



{inclusion outreach}

1031 Lucas Avenue

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www.inclusionoutreach.ca

Ideas for Inclusion in Sewing Classes

Start with the sewing activity the class is doing. How will all students participate in the activity? If a student has multiple and complex disabilities, what active role can they take? Next, consider adapting the materials or processes to enhance participation. Finally, add specialized equipment to further enhance participation.

Taking a role a group:

- Choose options for paper patterns, fabrics, buttons, zippers, thread etc.
- Search for a pattern online to download and print
- Read the pattern directions to the small group using AAC
- Gather supplies from around the classroom for the group project
- Contribute ideas for a design
- Work with a group to make small craft items for a school fundraiser sale



Adapt the materials:

- Use a sturdy table for the sewing machine
- An ironing board makes a quick height adjustable surface for a switch

Respect

Competence

Inclusion

Presence

Choice



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- A universal cuff or EZ hold grip can be added to a marking pen for a student who needs assistance to grasp
- Thimbles can be helpful if a student is participating in hand sewing
- Plastic weave sheets and a blunt plastic needle can be used with yarn as an alternative

Use special equipment:

- Use a spinner to select a fabric colour or print
- Electric scissors can be switch operated to cut out pattern pieces with a partner
- AbleNet Powerlink and switch to operate the sewing machine while a partner guides the fabric through
- A tactile textile book can be another way to record a student's work (see a PDF copy of an example in the Sewing section of the Inclusion Outreach website)



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