

## Sewing Enrichment session

1. What is the overall intention of your particular session?

**Intent:** Reap the benefits of what sewing has to offer. Firstly, and most importantly, the Prophet used to sew/mend his clothing and repair his shoes, which makes it a Sunnah. So, the children are learning a new skill as well as fulfilling a sunnah at the same time. It also has other benefits, e.g. **Stress Relief** - sewing encourages mindfulness and reduces stress and anxiety. **Improve hand-eye coordination** – improves your motor skills. The attention to detail that sewing requires encourages coordination. **Happiness** - sewing increases dopamine in the brain, which makes us feel more positive.

2. What have you achieved so far.

**Implement:** So far, the children have revitalised a plain sock, by sewing buttons on the sock independently. Children have recently been introduced to 2 different types of stitches, running stitch and a whip stitch, which they have practiced on a piece of material to a very high standard. This will assist them during the next few weeks where they will design, decorate and make a hand puppet using felt and their button sewing skills for the decoration.

