



Stitch in time...

Plan

Have you ever mended an item of clothing at home or your scout gear before? Often a simple stitch can help you get even longer wear out of your items and save money too.

Do

Find an online video or ask a family member or friend to help you learn to sew. All you need is a needle & thread. You can even get your group together and have a stitch and chat evening while mending your clothes or that sock at the back of the drawer with the hole in it!

Review

- What did you think of this activity?
- Did anything surprise you?
- Is there anything you learned from the activity?
- Would you continue it? Why/why not?
- Is there another activity you do that brings the mindfulness into your day?

