

Lesson Plan: Upcycled Pants Tote Bag

Ages: 5-10

Primary equipment needed: Sewing machine

Originally taught at: Textile Arts Center, Sewing & Fashion After School program

Total hours of class time: 6

Project Objective: Students will cut and machine sew, use discharge paste to surface design, foil print, and hand sew to upcycle pants into tote bags. This project will take 4 class days to complete.

References (videos, pictures, etc to show Students):

[What Is Upcycling?](#)

▶ Arc'teryx Ambassador Nicole McLaughlin on Upcycling and Sustainable Fashion | 10...

1:32 - 2:58

Essential Questions:

What is upcycling? What is the difference between upcycling and recycling?

What are some everyday examples of upcycling you may have seen?

Why is upcycling important?

Project Timeline:

Class	ACTIVITY/GOALS	PREP
1	<ul style="list-style-type: none">● Pick out pants and straps● Do all cutting of pants	<ul style="list-style-type: none"><input type="checkbox"/> Have a selection of pants for students to choose from<input type="checkbox"/> Pre-cut nylon webbing straps to around 24" inches, 2 per student + a couple extras
2	<ul style="list-style-type: none">● Use discharge paste for surface design● Foil print	<ul style="list-style-type: none"><input type="checkbox"/> Pre cut squares of foil<input type="checkbox"/> Pre cut heat-n-bond<input type="checkbox"/> Test discharge paste<input type="checkbox"/> Fabric scraps

3	<ul style="list-style-type: none"> ● Sew bag together ● While waiting to sew, pin pants, Begin embellishing 	<input type="checkbox"/> Have scraps out for students to hand sew with
4	<ul style="list-style-type: none"> ● Sew straps on ● While waiting to sew, continue embellishing and making things with scrap 	

Class 1

Students will learn about upcycling, pick out their pants and straps, finish all cutting and be ready to sew by the end of class.

<p>Daily Project Timeline:</p> <ul style="list-style-type: none"> ● Show the example, discuss upcycling ● Pick out pants ● hand out straps, students can use fabric markers to decorate their webbing ● Demo drawing + cutting the pants [see instructions at end of document] ● Students draw on the pants with chalk where they want to cut, teachers check lines against pattern and make sure pockets are tucked before cutting begins ● Students cut out the pants with teacher supervision 	<p>Materials:</p> <ul style="list-style-type: none"> ● Chalk/washable fabric markers ● Thrifted Pants ● Nylon Webbing Straps ● Scissors ● clips/pins <p>Prep:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Source pants for project <input type="checkbox"/> Pre-cut straps to around 24", 2 per student <input type="checkbox"/> Put out pants + straps
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Class 2

Students will use discharge paste to add surface design to their tote fabrics. Then, they will use heat n' bond and foil to foil print onto scrap pieces that will become applique.

<p>Daily Project Timeline:</p> <ul style="list-style-type: none"> ● Put down tyvek ● Draw designs on pants with chalk ● <u>DEMO:</u> Discharge paste ● All students should put on gloves and aprons 	<p>Materials:</p> <p><u>Surface Design</u></p> <ul style="list-style-type: none"> ● Discharge Paste ● tyvek, ● thin brushes <p><u>Foil Printing</u></p>
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<ul style="list-style-type: none"> ● <u>DEMO</u>: Foil printing onto scrap fabrics to applique 	<ul style="list-style-type: none"> ● Pre cut foil squares ● Pre cut heat n bond shapes ● irons <p>Gear Needed:</p> <ul style="list-style-type: none"> ● Gloves ● Aprons ● Kids masks
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Class 3

Sew all bags together, begin embellishing.

