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|  | Monday |  |
| 8am - 9am or  12pm - 1pm | BEFORE CAMP - EACH DAY   1. Set the studio up following Covid guidelines (open windows, turn on fans, turn on air purifier, adjust AC 2. Thread machines 3. Make sure bobbins are full and that you have extra pre-wound bobbins 4. Have all of the materials and supplies for the day ready 5. Have coloring sheets and markers out 6. Have large post-it ready for “Studio Rules” 7. Unlock bathroom(s) | |
| 9am - 9.15am or  1.00pm - 1.15pm | WELCOME - EACH DAY   1. Meet ‘n’ Greet - Campers enter studio and:    * Sanitize hands    * Put water and phones (and anything else) in designated area 2. Welcome Meeting    * Monday -      1. Share “My name is…and I learned to sew at/when…”      2. Go around the room asking everyone to share where they learned to sew or if they have never sewn before what they are most looking forward to at camp.    * Tuesday - Friday - share a fun fact about you and go round the room asking everyone to share their fun fact (examples are favorite movie, name of pet, favorite hobby etc) 3. Goals for the week -   ● To learn how to machine sew and hand sew  ● To make a felt pouch, a pair of pajama shorts, t-shirt, keychain, friendship bracelets and craft activities  ● To make new friends  ● To have a fun camp experience  Goals for today -  ● To learn how to use a sewing machine  ● To make a felt pouch  ● Select pajama fabric  ● Sketch designs for pajamas and t-shirt   1. Classroom Rules - Use large post-it and Sharpie.    * Kids should come up with the rules and if they miss one out give them hints. This is a “living” document which can be added to during camp. It should be displayed on the wall during each camp so it can be referred back to if necessary.    * Each of the following topics should be covered:      1. Safety (general studio safety (not sewing machine safety as this will come later)      2. Be kind (specifically - be positive about other campers’ work)      3. Be patient      4. Be respectful of other people’s property      5. Stay in seats unless asked to move around the studio      6. No inappropriate language      7. Don’t touch anything else in the studio unless instructed to      8. Ask permission to go to bathroom, only one camper at a time      9. No phones, water or snacks (water at designated water breaks unless they need more then they should ask) | |
| 9.15am - 9.35am or  1.15pm - 1.35pm | WELCOME ACTIVITY  Dice Activity 1 - “All About Me”   1. Hand out Sheets “Dice Activity - All About M 2. e” 3. Campers should spend 15 minutes working on this 4. Go around the room asking campers to tell everyone about themselves | Supplies Needed:   * Dice Activity “All About Me” Sheets * Markers/Pens/ Pencils |
| 9.35am - 10.30am or  1.35pm - 2.30pm | ACTIVITY 1   1. Basic Anatomy of Sewing Machine (10 Minutes)  * With machines in front of students discuss the following keywords:   + - On/Off Switch     - Bobbin     - Thread     - Needle     - Presser Foot     - Balance Wheel     - Presser Foot Lever     - Foot Pedal  1. Safety (2-3 Minutes)  * Discuss safety hazards * Electrical Cords - be careful not to trip * Sharp pins & needles on floor - keep shoes on * Keep long hair away from machine  1. Driver’s Test (If a camper has already done this activity at a previous camp we have other intro projects - ask Kim)   With speed on SLOW, start to stitch:   * Start with STRAIGHT stitch on the straight lines * Pivots/Corners (Explain how to lift presser foot and swivel while the needle STAYS in the felt) * Curves (Demonstrate how to lift the presser foot making small turns as you sew around the curve) * Driver’s Test (Campers stitch along the crazy lines trying to be as accurate as possible) * Trim excess fabric from edges of fabric |  |
| BREAK | 15 MINS - Campers should have water and use the bathroom at this time. Play a game! |  |
| 10.45am - 11.45am or  2.45pm - 3.45pm | ACTIVITY 2   1. Camper’s select fabric for PJ shorts   Pajama and T-Shirt Design   1. Hand out a fashion sheet to each camper 2. Talk about options for pajamas t-shirt designs   ● Which fabrics are available  ● Pockets/applique  ● Matching the t-shirt to pj pants  Campers use markers/pencils to sketch their design. They can use fabrics in free sew bin to add to their sketch | Supplies Needed:   * PJ Fabric * Poster board * Glue sticks * Fabric scraps * Pens, etc |
