



Act-Belong-Commit
**UNDER THE
SAME SKY**

PART ONE:
BIRD MAKING
INSTRUCTION GUIDE

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A U S T R A L I A

BIRD MAKING INSTRUCTIONS

WHAT YOU WILL NEED

- Black Garment - T-shirt or jeans (natural fibres work best, rather than sheer or lace fabrics).
- 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

WHAT WE WILL PROVIDE

1 x session with sewing coach extraordinaire Pully Rowe!

A Printable Pattern

Step-by-Step Videos to complete your bird

Instruction Guide to support the videos

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STEP 1:

PATTERN

Print out the PDF pattern on A4 paper set at 100%; Small Bird Pattern

There are two shapes in the one PDF:

1. Bird Body
2. Bird Wing (one shape is used for both wings)

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

- 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.
 - TIP: If you have access to an A3 printer, print only one copy of the pattern on A4 paper. Join the pages together as instructed above then photocopy at 100% on A3 paper. Provide these A3 paper patterns to your students and begin with the instruction below.

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

- TIP: If you or your students have cardboard to recycle in their home, they can lay the paper pattern pieces on it and then draw a line around each pattern shape. Cardboard pattern pieces are sturdier and easier than paper to trace around on fabric.

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

The patterns must be placed on two layers of the garment fabric.

The patterns can be placed in any arrangement.

TIP: try to place the pattern shape on a seamless piece of the garment.



Using Chalk, draw a line around each pattern shape.

Use the wing pattern twice so that you have the outline of the bird's body as well as two wings on the garment.

Be sure to trace around the oval in the middle of the body shape.

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STEP 2: CUT

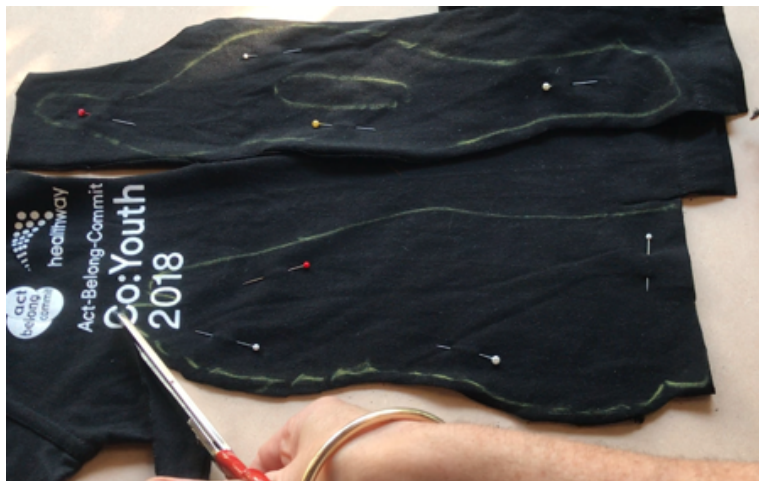
Using Fabric Pins pin around the inside of the three (3) bird shapes marked on your black garment; 1 x Bird Body, 2 x Bird Wing, to hold in place.

- Make sure you pin the front and back fabric of your garment together.



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

- For the wings: you can cut ON the shortest straight edge because this is the only chalk line you will not sew along.
- For the body of the bird: DO NOT cut around the oval shape in the centre. A cut line will be made after the bird shapes have been hand-sewn together.



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

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

STEP 3:

SEW

NOTE: At this stage of the process, we will be stitching all pattern lines EXCEPT those indicated with a white X below.



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. You may need to tie two (2) knots so the thread does not pull straight through the fabric.

Hold one of the wings at the junction of the straight edge and one of the curved sides.

Hide your knot by sewing INSIDE the two (2) pieces of fabric. Pull your thread all the way through the fabric until the knot secures it.



STEP 3: SEW CONT.

To start the Back Stitch, take your Needle about 0.5cms BEHIND and DOWN sewing through the two pieces of fabric ON the chalk line. DO NOT pull the thread through.

Direct the needle to come 0.5cms UP and INFRONT of the first stitch ON the chalk line. Pull the thread all the way through.



