# THE BIRD MAKERS PROJECT

INSTRUCTION GUIDE

Co:3

AUSTRALIA

# BIRD MAKING INSTRUCTIONS

#### WHAT YOU WILL NEED

- **Black Garments** T-shirts and natural fibres work best, rather than sheer fabrics.
  - Note: We will assign your garment(s) a number when you <u>Register Your Bird</u>.
- Sewing Machine
  - Note: Instructions for a machine-less bird are also provided.
- Sewing Needles
- Black Sewing Thread
- **Fabric Pins** Bubble Head pins work best however you can also use safety pins.
- **Chalk** Or any pen, pencil or washable marker that will visibly mark the garment.
- **Wire** 12 gauge black if possible, however two (2) wire coat hangers will work.
  - Note: The stronger the better, being mindful it will be bent into a circle at each end.
- Pliers Needle Nose if you have them
- Fabric Scissors (or similar)
- Sticky Tape
- Your Story We would love to hear your story about personal migration, your experience of self-isolation, or what meaning the garment that you are donating holds for you. Further details will be provided at the end of these instructions.

#### WHAT WE WILL PROVIDE

- Printable A4 Patterns three (3) sizes to choose from
- Instructions (enclosed within)
- Step-By-Step Videos that support these instructions
- Hand Sewing Techniques
- Fun Workshops
  - Note: Join our Facebook Group <u>The Bird Makers Community</u> for more details.

## STEP 1: PATTERN

There a three (3) sizes of patterns:

- Small Bird Pattern
- Medium Bird Pattern
- <u>Large Bird Pattern</u>

Choose a pattern size and print out the relevant PDF set at 100%. There are two shapes in the one PDF:

- 1. Bird Body
- 2. Bird Wing (one shape that is repeated for each wing)

NOTE: If you do not have a printer, view <u>Patterns Without A Printer</u> <u>Guide</u>.

Align the pattern pieces, matching the numbers on each A4 page and join together with **Sticky Tape**.

o Fold one of the corresponding pattern pages so that the bird line touches the new folded edge of the paper. This will allow you to join the lines between the pages seamlessly.

Cut around each shape ON the black line, including the oval in the middle of the body shape.

- o TIP: If you have cardboard to recycle in your home, you can lay your paper pattern pieces on it and then drawn a line around each pattern shape.
- Cut out the cardboard shapes ON the line.
- Carboard pattern pieces are sturdier and easier than paper to trace around on fabric.

#### STEP 1:

#### PATTERN CONTINUED

Position the pattern shapes on the black garment ensuring there is at least a 1cm border around each shape and there is no overlap.

- o The patterns must be placed on two layers of the garment fabric.
- o The patterns can be placed in any arrangement.
- o TIP: try to place the pattern shape on a seamless piece of the garment.



Using **Chalk**, draw a line around each pattern shape.

- o Use the wing pattern twice so that you have the outline of the bird's body as well as two wings on the garment.
- o Be sure to trace around the oval in the middle of the body shape.

Watch the video **Step 1.0: The Pattern** for a demonstration of this step.

## STEP 2: SEW

Be careful with this step: **DO NOT** sew along the shortest straight edge of the wing pattern shapes. **DO NOT** sew along the line of the oval inside the body of the bird. See example below, **do not sew on the lines marked** with a white X.



Using a **Sewing Machine** with the **Black Sewing Thread** (using a straight stitch), sew ON the **Chalk** line border of the wing pattern and the body of the bird pattern.

NOTE: **The outside line of body of the bird** is the **ONLY** shape which should be sewn to make a closed shape.

- o Make sure the internal structure of each shape remains hollow.
- o Further on, we will be stuffing the bird from the unstitched smallest edge of the wings and the open unstitched oval in the middle of the birds' body.

NOTE: If you are making the bird using hand sewing techniques please refer to two guides **Hand Sewing Your Bird - Back Stitch** OR **Hand Sewing Your Bird - Blanket Stitch**, located on our <u>website</u>.

