

## ESL LESSON: LEVEL3 (INTERMEDIATE)


### HNL20 Lesson Plan 4

<b>Course:</b>	<b>Unit:</b>	<b>Topic:</b>	<b>Approx. Time Frame</b>
HNL20	Design and Clothing Construction	Safety	7 X 75 minute periods
<b>Lesson Title: Sewing Lab Safety</b>			
Sewing Lab Safety [Detailed lesson plan below]			
<b>Learning Goals/ Big Ideas</b>		<b>Success Criteria of Lesson</b>	
Students will learn how to work safely in the sewing lab environment		Students will demonstrate knowledge of how to work safely in the sewing lab environment	
Students will learn about sewing tools and equipment and how use them safely		Student will be observed using sewing tools and equipment safely	
<b>OVERALL Learning Expectation(s) for this lesson:</b>			
D2. Tools and Technologies: identify a variety of tools and technologies associated with the creation of clothing and accessories, and use tools and technologies safely and correctly when creating and/or repairing clothing and accessories;			
<b>SPECIFIC Expectations for this lesson</b>			
D2.1 identify various tools and technologies used when creating and/or repairing clothing and accessories (e.g., measuring tape, seam ripper, scissors, iron, pressing ham, sewing machine, serger, loom, knitting needles, crochet hook) D2.2 demonstrate the safe use of tools and technologies when creating and/or repairing clothing and accessories (e.g., safe practices when using sharp objects such as pins, needles, or scissors, or chemicals such as dye or glue) D2.3 use tools and technologies correctly when creating personal clothing or accessories (e.g., tools/technologies associated with cutting, pressing, pinning, sewing, knitting, crocheting)			
<b>ASSESSMENT OF EXPECTATIONS</b>		<b>PRIOR LEARNING AND SKILLS</b>	
Assessment <b>for</b> learning: <ul style="list-style-type: none"> <li>Sewing Tools and Equipment Seek and Find</li> <li>Sewing Machine Parts Labelling (this labelling exercise can be turned into an assessment of learning if you choose to mark it)</li> </ul>		None needed. This lesson is taught the first week of school. "Getting to Know You" student inventory should ask questions about prior sewing experience, if any.	
Assessment <b>as</b> learning: <ul style="list-style-type: none"> <li>Passport to Sewing Safety is used for both student and teacher to keep track of the student's progress in learning and demonstrating skills safely. Use the passport to safety as a formative assessment for the students to check their progress of learning</li> </ul>		<p><b>Special Notes for ELL's (e.g., adaptations, extension activities, ways to check for understanding, etc.)</b></p> <p>Find the instructional videos for the specific make and model of sewing machine you have at your school or make your own video that the students can watch over and over again.</p> <p>Add word wall words gradually and on a need to know basis so that students do not get overwhelmed.</p> <p>Recite all word wall words with a partner who speaks the same language.</p>	
Assessment <b>of</b> learning:		<p>Peer mentors from leadership class or senior fashion students are good options for practicing course-related conversations.</p> <ul style="list-style-type: none"> <li>Checks for Understanding are present as questions for students in slides</li> <li>provide technology to use Google Translate or text-to-speech software for ELLs</li> </ul>	