- TIP: It helps to hold the fabric tight and place your thumb on the top of the needle to keep it in place as you bring the needle through.

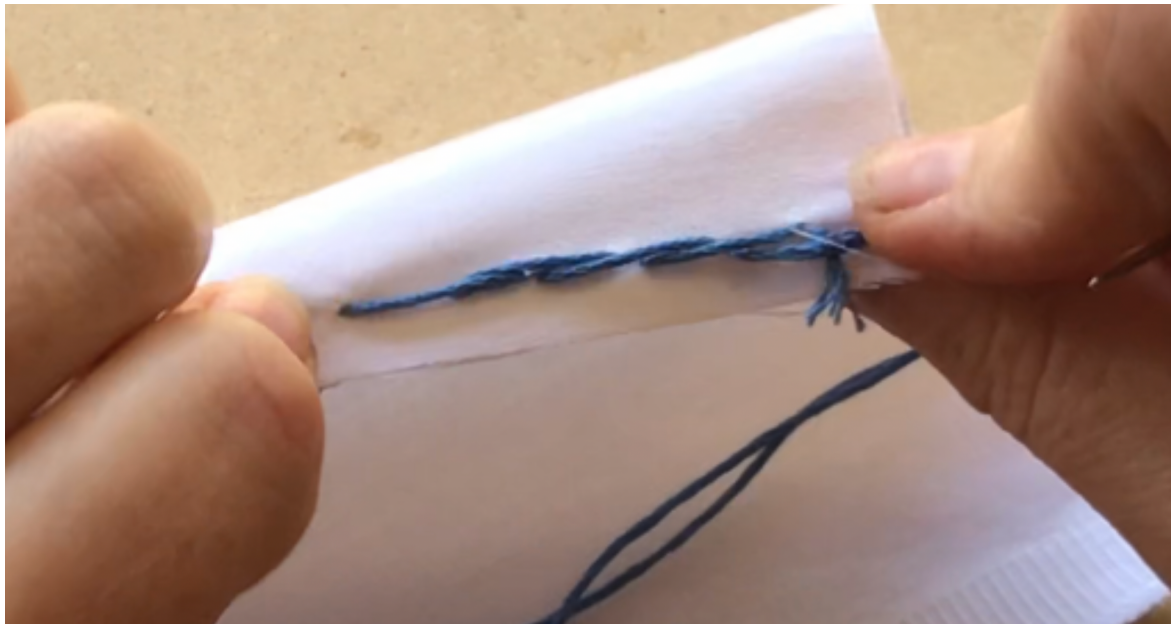
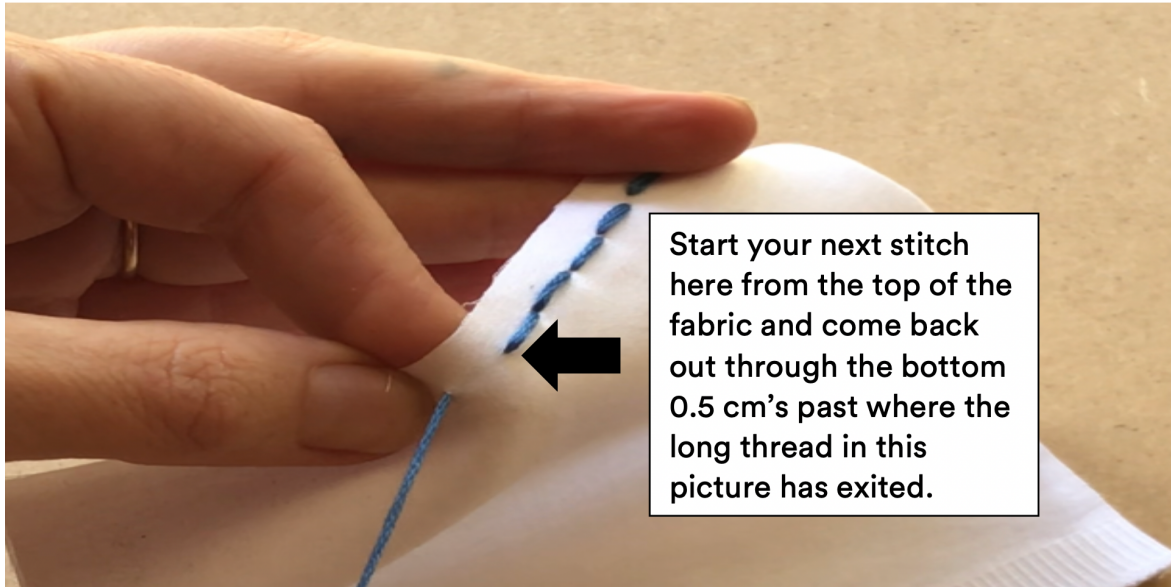


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STEP 3: SEW CONT.

