



B.C. First Nations Head Start Native Art Sewing Cards

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Materials

- Native designs, drawn in different colours on thick cardboard
- Strands of coloured yarn
- Hole punch
- Clear contact paper

Making the Cards

Cover cards with clear contact paper (or laminate them). Then punch holes at regular intervals (1 inch apart works well) along the outline of the shape of the design.

Cut a long length of yarn. Wrap a piece of scotch tape around one end so it looks like the end of a shoestring. Tie a fat knot in the other end so the yarn will not pull through once the child starts "sewing." (You can also use coloured shoe strings, knotted at one end).

Using the Cards

- Have children choose the colour of yarn they wish to work with (depending on the design)
- Thread the taped end of the yarn into the first hole of the card
- Show children how to start stitching by bringing the yarn up from under the card and then bringing it down through the next hole

Things to Talk About

- Where they have seen the design before
- Who they have seen making it
- Where the design came from originally