	<ul style="list-style-type: none"> <li>• Post all lessons and slides in advance of the lesson and guide students through making their own copy and using Google Translate -</li> <li>• Note: Listening and completing a handout is difficult for ESL students, so explain task In advance, announce and post your “look fors”, aka the exact section of the video for which you want them to focus, then encourage solely watching and listening. Complete the handout after watching the videos. Repeat portions of videos as needed to ensure understanding.</li> <li>• If you are providing handouts, ensure that you have done a mini-lesson at the start of the course on how to stay organized and to keep handouts in a duotang or binder (hint: keep a stash of extra school supplies for students who may not be able to afford them)</li> <li>• Use closed captions/subtitles for all videos – these are posted in the slides</li> <li>• provide opportunities to practice vocabulary together</li> </ul> <p><b>See lesson plan below</b></p>
<p><b>Lesson Terminology (e.g. word walls, vocabulary list)</b></p>	<p><b>Materials, Supplies, Equipment Required for Lesson</b></p>
<p><u>Part 1 – Sewing Machine:</u>  Arm Cover Plate  Bobbin Case  Bobbin Winder Pin/Spindle  Bobbin Winder Stopper  Bobbin Winder Tension Disc/Disk  Carrying Handle  Extension Table (Accessory Storage Box)  Face Cover Plate  Feed Dogs  Foot Pedal/Controller  Free Arm  Hand Wheel/Balance Wheel/Flywheel  Needle  Needle Clamp Screw  Plug Connector  Power/Light Switch  Presser Foot  Presser Foot Lever  Reverse Stitch Control/Lever  Sewing Machine  Shuttle Cover (Bobbin Housing)  Stitch Length Selector/Dial  Stitch Selector  Stitch Width Selector/Regulator  Take-up Lever  Thread Tension Control/Regulator  Thread Cutter  Thread Guide  Thread Spool Pin  Throat Plate/ Needle Plate  Top Thread Tension Control  Upper Thread Guide</p>	<p>Print and laminate at least one set of safety rules and photos (see <a href="#">HNL Sewing Machine Safety Rules with Photos</a> below)  Use the photos with each student as a way to check for understanding</p> <p>Class set of sewing machines</p> <p>See “other sewing equipment” in word wall words</p> <p>Sewing lab stocked with curriculum required materials</p> <p>Printed set of sewing machine parts labels per dyad (below)</p> <p>Sewing Machine Parts Diagram Labelling</p> <p>Sewing Tools and Equipment Seek and Find</p> <p>Passport to Sewing Safety  Students will need a notebook</p>

Part 2 – Other Sewing Equipment:

Bias binding  
Bobbin  
Buttons, hooks, eyes, snaps  
Crochet hook  
Darning egg/Darning ball  
Dressmaker's pencil/Marking pencil  
Elastic  
Fabric  
Fabric scissors/Sewing scissors/Sewing shears  
(Hand-)sewing needles  
Iron  
Ironing board  
Knitting needles  
Loom  
Measuring tape  
Needle threader  
Paper scissors  
Patterns  
Pincushion  
Pressing ham/ Tailor's ham  
Quilting clips/Sewing clips  
Rick rack trim  
Rotary cutter  
Safety pins  
Seam gauge/Sewing gauge  
Seam ripper/stitch ripper/Quick unpick  
Seam roll  
Serge  
Sewing machine  
Sewing machine needles  
Straight pins  
Tailor's chalk  
Thimble  
Thread  
Tracing paper  
Tracing wheel  
Twill tape  
Yarn

TEACHER AND ESL STRATEGIES	STUDENT LEARNING GOALS/ PRODUCTS - – see step-by-step lesson plan below	MINUTES
<b>MINDS ON / INPUT</b> <ul style="list-style-type: none"> <li>Establishing a positive learning environment</li> <li>Connecting to prior learning and/or experiences/ Setting the context for learning for ELLs</li> </ul>		
Word Wall words handout  Provide handouts – Sewing Tools and Equipment Seek and Find, Sewing Machine Parts Diagram Labelling, Passport to Sewing Safety, Family Studies Sewing Lab Safety Contract  Post slide show and guide students through making their own copy and using Google Translate	Students establish familiarity with new words	15 minutes X 2 (add sewing machine words and sewing equipment words)  5 minutes  5 minutes
<b>ACTION / CONTENT</b> <ul style="list-style-type: none"> <li>Introducing new learning or extending/reinforcing prior learning</li> <li>Providing opportunities for practice and application of learning (guided &gt; independent)</li> </ul>		
Follow slides to introduce new safety rules  BLM Handouts will then helps students to learn each safety skill to consolidate learning: complete handouts:  Sewing Machine Parts Diagram Labelling  Sewing Tools and Equipment Seek and Find,  Passport to Sewing Safety	Teacher will circulate to ensure that students have correct answers or students will hand these in with correct answers.  Student will demonstrate familiarity with sewing machine parts and function  Student will demonstrate familiarity with all other tools and equipment  Used for safe skills reinforcement	75 minutes
<b>CONSOLIDATION</b> <ul style="list-style-type: none"> <li>Providing opportunities for consolidation and reflection</li> <li>Helping students demonstrate what they have learned</li> </ul>		
Laminated Sewing Machine Rules Matching Game  Family Studies Sewing Lab Safety Contract	Familiarity with sewing machine safety rules. Students will show teacher correct matched sets.  Student and parent/guardian signs to indicate understanding	40 minutes  60 minutes
<b>Accommodations/Modifications</b>		<b>Follow-up or Extension Activities</b>
- photo cues - scaffolding - use of L1 - additional processing time - peer review and support (e.g. read with a friend)  		None - it is an introductory lesson in the course

