

My First Sewing Cards

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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".

Sewing cards on next three pages.





