



Sewing Practice Sheets

PRINTABLES



By Life Is Beautiful Photography

A top-down photograph of various sewing tools including a pair of scissors, several pins, a needle, and a small piece of blue fabric, arranged around a central dark grey semi-circular overlay.

WELCOME TO THE SEW SUPER!



Junior Stitching Academy

LET'S GET STITCHING, ONE LOOP AT A TIME!



The Golden Rules of Sewing

(READ WITH AN ADULT)

1

THE "SAFE SPOT"

Always rest your needle in your pincushion or felt square when not in use. Never on the table or chair!

2

SHARP END DOWN

When walking with scissors, hold the closed blades in your hand pointing down.

3

THIMBLE POWER

If pushing the needle is hard, ask for a thimble to protect your thumb!

4

SLOW & STEADY

Sewing isn't a race. Take your time to make beautiful stitches.



Stitch Street

(STRAIGHT LINES)

LEVEL
01



GOAL

Mastering the basic running stitch (up and down motion) in a straight line.



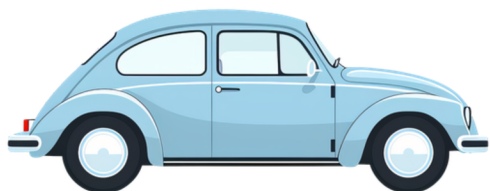
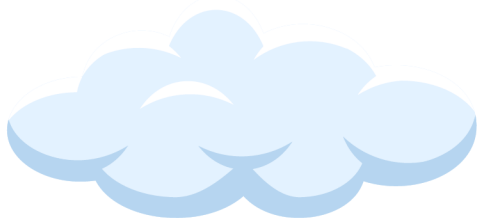
TEACHER'S TIP

Imagine your needle is a little dolphin jumping out of the water (up!) and diving back in (down!). Try to keep your jumps the same size.



INSTRUCTIONS

Help the cars get to the finish line by stitching along the road markings!



The Zig-Zag Zoo

(CORNERS)

LEVEL
02



GOAL

Learning to pivot.
Turning sharp
corners without
losing the spot.