## Sewing Lab Safety Lesson Plan

Include sewing and fashion background in your course 'getting to know you' survey.

Complete word wall handout with word wall words. Add words gradually and on a need to know basis so that students do not get overwhelmed.

Recite all word wall words with a partner who speaks the same language. Peer mentors from leadership class or senior fashion students are good options for practicing course-related conversations.

### Instructions:

1. Look up the instructional videos for the specific make and model of sewing machine you have at your school or make your own video that the students can watch over and over again.
2. To read – pictures are good for showing students:  
Treasurie. Sewing Blog, Sewing Patterns & Sewing Projects. (2021).  
Sewing Safety – Best Tips for Beginners.  
Retrieved from <https://blog.treasurie.com/sewing-safety/>
3. Use Closed Captions/Subtitles:  
Wolfe, D. (2020). How to Use a Sewing Machine for Beginners. Naztazia. retrieved from <https://youtu.be/iQ6a56EwuYw>

*Check for understanding by reading the following:*

True/**False** – Cotton thread is used.

**True**/False – Stitch length should be 2.5 cm

4. Use Closed Captions/Subtitles:  
National Sewing Circle. **(2016)**. Understanding the Basic Parts of a Sewing Machine  
Retrieved from <https://youtu.be/tzf4BZ7zNC0>  
Remember, every sewing machine varies and for best results, you should search for the type(s) of sewing machine in your school.
5. Do Sewing Machine Parts Diagram Labelling Activity with BLM Handout.