NOTE: The example below shows the Back Stitch using contrasting thread and fabric. Notice that the stitch starts 0.5cm's behind your previous stitch and coming through with your needle again 0.5cm's in front.



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STEP 3:

SEW CONT.

NOTE: If you need extra guidance on how to sew a Back Stitch, please refer to our How to Back Stitch video.

Continue to Back Stitch along the chalk line.

When you have approximately 10cms of thread remaining, complete the stitching by securing the thread by forming a loop with your thread and stitching back through it.

Cut another length (at least 80cm) of Black Sewing Thread. Thread the Needle and knot both ends together connecting the thread in a continuous loop. You may need to tie two (2) knots so the thread does not pull straight through the fabric.

Begin to Back Stitch again, starting 0.5cms in front of your last stitch.

Continue Back Stitching along the chalk line and when you get to the end, complete the stitching by securing the thread by forming a loop with your thread and stitching back through it.

Repeat this process on all Bird Shapes until you have stitched along all of the advised patterns lines.

NOTE: Stitch all of pattern lines EXCEPT those indicated with a white X below.

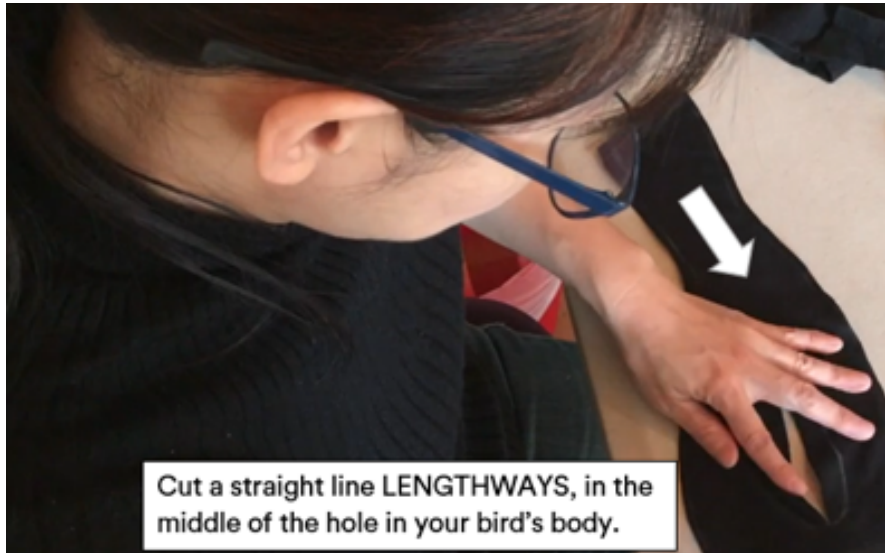


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STEP 3: SEW CONT.

Using your Fabric Scissors on the Bird Body, cut a straight line through the middle of the chalk line oval inside the body of the bird.



Watch the video Step 3.0: Sewing for a demonstration of this step.

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STEP 4:

SHAPE & STUFF

Using your 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 hole in the middle.

- 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.
- You may need to cut your garment scraps or find pieces appropriate to stuff the shapes effectively.
- For the wings: you only need 2 – 3 layers in each wing as they need to remain flat.
- For the body: you need to stuff the bird from the beak to the tail.
 - NOTE: If you require more fabric to stuff into the birds you can always use garment scraps from other black items.



Watch the video [Step 4: Shape and Stuff](#) for a demonstration of this step.

