

Embroidery and stitching club

Sessions overview

Week 1: Introduction to Sewing & Simple Stitches

Theme: Getting Started

Focus:

- Safety (using plastic or blunt needles)
- Threading a needle
- Basic stitch: **Running stitch**

Activity:

- Create a **simple stitched pattern** on fabric or card (pre-punched for younger pupils)

Skills Developed:

- Hand-eye coordination
- Fine motor control
- Focus and patience

Creative Element:

- Choose thread colours and create simple patterns (lines, zig-zags)

Week 2: Exploring Stitches

Theme: Building Skills

Focus:

- Learn 2–3 new stitches:
 - Back stitch
 - Cross stitch
 - Whip stitch (simplified)

Activity:

- Create a “**stitch sampler**” showing each stitch type

Skills Developed:

- Technique variation
- Pattern recognition

Creative Element:

- Turn sampler into a colourful mini artwork

Week 3: Shapes & Pictures with Stitching

Theme: Creative Design

Focus:

- Using stitches to form shapes and simple images

Activity:

- Stitch:
 - Hearts, stars, flowers, or simple animals
 - Pre-drawn templates for guidance

Skills Developed:

- Planning designs
- Translating drawings into stitches

Creative Element:

- Design their own stitched picture

Week 4: Decorative Embroidery

Theme: Adding Detail

Focus:

- Combining stitches for decoration
- Adding embellishments (buttons, felt shapes, safe beads if appropriate)

Activity:

- Create a **decorative fabric square or patch**

Skills Developed:

- Creativity
- Attention to detail

Creative Element:

- “Design your own patch” (e.g. badge, mini artwork)

Week 5: Mini Project Creation

Theme: Applying Skills

Focus:

- Using learned stitches to create a finished item

Activity (choose one):

- Bookmark
- Small pouch (pre-cut, simple stitching)
- Decorative hanging

Skills Developed:

- Following a process

- Independence

Creative Element:

- Personalise with initials or symbols

Week 6: Showcase & Celebration

Theme: Sharing & Reflecting

Focus:

- Presenting finished work

Activity:

- Students:
 - Complete final touches
 - Display their creations

Final Event:

- “Stitching Showcase”
 - Categories:
 - Most creative
 - Best stitching technique
 - Most colourful

Skills Developed:

- Confidence
- Communication
- Reflection