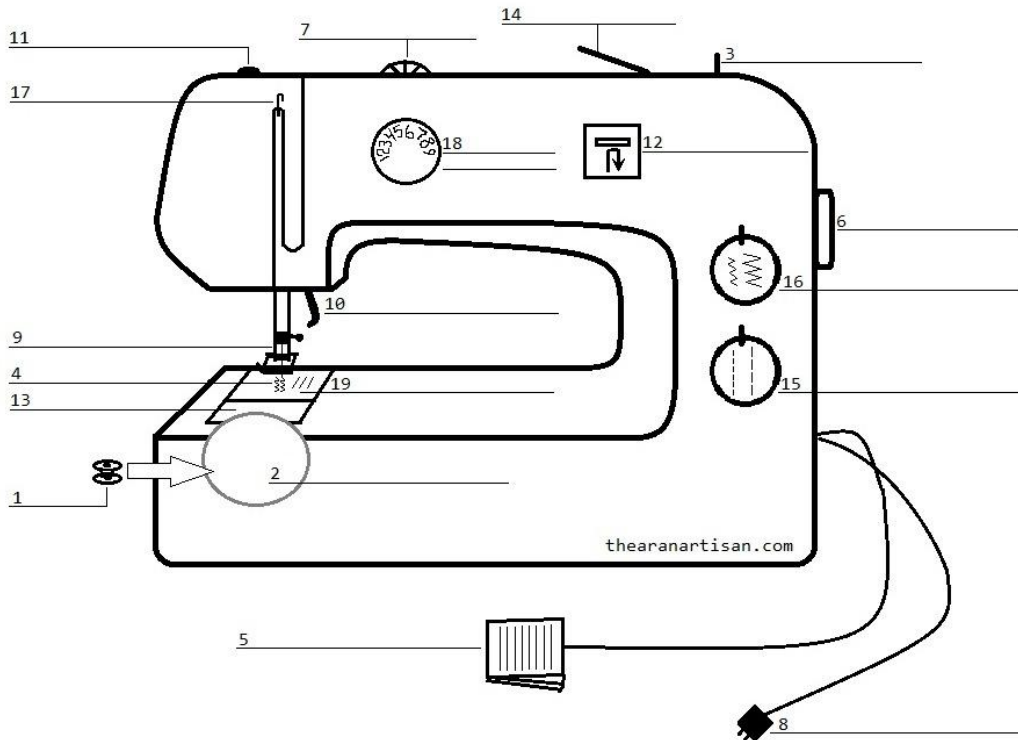
## Sewing Machine Parts Labelling



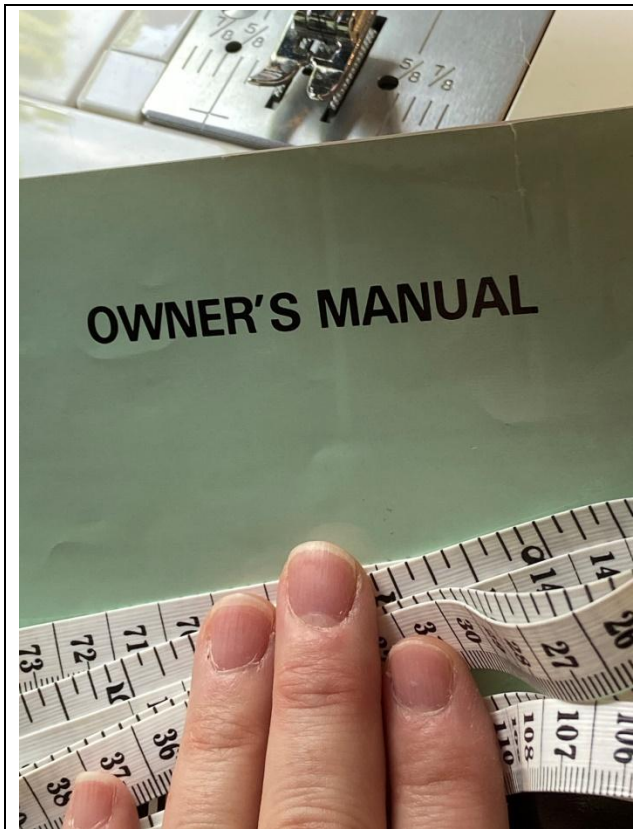
Label the sewing machine with paper labels and tape or sticky labels.

Arm Cover Plate	Bobbin Case	Bobbin Winder Pin/Spindle
Bobbin Winder Stopper	Bobbin Winder Tension Disc/Disk	Carrying Handle
Extension Table (Accessory Storage Box)	Face Cover Plate	Feed Dogs
Foot Pedal/Controller	Free Arm	Hand Wheel/Balance Wheel/Flywheel
Needle	Needle Clamp Screw	Plug Connector
Power/Light Switch	Presser Foot	Presser Foot Lever
Reverse Stitch Control/Lever	Shuttle Cover (Bobbin Housing)	Stitch Length Selector/Dial
Stitch Selector	Stitch Width Selector/Regulator	Take-up Lever
Thread Tension Control/Regulator	Thread Cutter	Thread Guide
Thread Spool Pin	Throat Plate/ Needle Plate	Top Thread Tension Control
Upper Thread Guide		

Label the sewing machine diagram on handout.



