

BEGINNER SEWING PROGRAM

Overview



PAIGE ESHUIS

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ABOUT ME

I started sewing when I was 10 years old. What started as a childhood skill became a lifelong passion, taking me through quilting, clothing construction, and accessories of every kind.

These skills unlocked something in me that nothing else could, a creative, capable side that I believe our screen-saturated world is quietly stealing from our children. I started Reclaimed Hands Studio because I want every child to have the chance to discover that side of themselves, to experience the particular joy of making something with their own two hands.



01

WELCOME!

Thank you for allowing me to work with your child this year.

I believe learning to sew is one of the most meaningful gifts you can give a child. It teaches patience, problem-solving, and a kind of quiet confidence that comes only from making something with your own two hands. It is a privilege to be part of that journey.

My goal is to provide a warm, encouraging environment where students feel safe to learn, make mistakes, and try again. Seams get ripped out. Fabric gets cut wrong. That is not failure; that is sewing. I guide students patiently through those moments, helping them build resilience alongside their skills.

In this first year, we will move steadily and intentionally. The focus is on learning the foundations well: hand sewing, machine basics, and a series of projects that build on each other. Rather than rushing ahead, we will take the time to make each skill feel comfortable before moving to the next.

I am truly excited to share this craft with your child this year. Learning to sew opens up an entirely new world, one of creativity, resourcefulness, and the deep satisfaction of making something that wasn't there before. I look forward to watching that world unfold for them, one stitch at a time.

02

YEAR 1 GOALS

By the end of the first year,
student will be able to:

01

Thread a needle and sew
basic hand stitches.

02

Thread a machine and
wind a bobbin
independently.

03

Cut fabric accurately and
use a seam allowance.

04

Sew straight seams and
press with an iron.

05

Complete 5-6 projects
of increasing complexity.

06

Work with growing
independence and
confidence.

03

CURRICULUM STRUCTURE

We will use a project-based approach, building skills through a carefully sequenced series of projects.

Project- based, skill-building curriculum

This approach provides structured, age-appropriate progression from hand sewing through garment construction, building confidence at every stage.

Lessons are 60 minutes weekly and include:

- Machine skills & technique
- Project work & construction
- Pressing and finishing
- Review & reinforcement
- Creative problem solving

04

WHAT WE WILL COVER THIS YEAR

Fall Term - Foundations

Lessons 1-12

HAND SEWING INTRODUCTION · LESSONS 1-3

Project 1 - Hand-sewn Felt Ornament

A simple, satisfying first project that introduces threading a needle, basic running stitch, and the joy of finishing something entirely by hand.

- Threading a needle and tying a knot
- Running stitch and whip stitch
- Cutting felt and simple shapes
- Stuffing and closing a hand-sewn project

MACHINE INTRODUCTION · LESSONS 4-8

- Parts of the sewing machine
- Threading the machine and winding a bobbin
- Straight stitch practice on scrap fabric
- Starting, stopping, and backstitching
- Seam allowance basics
- Introduction to the iron and pressing seams

MINI PROJECT

Straight-stitch fabric bookmark or small pouch

A quick one-lesson win tucked into machine basics. Straight lines only – keeps younger students engaged and gives everyone something to take home while still learning the machine.

FIRST FULL MACHINE PROJECT · LESSONS 9-12

Project 2 - Pillowcase

The perfect first machine project – straight lines only, immediate and satisfying result, and something they will actually use at home.

- Measuring and cutting fabric to size
- Pinning fabric pieces together
- Sewing straight seams with consistent seam allowance
- Pressing finished seams
- Turning and finishing edges

04

WHAT WE WILL COVER THIS YEAR

Winter Term - Building Skills

Lessons 13-24

PRIMARY PROJECT · LESSONS 13-17

Project 3 – Tote bag

Introduces handles, reinforced seams, and a finished top edge. Students will be proud to use and show off their finished bag.