<p>Daily Project Timeline:</p> <ul style="list-style-type: none"> ● Make sewing list, each student goes to sew bag together ● While waiting: <ul style="list-style-type: none"> ○ Pin along parts to sew ○ Embellishments - embroidery, beaded charms, sequins, buttons (can also glue buttons and beads onto the strap) ○ If they don't like their bleach design, they can embellish over it ○ <u>Optional</u> - Hand sew scraps together to make an additional pocket <p>**If this is too challenging, students can also use glue to fabric collage pieces together**</p>	<p>Materials:</p> <ul style="list-style-type: none"> ● Sewing machines ● pins/clips ● hand sewing needles ● embroidery hoops ● thread, buttons/beads ● fabric scraps <p>Prep:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Trays of scraps <p>Gear Needed:</p>
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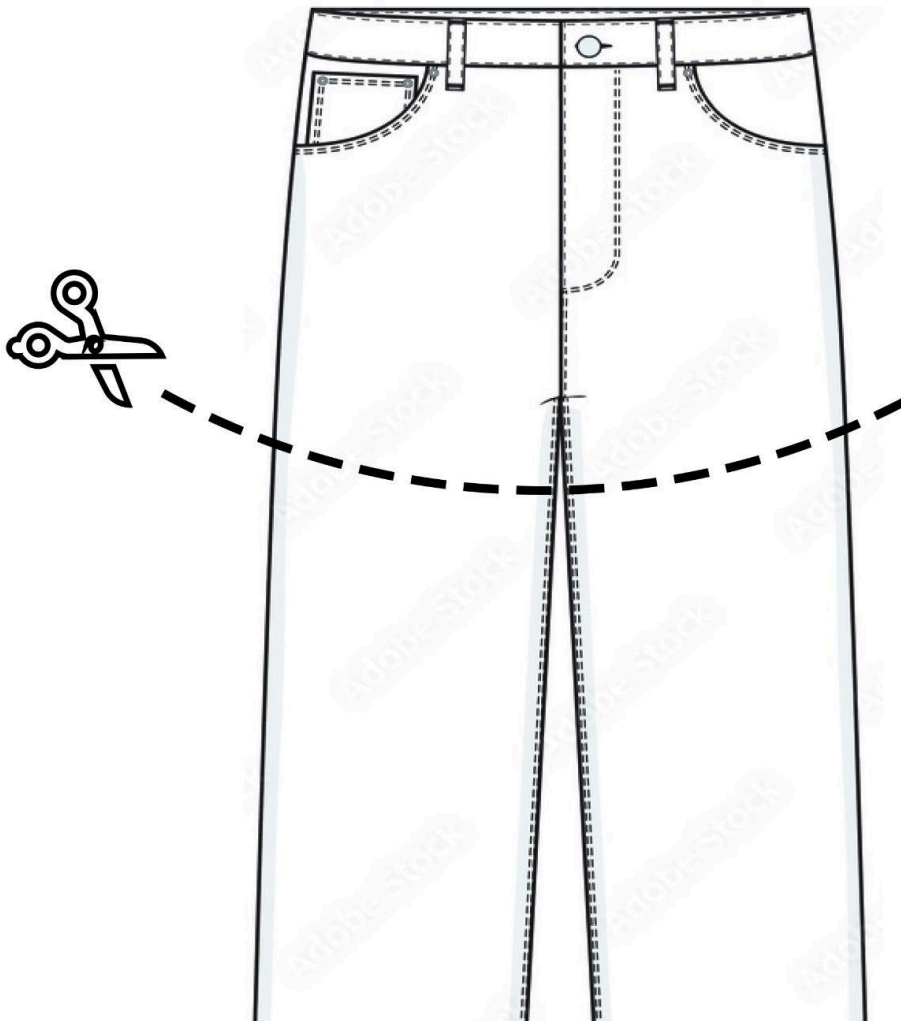
Class 4

Sew straps on, finish embellishing.

