**Starting on the sewing machine**

1. Warn about sewing fingers and how to be very careful
2. Show how to take off and put the cover on and how to put on, don’t wrap cord
3. Show were to put the cover and why

**Looking at the Machine and trying it out**

1. Draw picture of machine on board
2. Show where the presser foot is and how to lift it up
3. Show hand wheel and how to rotate it towards you to bring the needle up and down
4. **NOTE: Never move any dials when the machine is going or the needle is down**
5. Hand on the foot peddle, press it to see how much pressure needs to be applied
6. Hand on foot peddle show what the three arrows do > >> >>> how does the speed change
7. Engage the bobbin winder and what happens?
8. Pull the hand wheel out to see what happens

**Loose Leaf Paper Sewing**

1. ½ sheet Loose Leaf Paper sewing – no hands right now
2. Sew anywhere to see what the stitching looks like
3. Show the A B C D stitch dial and explain that these are different stitch types
4. Go to A and stitch
5. Show what the number dial does (stitch length) have them go from 1 to 4, what is the difference
6. Show the stitch width dial and what happens when they are on A and move it from 0 to 5 (the needle moves positions)
7. Have them go to the Zig Zag (C) and start at 1 and then go to 5
8. Let them try out other stitches changing the stitch length and width
9. Show “up/down” button and what happens to the needle
10. Lift up the pressure foot and try to sew, what happens?
11. Show the reverse button and what happens

**Go over the definitions of the parts**

1. Read out the definition and ask what they think it is
2. Tell them the answer and have them find it on their # guide and put beside the answer.

**Highways**

1. Practice on the first one and once comfortable then do the good copy
2. Show them how to stop and pivot for the corners
3. Tell them that I need to see the part where they need to pivot
4. Do the wavy lines first practice then good copy
5. Stitch the heart
6. Stitch the D – show how to line up the edge with the 1.5 cm