

Mingei Outreach Program

Students have been quilting and sewing in class in the Mingei Outreach Program.

We have been sewing together quilt blocks and making our own pillows. Here are some resources so you can sew at home:

Sewing Machine:

The *Janome Derby* is the sewing machine we used in class. The red (*Bandana Blush*) model is the most reliable. They also come with a one year warranty.

Tips for Sewing with Kids:

1. **Start small:** Start with a low stakes project. That will take less than 30 mins to finish.
2. **Pre-cut fabric or cut together:** This can save time and frustration. Tools are important, and most kid scissors and hands might struggle with the task.
3. **Be patient:** Slow down. Teaching children to sew is a slow process, many steps are brand new. You might get frustrated and they might as well. Take breaks if needed and keep it fun!
4. **Celebrate:** It might be imperfect, but we are all learning. Remember to celebrate your victories.

Mingei Resources and Sewing Videos:

<https://drive.google.com/open?id=177EWhTq6mL58I-wRdJVMe1jiMB4ywav8>

Reading Links:

https://www.youtube.com/watch?v=MWR_ON8x1QM

<https://www.youtube.com/watch?v=y4r-LEutmLk>

How to Make:

Pillows:

<https://www.wikihow.com/Sew-a-Simple-Pillow>

Beach Bags:

<https://www.wikihow.com/Sew-a-Beach-Bag>

Quilt Blocks:

<https://www.youtube.com/watch?v=x5d37sxImf8>