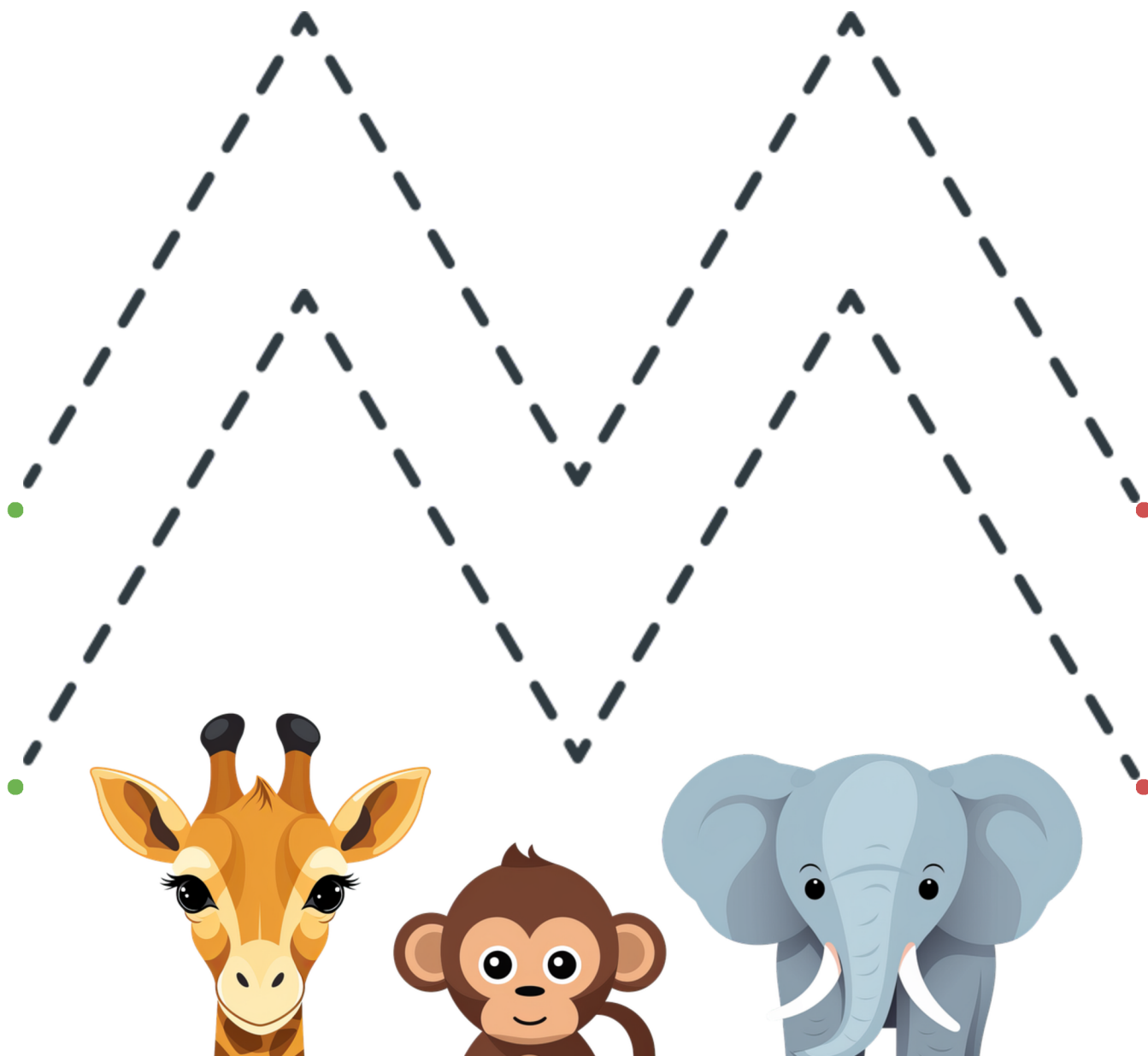
TEACHER'S TIP

The Pivot! When you reach a sharp corner, leave your needle down in the paper, lift the presser foot (if using a machine) or just turn the paper, then keep stitching. This makes a perfect pointy corner!



INSTRUCTIONS

Follow the zig-zag path to visit the animals. Don't cut corners!



The Wavy Ocean

(CURVES)

LEVEL
03



GOAL

Gentle hand control to follow curved lines.



