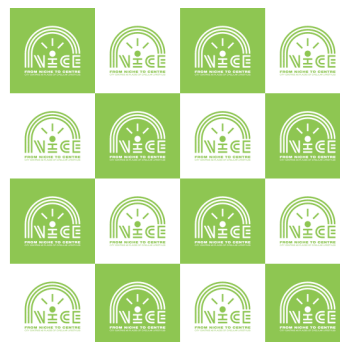




Annex 4.3.1: Sewing a pillow from textile scraps - Teacher instructions

Part of D.3.1.2 Educational materials





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1 GENERAL PREPARATION BEFORE THE WORKSHOP

a) Before participants arrive, prepare the room and materials. Ensure each participant has:

- Fabric (at least two pieces per pillow). Cotton, linen, or denim work best. Typical decorative pillow is a 45x45 cm square, but depending on the available materials, you can choose a different size and/or shape.
- Pillow insert or filling. If you do not have a new pillow insert, you can use shredded fabric "crumbs" (the smallest leftovers) or an old pillow insert.
- Tools: sewing machine, scissors, pins or clips, thread, hand needle, measuring tape

Alternatively, you can allow participants to pick fabric pieces for their pillows on their own from the fabric storage.

b) Prepare sewing machines:

- threaded with neutral thread
- tested and adjusted to medium stitch length

c) Prepare a sample pillow at different stages:

- cut pieces
- pinned pieces
- partially sewn pillow
- finished pillow

d) Set up an ironing station if available / needed.

e) Prepare a visible safety reminder about needle safety and machine use.

2 GETTING TO KNOW MATERIALS AND TOOLS (15 MINUTES)

a) Start with a short welcome.

"Welcome everyone. Today we will sew a simple pillow from start to finish. You do not need prior experience. By the end, each of you will have a finished pillow and basic sewing confidence."



“Place the fabric right sides together. The nicer sides face each other.”

b) Pin around the edges, leaving an opening.

Explain clearly where not to sew and why the opening is needed.

“We leave this gap so we can turn the pillow inside out later.”

c) Participants sew their pillows.

Circulate continuously, correct posture and hand position, and solve minor problems calmly.

Encourage autonomy.

“Try adjusting the fabric speed yourself first.”

“If the thread breaks, stop the machine and raise your hand.”



Figure 1 Assembling fabric scraps and sewing them together. Source: Municipality of Brzeg Dolny

Step 3: Turning and stuffing (45 minutes)

a) Demonstrate turning the pillow.

“Use your fingers or a blunt tool to shape the corners gently.”

b) Demonstrate stuffing evenly.

“Less filling gives a softer pillow. More filling gives structure.”



Figure 2 Pillow stuffing. Source: Municipality of Brzeg Dolny

5 FINISHING TOUCHES (30 MINUTES)

- a) Demonstrate closing the opening by machine stitching close to the edge or by hand stitching if appropriate.

“This final seam should be neat because it stays visible.”

- b) Show how to trim loose threads and check seam strength.

6 CLOSING THE WORKSHOP (5 MINUTES)

- a) End positively.

“You have learned how to measure, cut and sew a complete textile product. These skills can be used for many other projects.”

- b) Invite participants to show their pillows and share one thing they learned. This step may include taking photos of participants with their pillows.
- c) Thank them for their work and independence.



Figure 3 Presentation of a final product. Source: Municipality of Brzeg Dolny