- a. Take up the answers using the Answer Key - Sewing Machine Parts - [https://casn.berkeley.edu/wp-content/uploads/resource\\_files/PartsofaSewingMachine.pdf](https://casn.berkeley.edu/wp-content/uploads/resource_files/PartsofaSewingMachine.pdf)
6. Use Closed Captions/Subtitles:  
Sellers, D. (2019). Back Stitch Reverse Stitch to Reinforce Sewing. Primitive Fringe.  
Retrieved from <https://youtu.be/HKpoqrllYPY>  
Check for Understanding: See #12 on diagram
7. Note Importance of keeping machine in good working order. Read machine "Owner's Manual" in full before using the machine. Service and oil as per manufacturer's instructions.



8. **Safety Rules** Print and laminate at least one set of safety rules and photos. Use the photos and rules with each student as a way to check for understanding. This activity must be done before using the contract Read all rules with the class. Have them follow along with the rules in their copy of the "Family Studies Sewing Lab Safety Contract. The contract must be sent home in paper and electronically so that Google Translate may be used.



## Sharp Tools

- i. Store sewing pins and needles in a pincushion, closed container, or a cardboard folder.
- ii. Store scissors in a padded cloth envelope or closed container.
- iii. Do not point sharp objects (scissors, needles, pins, seam rippers) at anyone.
- iv. Do not leave sharp objects (scissors, needles, pins, seam rippers) at a table edge or chair seat when not in use.
- v. If walking while carrying scissors, point them down toward the floor.

## Iron





- i. Use an iron on a padded ironing board only.
- ii. Place the iron close to the wall and an outlet, with the cord hanging between the ironing board and the wall outlet.
- iii. Use a hot iron with extreme caution. Keep the iron away from fingers and other body parts.
- iv. Do not leave a hot iron unattended. Always unplug the iron when not in use.

## Sewing Machine/Serger

- i. Tie long hair back before sewing.
- ii. Don safety glasses/eye protection before sewing.
- iii. Place the plug into the sewing machine/serger, before plugging into outlet.
- iv. When operating a machine, switch the power on only when in use. Always turn off the power when the machine is not in use.
- v. When operating a machine, always sit on a suitable stool or chair squarely in front of the machine, with the correct distance to the controls. Be sure that the machine and seat are at the correct height for operating the machine safely.
- vi. Check all control settings before operating the machine.
- vii. Ensure that the presser foot is in the 'down' position to sew.
- viii. Always be aware of the up and down motion of the needle and do not turn your attention from the machine while it is running.
- ix. Keep your face away from the machine.
- x. Keep fingers away from moving needles. Keep fingers no closer than the edge of the throat plate.
- xi. Check the instruction manual for the correct threading procedure.
- xii. When pulling the thread up from the bobbin casing, use an instrument such as scissors. Do not use fingers.
- xiii. Do not sew over pins.
- xiv. Do not rest your foot on the foot pedal.
- xv. When using the foot pedal, keep the floor clear to prevent the machine from starting inadvertently.
- xvi. Never pull hard on the fabric or thread in any way to try to force the machine to sew.
- xvii. When fabric does not feed through or there is any other sign of trouble, turn the machine power off, wait until it completely stops, then consult the teacher.
- xviii. When carrying the sewing machine, support it from underneath.

## HNL Sewing Machine Safety – Rules with Photos

(the rules and protocols are printed (separately), then laminated and turned into a matching game)

Safety Rule/Protocol	Picture	Picture Source
i. Store sewing pins and needles in a pincushion.		<a href="http://wrappedupinrainbows.blogspot.com/2015/04/doughnut-pin-cushion-tutorial.html">http://wrappedupinrainbows.blogspot.com/2015/04/doughnut-pin-cushion-tutorial.html</a>
ii. Store scissors in a container.		cutoutandkeep.net
iii. Do not point sharp objects (scissors, needles, pins, seam rippers) at anyone.		wikihow.com
iv. Do not leave sharp objects (like scissors) at a table edge or chair seat when not in use.		n/a

v. If walking while carrying scissors, point them down toward the floor.