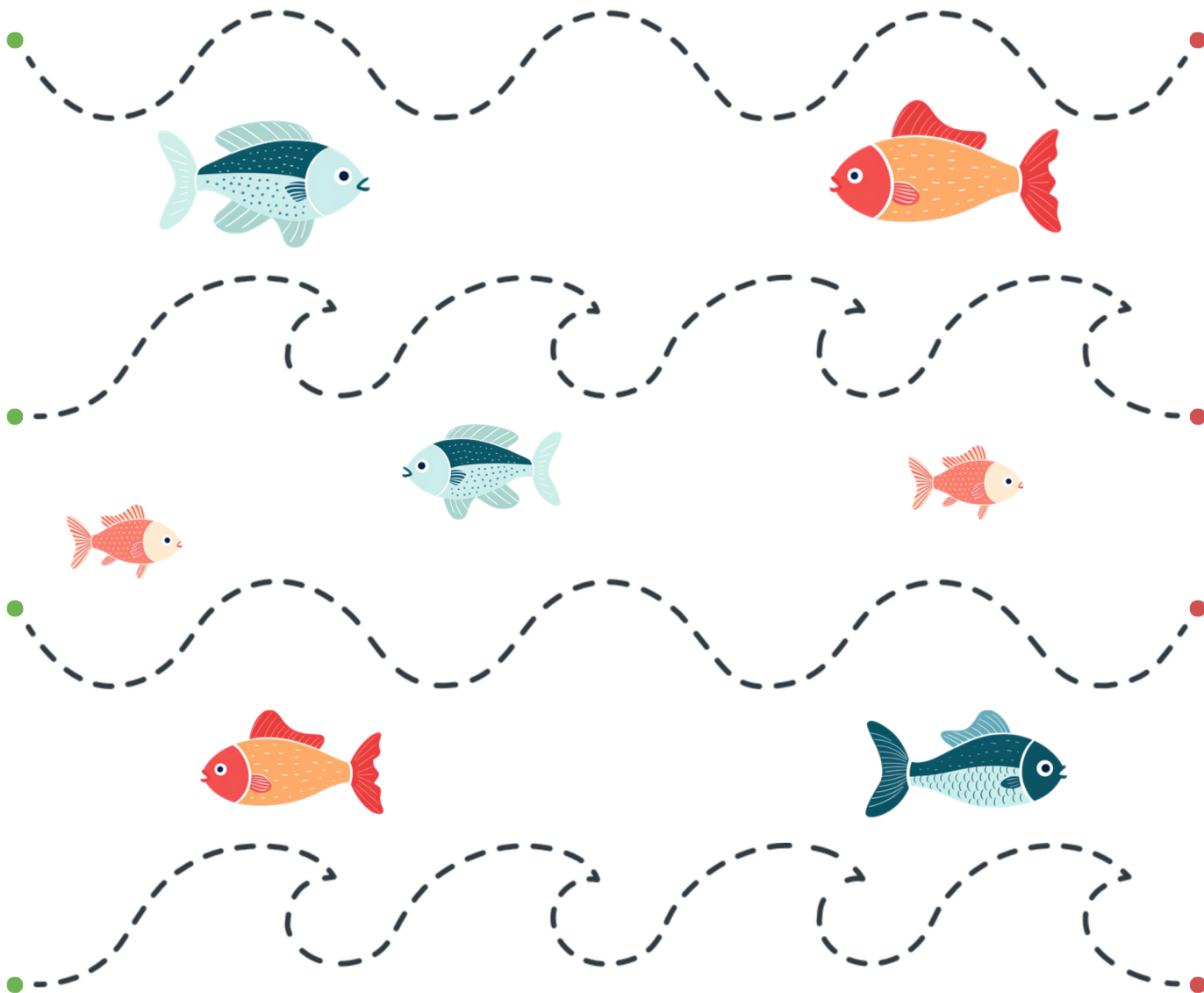
TEACHER'S TIP

Curves are tricky! The secret is taking smaller stitches. Little stitches make smoother curves than big ones.



INSTRUCTIONS

Help the fish swim over the waves. Keep your stitches right on the water line!



Sew-a-Shape Safari

(PUTTING IT TOGETHER)

LEVEL
04



GOAL

Combining straight lines, corners, and curves to create recognizable objects.



