



Everyday 4-H: Life Skills for Thriving Curriculum
Lesson: Sewing a Simple Tote Bag



Time: 40 minutes to one hour

Objectives-The 4-H member will:

1. Learn how to construct an item using upholstery or heavy duty fabric
2. Be introduced to procedures used to attach webbing to a product
3. Create, measure and sew folded edges
4. Construct a Zig-zag stitch on item

Supplies/Equipment:

1. Sewing Machine
2. Ironing Board
3. Iron
4. Upholstery/Heavy (1/2 yard)
5. Contrasting thread
6. Webbing (two yards)
7. Applique pattern (4-H clover)

Reference:

<https://www.purlsoho.com/create/2010/05/07/mollys-sketchbook-the-twenty-minute-tote/>

Overview:

4-H members develop life skills to improve their academic achievements, hone their career awareness skills, create better lives, have better communication skills, volunteer and serve their communities.

Competing in 4-H Clothing and Textiles projects is one way youth can display their sewing competence levels, present and defend a project and use their communication and team work skills to show products.

Products can be used as club fundraisers, donations to community groups, and entrepreneurship efforts.

Directions:

1. Cut two 16" tall by 14" wide pieces of fabric. Make sure the pattern (if any) is going the correct direction on both panels.
2. Cut two 23" long pieces of coordinated webbing.
3. Using a single piece of fabric, turn down 1/8" from top edge to wrong side and press. Repeat on other piece of fabric.
4. Fold down 1/2" from previously folded edge and use a zig zag stitch. Repeat on other piece of fabric.
5. Pin the handle pieces to the finished top edge of the right side of each panel placing webbing 3" from the sides.
6. The raw edges of the handles should match up with the finished edge of the top of the panel.
7. Straighten the handles.
8. Turn the panels so their wrong sides are facing up. Press and pin their top edges with the handles down 1 1/2."
9. Sew across the top edge of the panel and the bottom attaching webbing. Repeat on other panel.



10. Back stitch at the beginning and end of each seam.

11. Pin the panels right sides together.



12. Use a ziz-zag stitch to sew along the sides and bottom $\frac{1}{2}$ " -inch from the raw edges, pivoting and leaving the needle and thread in at bottom corners.

13. Turn the bag right sides out press the interior seams flat, the sides and corners.



Do (Activity/Experience):

4-H members can sew these bags to serve as a One Day 4-H project. The bags may be given to Hurricane Harvey victims, the elderly or as gifts. Bags can also be sold as a fund-raiser project for clubs. How would you determine the selling/retail price of one bag?

Calculate the cost of one bag by jotting down and figuring your expenses.

Description		Amount calculated
Cost of fabric per yard		
How wide is fabric		
Number of bags made per yard of fabric		
Cost of thread		
Cost of webbing		
Total cost		
150% markup	Cost x markup amount	
200 % markup	Cost x markup amount	
Total cost for retail		

Reflect:

1. Estimate how much time it took you to finish product.
2. What would have made completing this project go much faster?

Apply:

1. Using the skills you learned today, teach 4-H youth to make this project.
2. Can you think of any roadblocks youth may have in selling these a club fundraiser?
3. How much time should be allocated to creating this tote?



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