| 11.45am - 12pm or  3.45pm - 4pm | CLEAN UP / SHOW & TELL   1. Campers - put all of their materials in their ziploc bag 2. Hand each camper a wipe and ask them to wipe their work station including the hand wheel on the sewing machine and the desktop. 3. Show & Tell (Instructor does on Monday then campers the rest of the week. Remind them!) 4. Ask campers to share “What I liked about camp today” 5. If there is still time ask a “Would You Rather” question or two. (In binder) |  |
| 12pm or  4pm | DISMISSAL   1. Have campers collect their belongings (water bottle, phone etc) 2. Have campers line up 3. Instructor should lead the group down to the pick-up location in a quiet and orderly manner 4. Follow dismissal procedure   Return to studio, sanitize and clean so it’s ready for next class. |  |

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|  | TUESDAY | Notes | |
| 8.30am - 9am or  12.30pm - 1pm | BEFORE CAMP STARTS  IMPORTANT: Follow Instructions from Monday | |  |
| 9am - 9.15am or  1pm - 1.15pm | WELCOME MEETING - IMPORTANT: Follow instructions from Monday  Goals for today:   1. To start making the PJ shorts 2. To start working on the t-shirt design | |  |
| 9.15am - 9.35am or  1.15pm - 1.35pm | WELCOME ACTIVITY  Dice - Activity 2   1. Campers get out Sheets, Dice Activity - “About Me” 2. Cut around the outer edge. Fold along the lines to make a 3D dice. Use glue to hold in place. | Supplies Needed:   * Dice Sheets * Markers * Glue Sticks | |
| 9.35am - 10.30am or  1.35pm - 2.30pm | ACTIVITY 1  PJ Shorts (Split bigger groups and follow “1/2 class” instructions”   1. Campers should measure their waists and hips to figure out which size pattern they need 2. With the 2 pieces of fabric together and facing the right direction, place pattern on fabric (straight - in most cases the instructor can eyeball to place the pattern correctly) 3. Pin pattern in place leaving 3 or 4 fingers between each pin and pinning close to edges 4. Draw around pattern with a frixion marker being careful to mark notches 5. Remove pattern 6. Carefully cut fabric, including notches | Supplies Needed:   * Fabric * Patterns   Frixion Markers   * Pins * Tape Measures * Scissors | |
| BREAK | 15 MINS - Campers should have water and use the bathroom at this time. Play a game! |  | |
| 10.45am - 11.45am or  2.45pm - 3.45pm | ACTIVITY 2:  T-Shirt Design   1. Hand out a fashion sheet to each camper 2. Talk about options for t-shirt designs   ● Which fabrics are available  ● Pockets/applique  ● Matching the pj pants  Campers use markers/pencils to sketch their design. They can use fabrics in free sew bin to add to their sketch    Don’t start sewing the t-shirt - only designing at this session. If campers finish early they can Free Sew - following Free Sew Guidelines | Supplies Needed   * Fashion Sheet (with 2 or 3 models) | |
| 11.45am - 12pm or  3.45pm - 4pm | CLEAN-UP / SHOW & TELL  Follow instructions from Monday |  | |
| 12pm or  4pm | DISMISSAL  Follow instructions from Monday |  | |

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|  | WEDNESDAY | Notes | |
| 8.30am - 9am or  12.30pm - 1pm | BEFORE CAMP STARTS  IMPORTANT: Follow Instructions from Monday | |  |
| 9am - 9.15am or  1pm - 1.15pm | WELCOME MEETING - IMPORTANT: Follow instructions from Monday  Goals for today:   1. To continue sewing the PJ shorts 2. To hand sew a keychain or bookmark | |  |
| 9.15am - 9.35am or  1.15pm - 1.35pm | WELCOME ACTIVITY  Wordsearch - Denim Theme (Solution in binder) | Supplies Needed:   * Wordsearch Sheets “Denim” | |
| 9.35am - 10.30am or  1.35pm - 2.30pm | ACTIVITY 1  PJ Shorts (Split bigger groups and follow “1/2 class” instructions”   1. Pin and stitch inner legs together, with a ½” seam allowance   (Draw a stitch line with a frixion marker for campers)   1. Trim seam allowance down to ¼” and zigzag the raw edges 2. Turn just one leg section right side out.   Insert the turned leg inside the other so that the right sides are together and the inner leg seams are matching.   1. Match the raw edges and notches of the crotch seam.   ● Pin (making sure campers take extra care stitching around the curve - draw stitch line ½”from raw edge with a frixion marker).  ● Stitch crotch along entire seam  ● Stitch again close to the first stitch line to reinforce   1. Trim the seam allowance along the curved edge down to about ¼” from the stitch line (instructors can do this for beginners) 2. Experienced campers zigzag the raw edges together 3. Turn PJ’s right side out     Start the Waistband:   1. Fold over a ½” seam and a 1” seam, pin in place 2. Draw a stitch line for campers with a 2” - 3” opening 3. Demonstrate Free Arm Sewing - Show how to remove the “Flat Bed Attachment with Accessory Compartment” from the sewing machine   and how to use the free arm when sewing.   1. Continue PJ shorts tomorrow… | Supplies Needed:   * PJ Fabric * Frixion Markers * Pins | |