[wikihow.com](http://www.wikihow.com)

vi. Use an iron on a padded ironing board only.



[vermontcountrystore.com](http://www.vermontcountrystore.com)

vii. Place the iron close to the wall and an outlet, with the cord hanging between the ironing board and the wall outlet.






[www.nytimes.com](http://www.nytimes.com)

viii. Use a hot iron with caution and keep away from fingers.

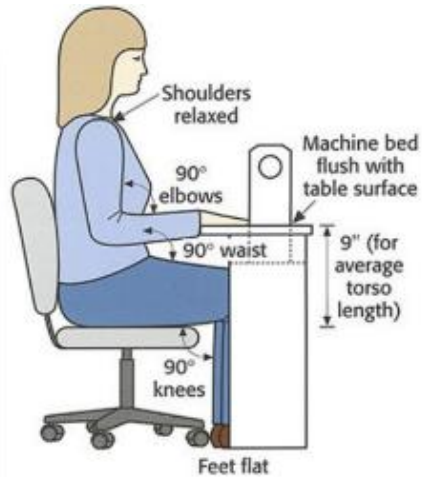


[www.freepik.com](http://www.freepik.com)

<p>ix. Unplug the iron when not in use.</p>		<p>sew4home.com</p>
<p>x. Tie long hair back before sewing.</p>		<p><a href="https://www.hairtransplantdelhi.org/blog/can-hair-tie-damage-your-hair-and-remedial-measures">https://www.hairtransplantdelhi.org/blog/can-hair-tie-damage-your-hair-and-remedial-measures</a></p>
<p>xi. Wear safety goggles while sewing.</p>		<p><a href="https://medialibrary.nei.nih.gov/media/3705">https://medialibrary.nei.nih.gov/media/3705</a></p>
<p>xii. Place the plug into the sewing machine before plugging into outlet.</p>		<p>n/a</p>
<p>xiii. When operating a machine, switch the power on (top photo) only when in use and off (bottom photo) when not in use.</p>		


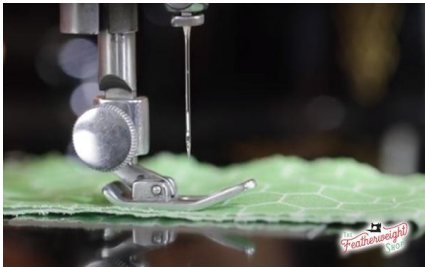

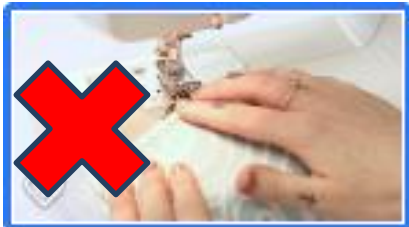


xiv. When operating a machine, always sit squarely in front of the machine.



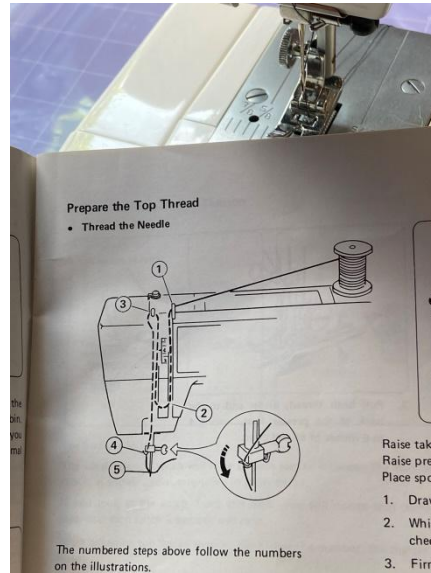
Ergonomics of machine sewing

[squaredancesewing.com](http://squaredancesewing.com)