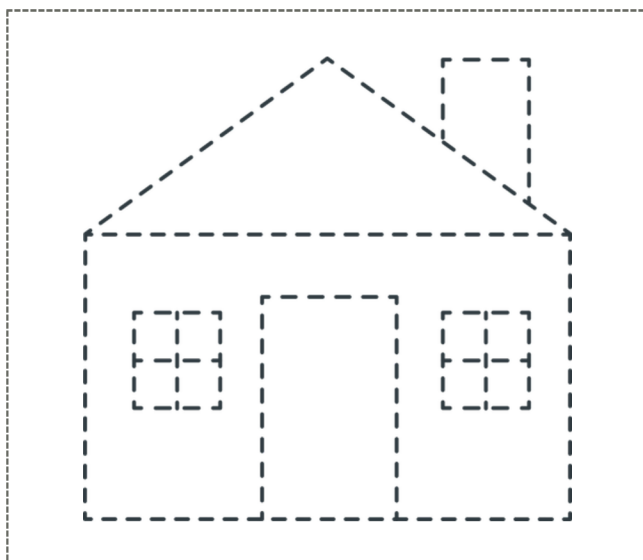
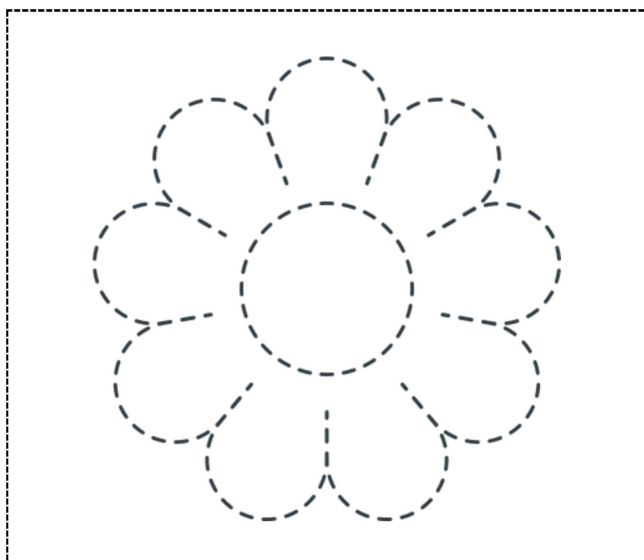
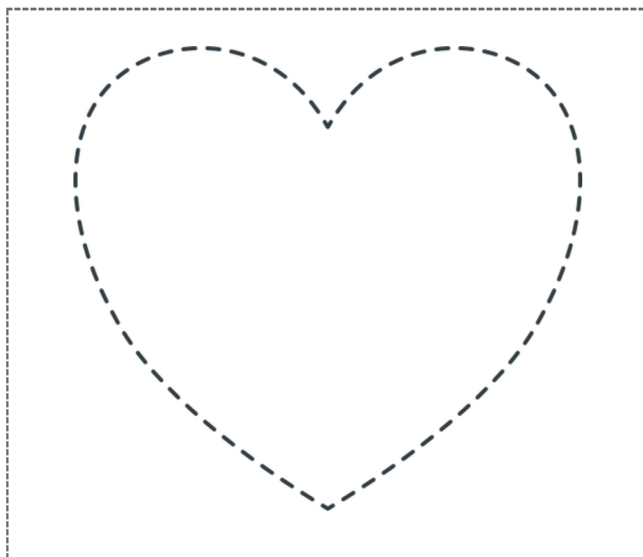
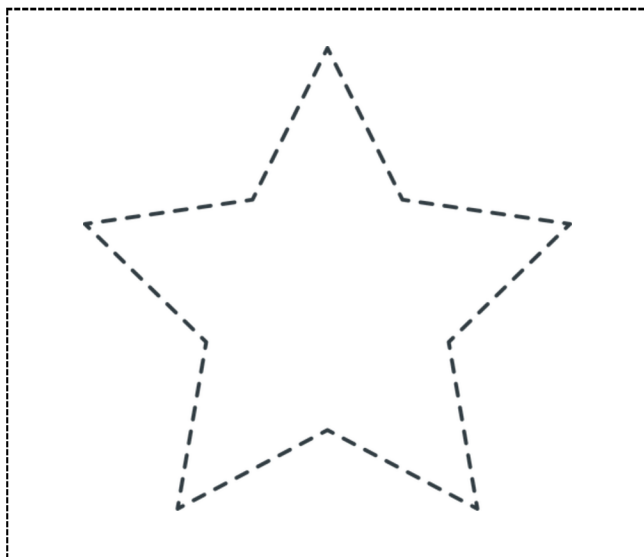
TEACHER'S TIP

You are ready! Take a deep breath. Look at the whole shape before you start so you know where you are going. You can do this!



INSTRUCTIONS

Stitch the outline of these shapes to reveal the pictures!





CERTIFICATE OF
*Awesome*ness

THIS CERTIFIES THAT

HAS OFFICIALLY COMPLETED THE JUNIOR
STITCHING ACADEMY BASICS!

THEY HAVE MASTERED STRAIGHT LINES,
CONQUERED CORNERS, AND CRUISED THROUGH
CURVES. THEY ARE READY FOR REAL FABRIC!



SIGNED BY

DATE