

Sewing Cards for Kids

Directions Even young children can learn how to sew with “sewing cards.” Each card has a picture surrounded by punched holes through which a small child can thread a piece of ribbon or yarn. This helps young children develop manual dexterity and hand-eye coordination. Follow the steps below to make a sewing card for a young child. Then complete the Discovery activity.

1 Gather materials. Here is what you will need:

- A piece of stiff material, such as poster board or oak tag. You could also use half of a manila folder.
- A picture for the child to sew. Choose an image that will be appealing. Some possibilities are a flower, a teddy bear, an animal such as a bird or fish, a sailboat, or a familiar character. You can cut the picture out of a magazine, coloring book, or poster, or you can draw one yourself.
- Nontoxic glue or paste.
- Scissors.
- A single-hole paper punch.
- A piece of ribbon or yarn about $\frac{1}{4}$ inch wide and 30 inches long. You may need to adjust the length of the ribbon depending on the picture you choose and the number of holes you punch.
- Transparent tape.

2 Glue the picture to the poster board. After gluing, trim the edges of the poster board to make a round, square, or rectangular shape fairly close to the picture.

3 Make the holes. Use the paper punch to make evenly spaced holes around the edges of the picture. Follow the outline of the picture.

4 Insert the ribbon. Choose one hole as the starting place. Insert the ribbon or yarn through this hole and tie it securely to the poster board.

5 Make the “needle” point. To make the “needle,” tightly wrap transparent tape several times around the other end of the ribbon or yarn to form a stiff point.

Discovery

Teaching with the Card Show a young child how to sew by feeding the ribbon through the first empty hole, moving it underneath the card to the next hole, and pushing it back out to the front again. You can make several different cards for a child to enjoy.