

WELCOME TO LIFE SKILLS FOR YOUNG WOMEN OF THE FUTURE

A WORKSHOP DEDICATED FOR TEACHING YOUNG WOMEN SKILLS TO PREPARE FOR TOMORROW

DAY ONE:
THREADING A NEEDLE
AND SEWING ON A
BUTTON

THREADING A NEEDLE:

MATERIALS NEEDED:

1:Sewing Needle

2:Thread

3:Scissors

STEPS:

- 1: Cut the end of the thread with sharp scissors. Poke the thread through the eye at the top of the needle.
- 2: Pull the thread through the eye, and bring up to join the other end of the piece of thread.
3. Tie a knot at the end.

SEWING ON A BUTTON:

MATERIALS NEEDED:

1: Sewing Needle

2: Thread

3. Button

4. Scissors

STEPS:

1: Thread your needle.

2: Tie a knot at the end of your thread.

3. Position the button on the fabric.

4. Push the threaded needle up through the fabric and through one hole in the button.

5. Push the threaded needle down through the fabric and through a different button hole.

6. Repeat steps 4 and 5 again.