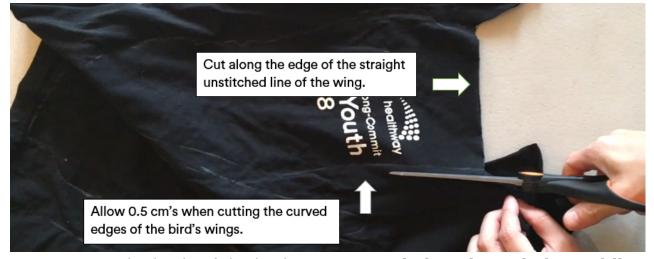
Watch the video **Step 2.0: Sewing** for a demonstration of this step.

#### STEP 3:

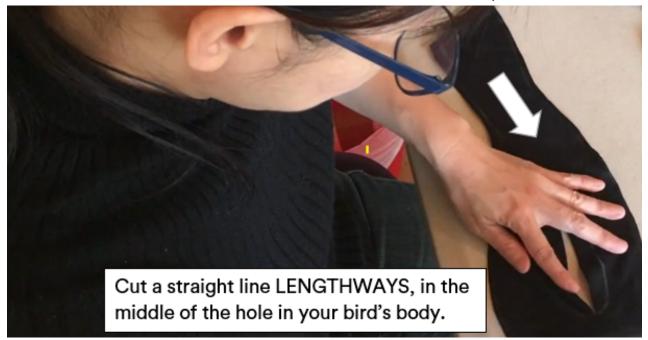
#### CUT

Using Fabric Scissors (or similar) cut out each shape making sure you allow for 0.5cm of fabric around the outside of the sewn edge.

o For the wings: you can cut along the shortest straight edge because this the only chalk line you didn't sew along.



o For the body of the bird: **cut a straight line through the middle of the chalk line oval** in the middle of the bird body.



Once you have cut out the body of the bird and two wing shapes **KEEP YOUR GARMENT SCRAPS!!** 

Watch the video <u>Step 3.0: Cutting</u> for a demonstration of this step.

#### STEP 4:

### SHAPE AND STUFF

Using you garment scraps stuff both the wings and the body of the bird. Stuff the bird wings through the small unstitched edge and the bird body through the oval in the middle.

- o The aim in stuffing the birds is to give them a realistic shape and form so with this in mind try to stuff the shapes accordingly.
- o You may need to cut your garment scraps or find pieces appropriate to stuff the shapes effectively.
- o For the wings: you only need 2 3 layers in each wing as they need to remain flat.
- o For the body: you need to stuff the bird from the beak to the tail.
- o NOTE: If you require more fabric to stuff into the birds you can always use garment scraps from other black items.



Watch the video <u>Step 4.0: Shape and Stuff</u> for a demonstration of this step.

# STEP 5: WINGS

Identify which end is the head of the bird and which is the tail.

Identify which is the front and which is the back edge of each wing.

o TIP: the edge with the smaller feather shape at the end is the front.



Place the wings on the body of the bird. The shortest straight edge of the wing should line up with the line cut in the middle of the chalk line oval inside the body of the bird.

Make sure you have both wings in the correct orientation to the rest of the bird.

o TIP: Front of wing is closest to the head.

#### STEP 5:

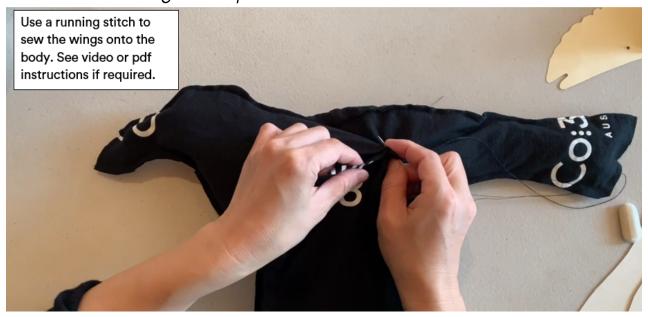
#### WINGS CONTINUED

Cut a length (at least 80cm) of **Black Sewing Thread**. Thread the **Needle** and knot both ends together connecting the thread in a continuous loop.