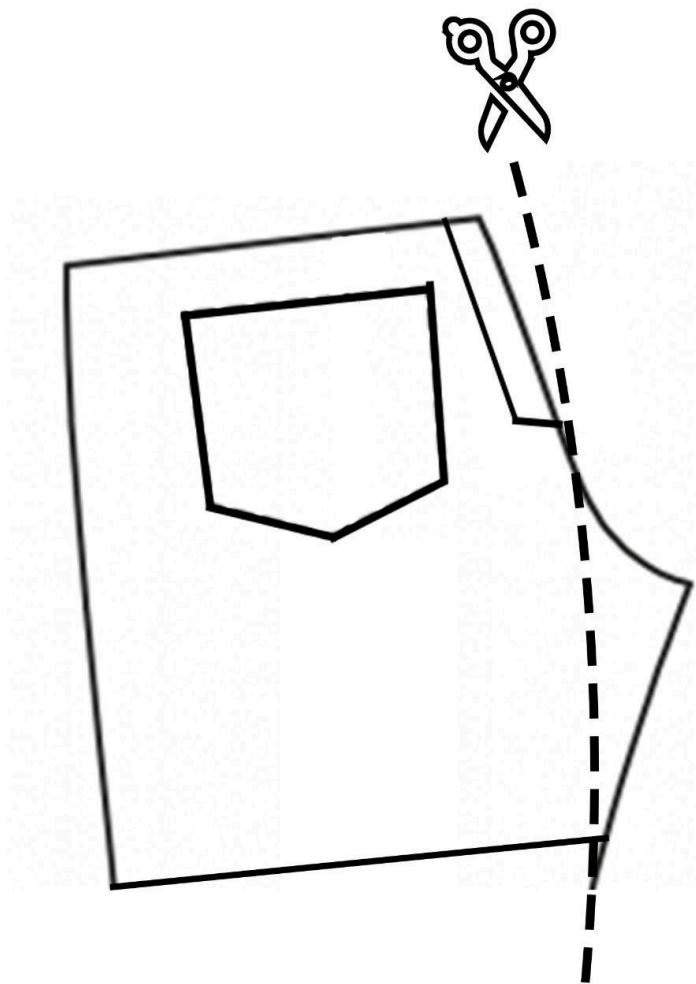
<p>Daily Project Timeline:</p> <ul style="list-style-type: none"> ● Go down the sewing list in reverse order, sewing all straps on ● While waiting: 	<p>Materials:</p> <ul style="list-style-type: none"> ● Sewing machines ● pins/clips ● hand sewing needles
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<ul style="list-style-type: none">○ Embellishments○ Can hand sewing/glueing scraps together to make additional pockets, etc.● Can go around and share bags and what they will put in their bag	<ul style="list-style-type: none">● embroidery hoops● thread, buttons/beads● fabric scraps
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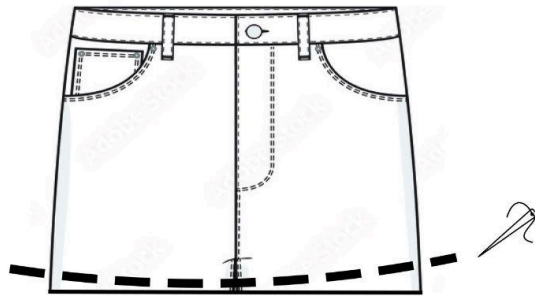
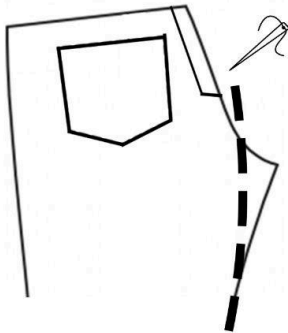
1. Draw chalk line across pants according to desired length, accounting for seam allowance. Line should follow the curve of the waist of the pants.
2. Before cutting, tuck in the pocket bags upward so that they are still functional and don't accidentally get cut.
3. Cut following line.



1. Turn pants inside out, and fold them on their side.
2. Draw a vertical line across the crotch to make it a straight line with the inseam.
3. Cut following line.



1. Keeping the pants inside-out and folded on their side, pin along the cut inseam, and sew it closed.
2. Still inside-out, lay pants flat, pin along the cut bottom, and sew it closed.



1. Cut straps to desired length.
2. Clip straps onto bag with 1-2" of overlap between strap and bag. Sew on with 2 straight stitches at the top and bottom of the overlapping section.