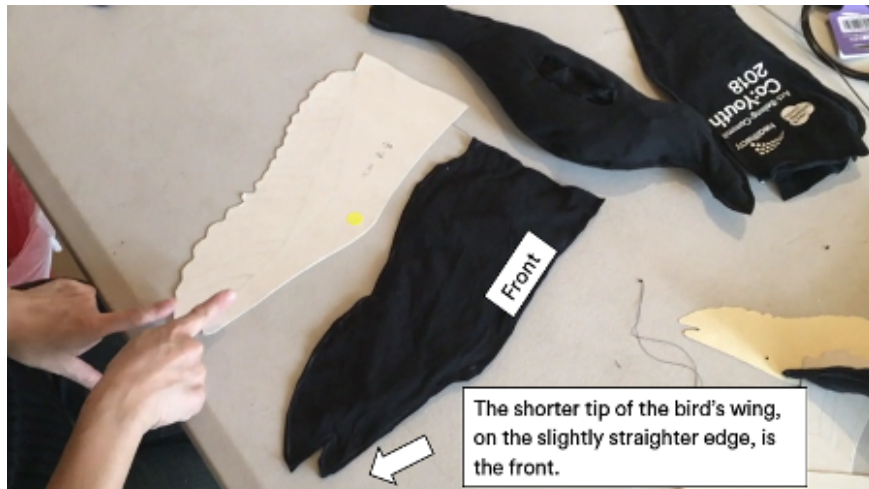
STEP 5:

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.

- 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 hole inside the body of the bird.

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

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

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 by sewing the two edges together.

STEP 5:

WINGS CONT.

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

- TIP: Watch How to Running Stitch 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: Wings for a demonstration of this step.

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STEP 6.1:

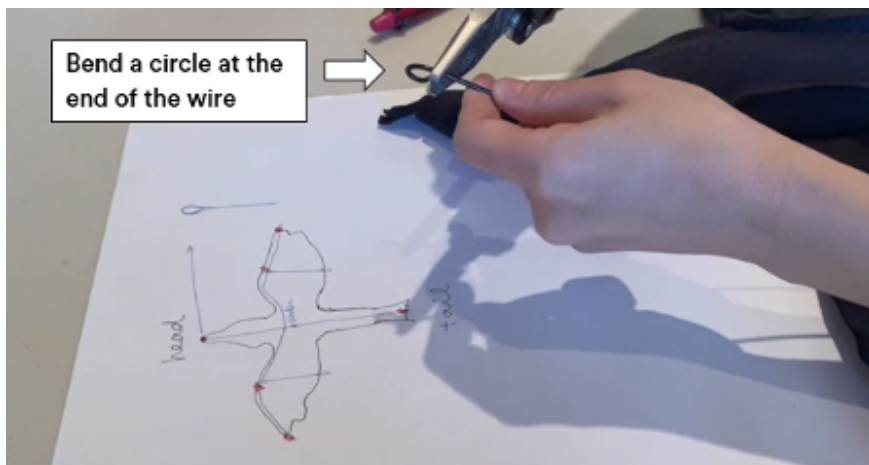
WIRE BACKBONE

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.



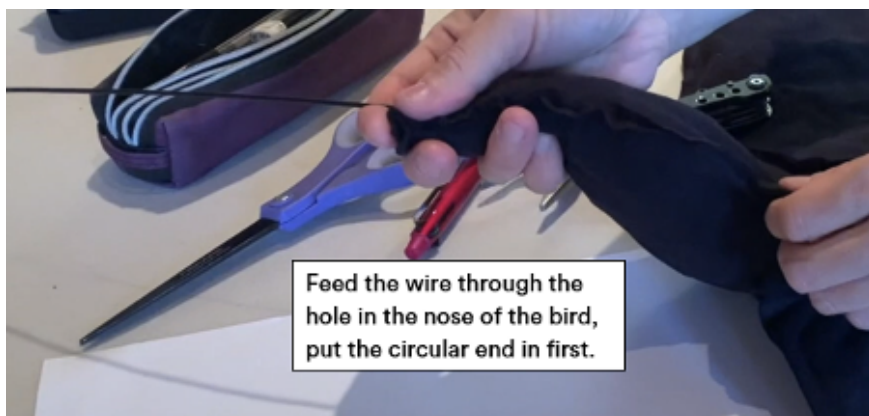
STEP 6.1:

WIRE BACKBONE CONT.