- Cutting fabric with greater accuracy
- Sewing and attaching handles
- Reinforcing stress points with backstitching
- Folding and topstitching a finished edge
- Introduction to fabric grain and pattern direction

SKILL BUILDING · LESSONS 18-20

- Understanding fabric types and when to use them
- Reading a simple pattern and understanding markings
- Choosing, preparing, and cutting fabric with intention

INTRODUCING LAYERS · LESSONS 21-24

Project 4 – Coaster set & placemat

Lessons 21-23 focus on a set of 4 coasters – small, quick, and repetitive, building accuracy and consistency. Lesson 24 introduces the placemat, applying the same layering skills on a larger scale.

- Introduction to batting and layering fabric
- Basic quilting through layers
- Binding or finishing edges cleanly
- Building accuracy and consistency through repetition

04

WHAT WE WILL COVER THIS YEAR

Spring Term — Growing Confidence

Lessons 25–36

PRIMARY PROJECT · LESSONS 25–31

Project 5 – Elastic waist skirt or shorts

First wearable garment – a deeply meaningful milestone. Introduces measuring for fit, a waistband casing, elastic, and hemming. Students wear something they made with their own hands.

- Introduction to simple patterns or measuring for fit
- Sewing a side seam on woven fabric
- Creating and sewing a waistband casing
- Threading elastic and closing the casing
- Basic hemming

BONUS PROJECT FOR FASTER STUDENTS · LESSONS 32–36

MINI PROJECT

Straight-stitch fabric bookmark or small pouch

A quick one-lesson win tucked into machine basics. Straight lines only – keeps younger students engaged and gives everyone something to take home while still learning the machine.

- Sewing curves and corners
- Clipping curves and trimming seam allowances
- Turning projects right-side out carefully
- Ladder stitch for closing openings by hand

04

WHAT WE WILL COVER THIS YEAR

Late Spring Term — Putting It All Together

Lessons 37–48

PRIMARY PROJECT · LESSONS 37–43

Project 7 – Personalized project of their choice

Students choose their own final project using skills learned throughout the year. This builds ownership, creativity, and confidence, and produces the project they will bring to the end of year celebration.

- Student selects project with teacher guidance
- Planning and gathering materials
- Independent work with teacher support
- Finishing and presenting their work

BONUS PROJECT FOR FASTER STUDENTS · LESSONS 44–48

MINI PROJECT

Project 8 – Small quilted project

Introduction to quilting – piecing fabric squares, pressing seams open, layering, and binding. A beautiful skill that connects directly to the heart of Reclaimed Hands Studio.

- Cutting fabric squares accurately
- Piecing a simple quilt block
- Pressing seams open for a flat finish
- Introduction to layering and simple quilting
- Binding edges to finish

End of Year Celebration!

At the end of the year, students are invited to bring their very first project and their very last project to a small celebration party. Seeing the journey from a hand-sewn felt ornament to a personalized final project is one of the most meaningful moments of the year, for the child and the parent alike.

My Teaching Philosophy

In my lessons, I value:

- **Steady, structured progress** – Sewing is a skill built in layers. We do not rush to the next project until the current one feels comfortable. Each stitch, each seam, each finished project becomes the foundation for everything that follow.
- **Problem solving** – Sewing teaches children to think through problems: what went wrong, why, and how to fix it. I encourage students to slow down, look closely, and figure it out. That skill follows them everywhere.
- **Gentle, encouraging correction** – Every sewist, beginner or expert, rips out seams. Fabric gets cut wrong. The iron gets too hot. These are not failures, they are part of the craft. I guide students patiently through those moments, helping them develop the resilience that every good sewist needs.
- **Confidence built through small successes** – There is nothing quite like holding something you made with your own hands. Completing a project, sewing a straight seam, or threading a machine independently are meaningful milestones. Celebrating these moments builds a pride in their work that lasts long after the lesson ends.

Every child progresses at their own pace. The goal isn't to rush ahead, but to help each student feel secure and comfortable as they grow. When the basics are strong, confidence follows naturally.