| BREAK | 15 MINS - Campers should have water and use the bathroom at this time. Play a game! |  | |
| 10.45am - 11.45am or  2.45pm - 3.45pm | ACTIVITY 2:  Hand Sew The Keychain - Teach basics of hand sewing     1. Demonstrate threading a needle and tying a knot (follow Sew Happy guidelines on Instructor Page on website) 2. Campers practice threading a needle and tying a knot 3. Demonstrate how to cut fabric 4. Campers cut out the keychain and slide keyring over one side of keychain so it’s in the middle 5. Demonstrate whipstitch 6. Campers start stitching around keychain using the dots as a guide 7. Demonstrate the lock stitch 8. As campers thread gets as short as 4” they do a lock stitch, cut their thread and start the entire process again (thread a needle and tie a knot) 9. Complete the keychain | Supplies Needed:  ● Pincushions  ● Needle Threaders   * Laminated rulers | |
| 11.45am - 12pm or  3.45pm - 4pm | CLEAN-UP / SHOW & TELL  Follow instructions from Monday |  | |
| 12pm or  4pm | DISMISSAL  Follow instructions from Monday |  | |

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|  | THURSDAY | Notes | |
| 8.30am - 9am or  12.30pm - 1pm | BEFORE CAMP STARTS  IMPORTANT: Follow Instructions from Monday | |  |
| 9am - 9.15am or  1pm - 1.15pm | WELCOME MEETING - IMPORTANT: Follow instructions from Monday  Goals for today:   1. To complete the PJ shorts 2. To make a craft activity | |  |
| 9.15am - 9.35am or  1.15pm - 1.35pm | WELCOME ACTIVITY  Stickers   1. Campers color and cut out stickers | Supplies Needed:   * Sticker Sheets * Markers | |
| 9.35am - 10.30am or  1.35pm - 2.30pm | ACTIVITY 1  PJ Shorts (Split bigger groups and follow “1/2 class” instructions”   1. Insert elastic - measure camper’s waist and cut a piece of elastic 2” longer 2. Using a bodkin pull elastic through waistband casing - use a safety pin to secure the end of the elastic to the shorts (to prevent it being pulled too far) 3. Overlap the elastic and make sure it isn’t twisted inside the waistband 4. Camper should try on the shorts and adjust the elastic if necessary 5. Securely stitch the elastic together 6. Stitch the opening closed 7. Stitch “in the ditch” at the side seams to hold the elastic in place 8. Add a ribbon at the front of the shorts. Tie it in a bow. 9. To hem the PJ shorts - turn under a 1/2”. 10. Pin and stitch with a zigzag stitch close to folded edge.     (Campers have time to complete the shorts tomorrow) | Supplies Needed:   * Elastic (¾”) * Bodkins * Safety Pins * Frixion Markers * Pins | |
| BREAK | 15 MINS - Campers should have water and use the bathroom at this time. Play a game! |  | |
| 10.45am - 11.45am or  2.45pm - 3.45pm | ACTIVITY 2:  Craft Activity   1. See separate tutorial |  | |
| 11.45am - 12pm or  3.45pm - 4pm | CLEAN-UP / SHOW & TELL  Follow instructions from Monday |  | |
| 12pm or  4pm | DISMISSAL  Follow instructions from Monday |  | |

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|  | FRIDAY | Notes | |
| 8.30am - 9am or  12.30pm - 1pm | BEFORE CAMP STARTS  IMPORTANT: Follow Instructions from Monday | |  |
| 9am - 9.15am or  1pm - 1.15pm | WELCOME MEETING - IMPORTANT: Follow instructions from Monday  Goals for today:   1. To complete all projects 2. To make friendship bracelets 3. Fashion Show (use mannequins to show outfits, each camper presents their creations) | |  |
| 9.15am - 9.35am or  1.15pm - 1.35pm | WELCOME ACTIVITY  Friendship Bracelets    ● Campers cut out the bracelets  ● To cut the bracelet to size - measure around camper’s wrist and cut (allowing for a 1” overlap)  ● DO NOT CUT THE BUTTONHOLE END  ● Cut the buttonhole (CAREFULLY!)  ● Mark the placement of the button  ● Stitch a button in place  ● Make more if time! | Supplies Needed:   * Friendship Bracelets * Buttons | |
| 9.35am - 10.30am or  1.35pm - 2.30pm | ACTIVITY 1  Complete all projects:  PJ Shorts  T-Shirt  Keychain  Friendship Bracelets  Dice  Stickers |  | |
| BREAK | 15 MINS - Campers should have water and use the bathroom at this time. Play a game! |  | |
| 10.45am - 11.45am or  2.45pm - 3.45pm | ACTIVITY 2:  Fashion Show   1. Campers put their PJ’s and t-shirts on the mannequins 2. Take turns presenting their mood boards and creations 3. Instructor takes photos of campers and mannequins using photo booth props and “Selfie Wall”. (If Kim is present she will take photos) | Supplies Needed:   * Mannequins * Selfie Wall (Silver Curtain) | |
| 11.45am - 12pm or  3.45pm - 4pm | CLEAN-UP / SHOW & TELL  Follow instructions from Monday.  Show campers samples of other camps. | CAMP SAMPLES | |
| 12pm or  4pm | DISMISSAL  Follow instructions from Monday |  | |