Holding onto the top edge of the wing and the top edge of the hole in the body of the bird, begin sewing the two edges together.

Using a **Running Stitch** sew along the two edges joining the wing of the bird to the body of the bird.

o TIP: Watch the video <u>How to Running Stitch</u> for a demonstration of this hand sewing technique.



When you get to the end of the top edge, flip the wing up and repeat this process along the bottom/underneath edge of the wing and the bottom edge of the hole in the body of the bird.

When you get to the end of the bottom/underneath edge, complete the stitching by securing the thread by working 3 small stitches on top of each other and cutting off the remaining thread.

Watch the video **Step 5.0: Wings** for a demonstration of this step.

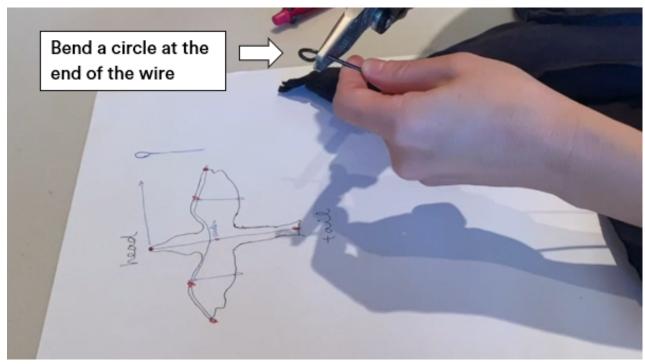
## STEP 6.1: WIRE BACKBONE

Using your Wire: measure the length of the bird from beak to tail.



Using **Pliers** (or similar) cut the length of wire to match the length of the bird.

Using **Pliers** create a small circle at the end of the wire.



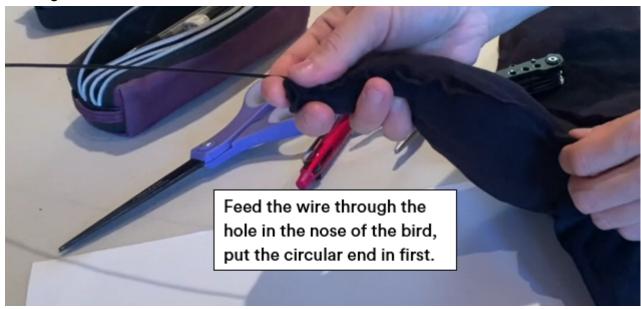
#### STEP 6.1:

#### BACKBONE CONTINUED

Using Fabric Scissors cut a small hole in the top of the beak of the bird.



Feed the circular end of the wire inside the hole and along the sewn edge at the top of the body of the bird all the way to the end of the tail, mirroring a backbone; you should be able to feel the circle in the wire through the fabric of the tail of the bird.



#### STEP 6.1:

#### BACKBONE CONTINUED

Using **Pliers** create a small circle at the other end of the wire and push the wire into the hole at the top of the beak where you inserted the wire.

Cut a length (at least 60cm) of **Black Sewing Thread**. Thread the **Needle** and knot ends together connecting the thread in a continuous loop.

Stitch through the fabric at the tail of the bird and the wire circle on the inside to secure the position of the wire. Complete the stitching by securing the thread by working 3 stitches on top of each other and cutting the remaining thread.



Repeat this process for the circle at the beak of the bird.

Find the middle of the wire back bone and stitch through the fabric and around the wire to secure it in a third position.

Watch the video <u>Step 6.1: The Wire Backbone</u> for a demonstration of this step.

## STEP 6.2: WIRE WINGS

Using your **Wire**: measure the length of the bird's wingspan (the length from the furthest corner of one wing to the other).

Using Pliers cut the length of wire to match the bird's wingspan.