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.



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.

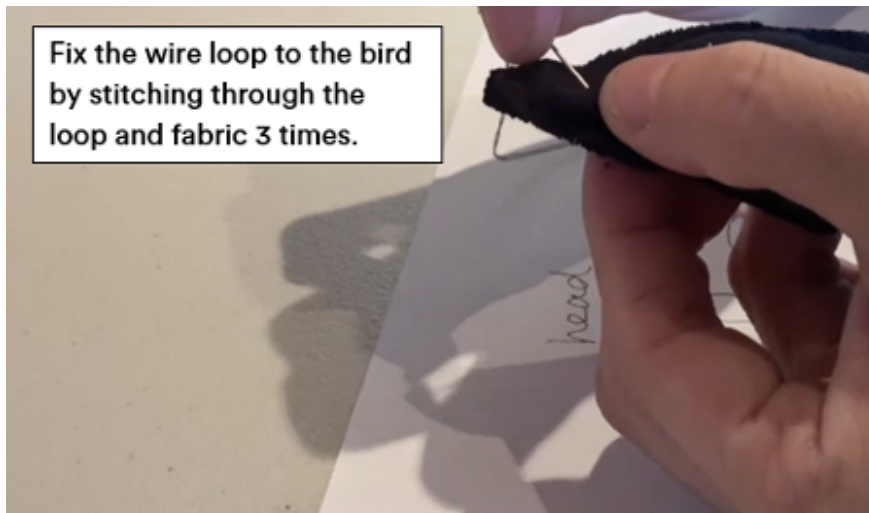
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STEP 6.1:

WIRE BACKBONE CONT.

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 Step 6.1: Wire Backbone 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.

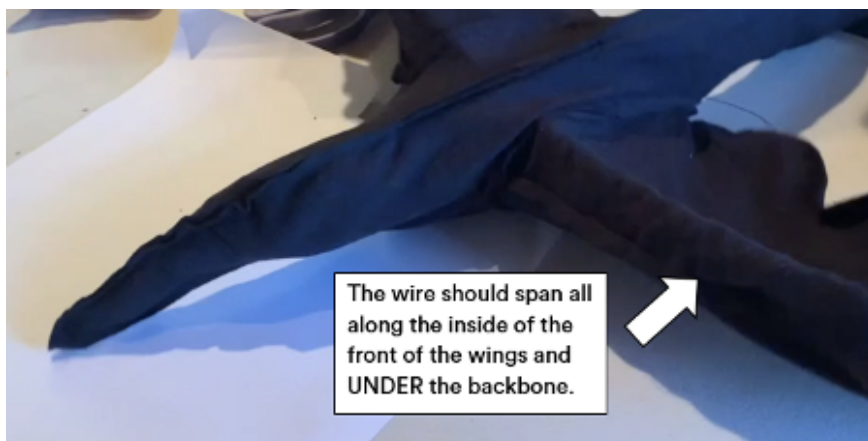
Using Pliers, create a small circle at the end of the wire, the same process as the body.

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.

- 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.

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.

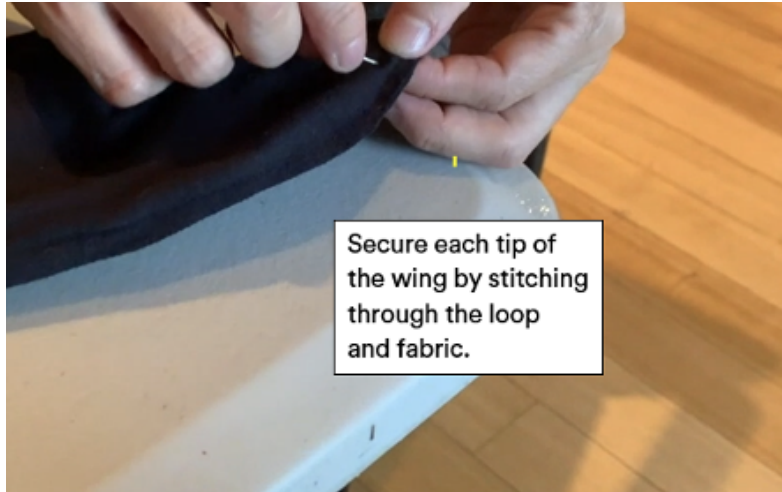
Stitch through the fabric at the corner edges of the wing and the wire hole on the inside to secure the position of the wire, complete the stitch by securing the thread by working 3 stitches on top of each other and cutting the remaining thread.

