

5 Weeks Sessions Outline

Week 1: Introduction to Sewing and Tools

Objective: Familiarise with basic sewing tools and the sewing machine.

Topics:

- Safety in sewing room.
- Overview of sewing tools: fabric, scissors, measuring tape, pins, needles, thread, and patterns.
- Introduction to the sewing machine: parts, threading, winding a bobbin, and tension settings.
- How to sew in a straight line and curved lines.
- Troubleshooting common sewing machine problems.

Activity: Making scrunchie.

Week 2: Mastering Basic Stitches and Seams

Objective: Learn and practice essential stitches and seams.

Topics:

- Understanding seam allowances.
- Finishing edges.
- Hemming techniques
- How to prevent fraying using zigzag stitches

Activity: Make a simple envelope pillowcase (introducing measuring and cutting fabric).

Week 3: Understanding Patterns.

Objective: Learn how to read, understand, and cut out sewing patterns and basic construction.

Topics:

Introduction to simple patterns and how to choose fabric.

Laying out and cutting fabric based on a pattern.

Pinning and marking fabric.

Sewing handles and topstitching.

Activity: Finish sewing a tote bag, emphasizing neat seams and proper construction.

Week 4: Introduction to Zippers and Closures

Objective: Learn how to sew zippers and other closures.

Topics:

Installing a zipper (basic zipper techniques).

Buttonholes and buttons.

Hook-and-eye closures (if time allows).

Activity: Create a simple zippered pouch or a small purse to practice zipper insertion.

Week 5: Final Project

Objective: Consolidate all learnt skills into a final project.

Review of all techniques.

Activity: Start and complete a final project of choice (e.g., simple skirt or pyjamas pant using sewing advanced techniques).

All materials will be provided by Maxi Bliss Studio. Participant will only need to bring in fabric for the final week project.

We recommend attending all the five classes as they are carefully prepared to help participants gradually build up sewing skills to achieve a solid foundation in sewing.