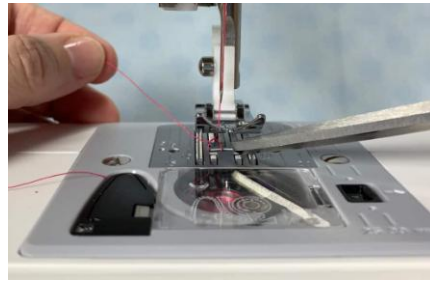
<p>xv. Check control settings before operating the machine.</p>		<p>n/a</p>
<p>xvi. Ensure that the presser foot is in the 'down' position to sew.</p>		<p>singer-featherweight.com</p>
<p>xvii. Pay attention to the machine while it is running.</p>		<p>www.wbur.org</p>
<p>xviii. Keep your face away from the machine.</p>		<p><a href="https://www.sewingadventures.com.au/products/kids-can-sew-step-2">https://www.sewingadventures.com.au/products/kids-can-sew-step-2</a>  <a href="https://www.sewingadventures.com.au/products/kids-can-sew-step-2">https://www.sewingadventures.com.au/products/kids-can-sew-step-2</a>  <a href="https://www.sewingadventures.com.au/products/kids-can-sew-step-2">https://www.sewingadventures.com.au/products/kids-can-sew-step-2</a></p>
<p>xix. Keep fingers away from moving needles at the edge of the throat plate.</p>		<p><a href="https://blog.spoonflower.com/ultimate-sewing-guide/">https://blog.spoonflower.com/ultimate-sewing-guide/</a></p>



xx. Check the instruction manual for the correct threading procedure.



xxi. Pull thread up from the bobbin casing with scissors, not fingers.



<https://theruffledpurse.com/how-to-thread-your-sewing-machine/#:~:text=Put%20the%20spool%20of%20thread,Carefully%20thead%20the%20needle.>

xxii. Do not sew over pins.



www.ifixit.com

xxiii. Do not rest your foot on the foot pedal.



thriftyfun.com

xxiv. When using the foot pedal, keep the floor clear.



n/a

xxv. Never pull hard on the fabric or thread in any way to try to force the machine to sew.



[sewing.com](http://sewing.com)

xxvi. When fabric does not feed through or there is any other sign of trouble, turn the machine power off, wait until it completely stops, then consult the teacher.



[sewingforest.com](http://sewingforest.com)



xxvii. When carrying the sewing machine, support it from underneath.



n/a

9. Have students sign the 'Family Studies Sewing Lab Safety Contract' once you check for understanding and comprehension. Sign as witness. Send home a copy for parent/guardian signature. An electronic copy should be given/sent to both student and parent/guardian as then Google Translate may be used.
10. Introduce the Passport to Sewing Safety. Ensure that all of the parts have been thoroughly explained and demonstrated.

This is best used with a stamp.

Tip : A 1:1 teacher; student check-in for verbal understanding should occur on the completion of the passport

Reference: Vanderhoeven, R. License to Sew Assignment

11. Introduce Sewing Tools and Equipment Seek and Find

Change the handout according to the materials present in your sewing lab. Give the students specific instructions on how to complete this seek and find safely (e.g. in small groups at a time). Provide sewing equipment word wall words for students.

A good rule of thumb for learning safety is to think : Do I know this information well enough to teach it to someone else? or – ask the student: How would you teach this information to someone else?

# STUDENT SAFETY CONTRACT

## 1. Student Behaviour:

- a. The student must not operate and/or use equipment/tools/tools without first having received and understood proper safety instructions on that specific equipment/tools. (See and having completed the *Passport to Sewing Safety*.)
- b. Students will show respect for others and their safety. Each student is responsible for others as well as themselves, to:
  - i. Make sure any action they take will not place another student in danger of injury
  - ii. Report to the teacher, should the behaviour of another student indicate that they are not well, or behaving in an unusual manner.
- c. The throwing of any object, horseplay, running or any form of undisciplined conduct is forbidden in class. A student's conduct must reflect good safety habits at all times.
- d. Accidents can happen. If you conduct yourself according to the safety procedures, accidents will likely not happen.