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STEP 6.2:

WIRE WINGS CONT.



Repeat this process on the other wing.

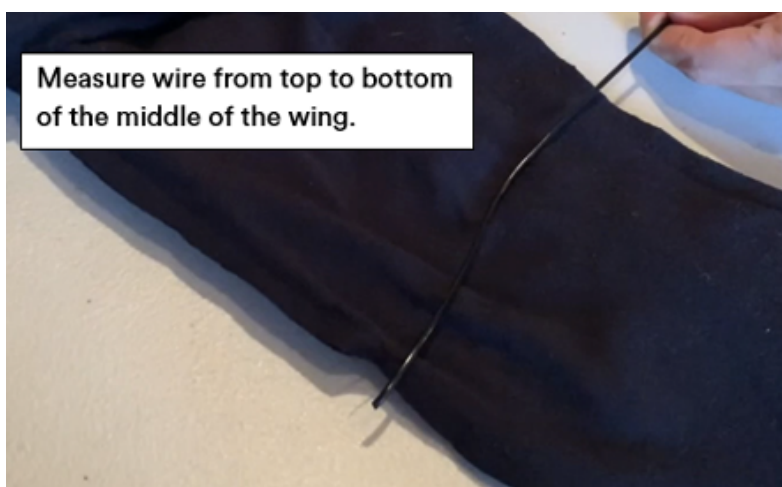
Cut a length (at least 30cm) of Black Sewing Thread. Thread the Needle and knot the ends together connecting the thread in one continuous loop.

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.

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.



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STEP 6.2:

WIRE WINGS CONT.

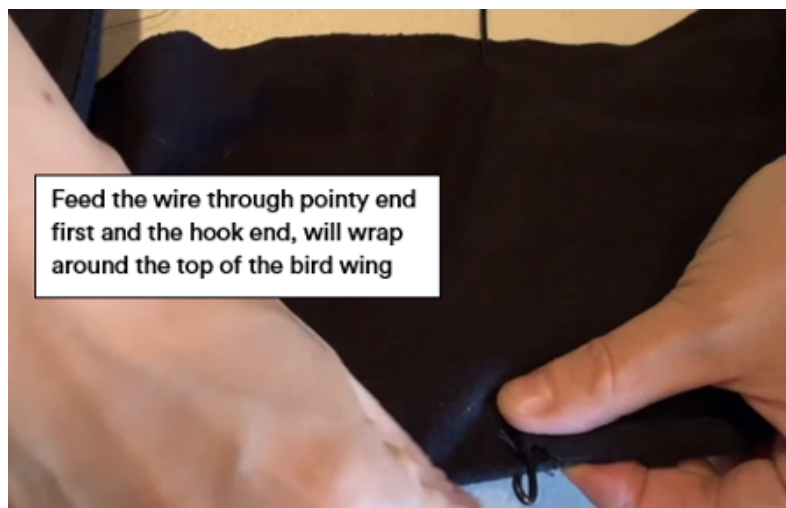
Using Pliers, cut the length of wire to match.

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).

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.



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STEP 6.2: WIRE WINGS CONT.

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

- 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.

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CONGRATULATIONS

YOUR STUDENTS HAVE EACH 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 building this epic set.
Well done!

NEXT STEPS:

1/ Complete PART TWO: Storytelling

You will be asked to submit Your Story when you Register Your Bird.

2/ REGISTER THE BIRDS

Complete the online form Register Your Bird Form

3/ Book the PART THREE

Makers in Motion Workshop with a Co:3 Teaching Artist –
contact education@co3.org.au

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UNDER THE SAME SKY

Devised by Raewyn Hill
and Naoko Yoshimoto
2019

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