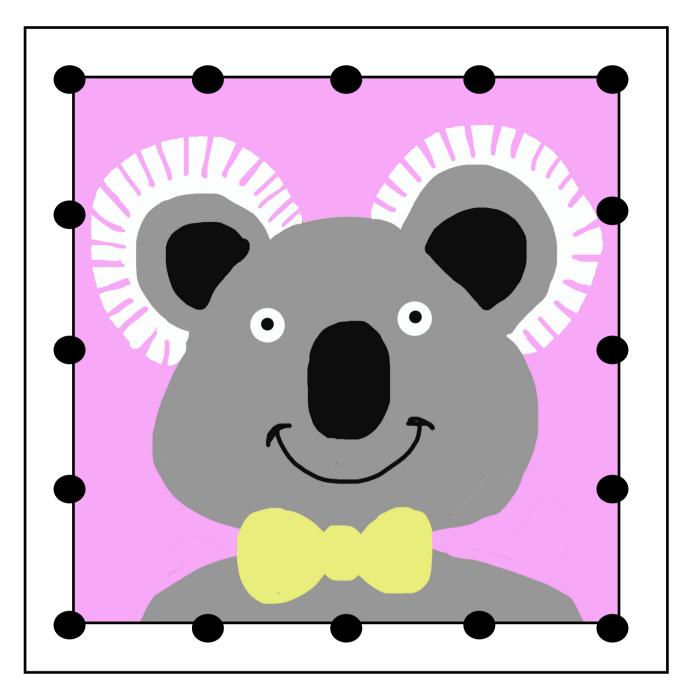
\*\*An **OVERCAST STITCH**starts from the back of the card and wraps around the edge of the card with each stitch. Also called a "whip stitch".

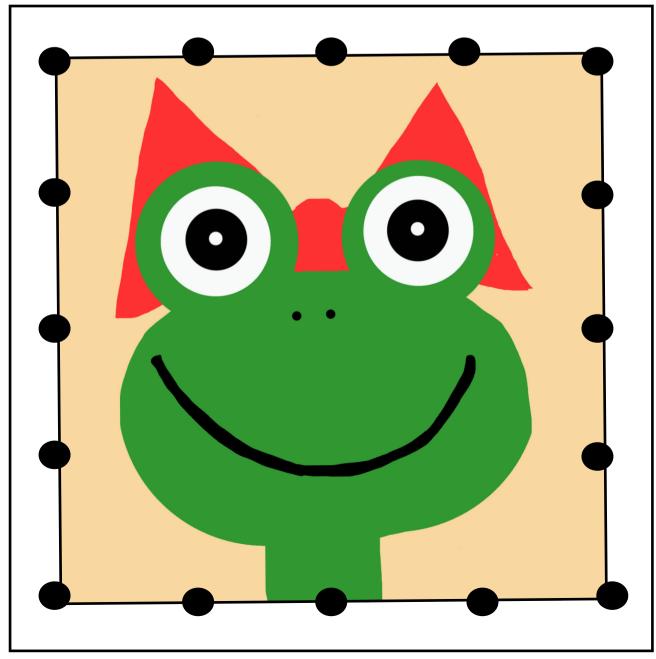


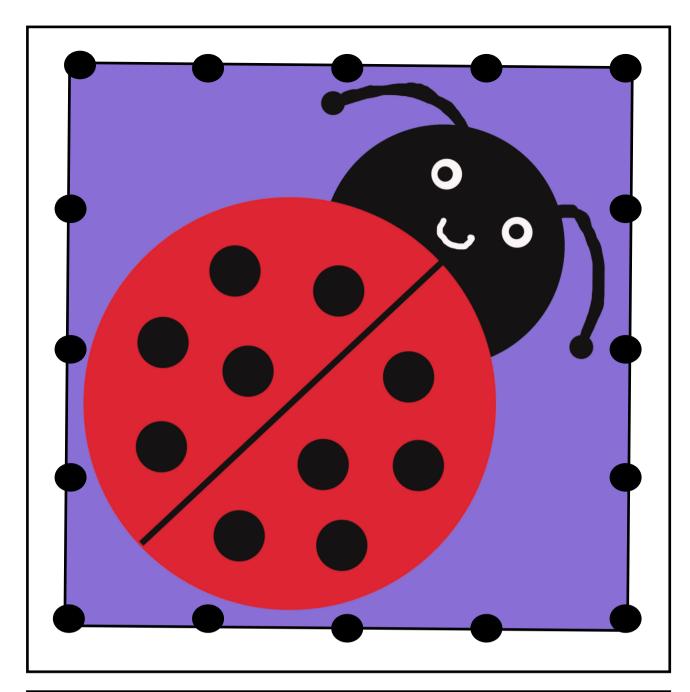
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