## 1. **Clothing**

- a. Shoes must be worn at all times
- b. Personal items such as bracelets, chains or other jewelry that may be caught in the machine should not be worn. These items may get caught on equipment/tools and could cause serious injury.
- c. Long hair must be tied back.
- d. Students must wear personal protective equipment/tools as determined by the operation being performed. Such items may include eye protection while operating a sewing machine, etc.
- e. Loose clothing must be tucked in or removed to prevent clothing from becoming caught or tangled in machines.

## 1. Safety Rules:

- a. The student will be instructed in the safety rules and practices for operation of equipment/tools as the need arises and following the *Passport to Sewing Safety*:

### Sharp Tools

- Store sewing pins and needles in a pincushion, closed container, or a cardboard folder.
- Store scissors in a padded cloth envelope or closed container.
- Do not point sharp objects (scissors, needles, pins, seam rippers) at anyone.
- Do not leave sharp objects (scissors, needles, pins, seam rippers) at a table edge or chair seat when not in use.
- If walking while carrying scissors, point them down toward the floor.

## Iron

- Use an iron on a padded ironing board only.
- Place the iron close to the wall and an outlet, with the cord hanging between the ironing board and the wall outlet.
- Use a hot iron with extreme caution. Keep the iron away from fingers and other body parts.
- Do not leave a hot iron unattended. Always unplug the iron when not in use.

## Sewing Machine/Serger

- Tie long hair back before sewing.
- Don safety glasses/eye protection before sewing.
- Place the plug into the sewing machine/serger, before plugging into outlet.
- When operating a machine, switch the power on only when in use. Always turn off the power when the machine is not in use.
- When operating a machine, always sit on a suitable stool or chair squarely in front of the machine, with the correct distance to the controls. Be sure that the machine and seat are at the correct height for operating the machine safely.
- Check all control settings before operating the machine.
- Ensure that the presser foot is in the 'down' position to sew.
- Always be aware of the up and down motion of the needle and do not turn your attention from the machine while it is running.
- Keep your face away from the machine.
- Keep fingers away from moving needles. Keep fingers no closer than the edge of the throat plate.
- Check the instruction manual for the correct threading procedure.
- When pulling the thread up from the bobbin casing, use an instrument such as scissors. Do not use fingers.
- Do not sew over pins.
- Do not rest your foot on the foot pedal.
- When using the foot pedal, keep the floor clear to prevent the machine from starting inadvertently.
- Never pull hard on the fabric or thread in any way to try to force the machine to sew.
- When fabric does not feed through or there is any other sign of trouble, turn the machine power off, wait until it completely stops, then consult the teacher.
- When carrying the sewing machine, support it from underneath.

- b. Only use the machine/tool for its designed purpose.
- c. Specific machine/tool safety will be reviewed prior to use and students are expected to ask questions when in doubt. The student must follow the instructions given during the demonstration. At no time are students allowed to work with equipment/tools when the teacher is not present.
- d. Do not distract someone who is using equipment/tools.
- e. Be sure you understand that safety devices and procedures are for your protection and must be used properly. Never tamper with, remove or disable any installed safety device.

**1. Student and Parent Responsibilities:**

- a. Students are expected to act responsibly at all times while in the classroom area. Absolutely no horseplay will be tolerated. If safety is not followed, the student may be excused from using the machines and be given alternate work.
- b. Let the teacher know immediately of any injuries, no matter how small.
- c. Students must ask for assistance from the teacher when they are unsure of the proper procedure or health and safety issues.

Please realize that safety awareness is an important part of the family studies program and every effort is made to encourage safe work habits on part of the student and to provide safe working conditions.

I understand and agree to the above safety rules and procedures.

	<b>Name (Printed)</b>	<b>Name (Signature)</b>	<b>Date</b>
<b>Student</b>			
<b>Teacher (witness)</b>			
<b>Parent/Guardian</b>			