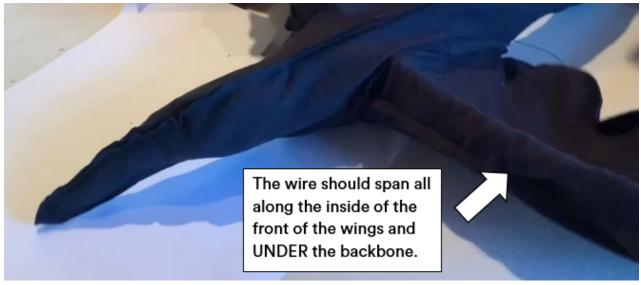
Using **Pliers** create a small circle at the end of the wire, the same process as the body.

Using **Fabric Scissors** cut a small hole in the corner of the wing of the bird.

Feed the wire inside the hole and along the sewn edge at the top of the wing of the bird.

o The wire of the wings must pass **UNDERNEATH** the wire of the backbone.

Feed the wire all the way to the end of the wings; you should be able to feel the circle in the wire through the fabric of the wing of the bird.



Using **Pliers** create a small circle at the other end of the wire and push the wire into the hole at the top of the wing where you inserted the wire.

#### STEP 6.2:

#### WIRE WINGS CONTINUED

Cut a length (at least 60cm) of **Black Sewing Thread**. Thread the **Needle** and knot both ends together connecting the thread in one continuous loop.

Stitch through the fabric at the corner edges of the wing and the wire circle on the inside to secure the position of the wire, complete the stitch by securing the thread by working 3 stitches on top of each other and cutting the remaining thread.



Repeat this process on the other wing.

Cut a length (at least 30cm) of **Black Sewing Thread**. Thread the **Needle** and knot the ends together connecting the thread in one continuous loop.

Find the centre point of one wing (the middle point between the corner edge of the wing and the backbone of the bird). Stitch through the fabric at the middle point of the wing securing the wing wire and fabric together, secure the thread by working 3 stitches on top of each other and cutting the remaining thread.

# STEP 6.2: WIRE WINGS CONTINUED

Repeat this process on the other wing.

#### At one of the middle points you have just sewn:

Using your **Wire**, measure the length from the top edge to the bottom edge of the wing.



Using **Pliers** cut the length of wire to match.

Cut a second length of Wire to match (to be used on second wing).

Using **Pliers** create a small circle at the end of the wire but **DO NOT** close the circle completely – make a small hook shape.

Using **Fabric Scissors** cut a small hole at the top edge of the wing (next to where you have sewn - careful not to cut your stitching).

#### STEP 6.2:

#### WIRE WINGS CONTINUED

Insert the Wire (non-hook end first)



Using **Fabric Scissors**, cut a small hole at the point where the wire reaches the bottom edge of the wing.

Hook the edge of the wire over the wing wire and using **Pliers** clamp the hook to close over the wing wire and secure the position.



# STEP 6.2: WIRE WINGS CONTINUED

Using **Pliers** create a hook at the other end of the wire.

o There is no wire for this end to hook onto, so you will clamp the hook directly onto the fabric and secure the position with 2 or 3 stitches.

Using **Pliers** check each connection is secure and straight.

Repeat this process for the other wing.

Watch the video Step 6.2: Wire Wings for a demonstration of this step.

#### CONGRATULATIONS!

# YOU HAVE MADE A BEAUTIFUL BLACK BIRD READY TO JOIN THE FLOCK!!!!

THE WHOLE TEAM AT CO:3 AUSTRALIA WOULD LIKE TO THANK YOU FOR BEING PART OF THIS PROJECT.

WELL DONE!

#### FINAL STEPS - REGISTER YOUR BIRD

#### 1/ YOUR STORY

We would love to hear your stories about your personal migration, your experience of self-isolation, or what meaning the garment that you are donating holds for you. You will be asked to submit Your Story when you Register Your Bird.

#### 2/ REGISTER YOUR BIRD

Complete the online form **Register Your Bird**.

