



**NCCA**

An Chomhairle Náisiúnta  
Curaclaim agus Measúnachta  
National Council for  
Curriculum and Assessment

# Junior Cycle Home Economics – Second Year

## CBA 1: Creative Textiles Cushion with appliqué

FEATURES OF QUALITY FOR CLASSROOM-BASED ASSESSMENT 1  
See Junior Cycle Home Economics: [Guidelines for the Classroom-Based Assessments](#)

Home Ec

CBA 1

- Creative Textiles -

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# Cushion with appliqué

## The Task

What have I been asked to do?

- Recycle or upcycle a textile item for an individual or the home. It must follow a theme and be completed in 8 weeks.

## Analysis of Task

In my own words, what have I been asked to do?

- For this task, I have been asked to either recycle or upcycle an item (I chose a pillowcase) for an individual or the home (if it turns out good, I think I could give it to someone as a Christmas present). The item I make must follow a theme (I chose hedgehogs in spring) and it must be both realistic and achievable, as we only have 8 weeks to complete the project.



# Key Factors

to Consider

## Function

- What am I going to use my item for?

## Form

- What shape of cushion should I make?

## Pattern

- What kinds of patterns can I include in my project?

## Consumer Trends

- What is popular on social media?

## Emphasis

- What do I want to be the main focus of my attention on the project?

## Size

- How big do I want my project to be?

## Texture

- How can I include different textures in my project?

## Needs

- Is there anything I need at home, in terms of a garment or textile item?

## Cost

- How much am I going to spend on my project?

## Colour

- What colours go well together?
- What colours of felt, dye and thread do I have?

## Proportion

- What needs to be big / small in order to look good?

## Sustainability

- Should I choose natural fibres over synthetic ones that are more harmful to the environment in order to be more sustainable?
- Am I using up old scraps instead of buying new things?
- Is there any little things my friends have that I can use instead of buying something new?
- Is there anything I'm not using that one of my friends could use?

## Technology

- What technology can help me with my project? - Internet, sewing machine, etc.

## Skills

- What hand-sewing and machine stitches and fabric embellishment techniques do I already know, and what could I learn?

# DESIGN 1!



# DESIGN 2!





# FEEDBACK

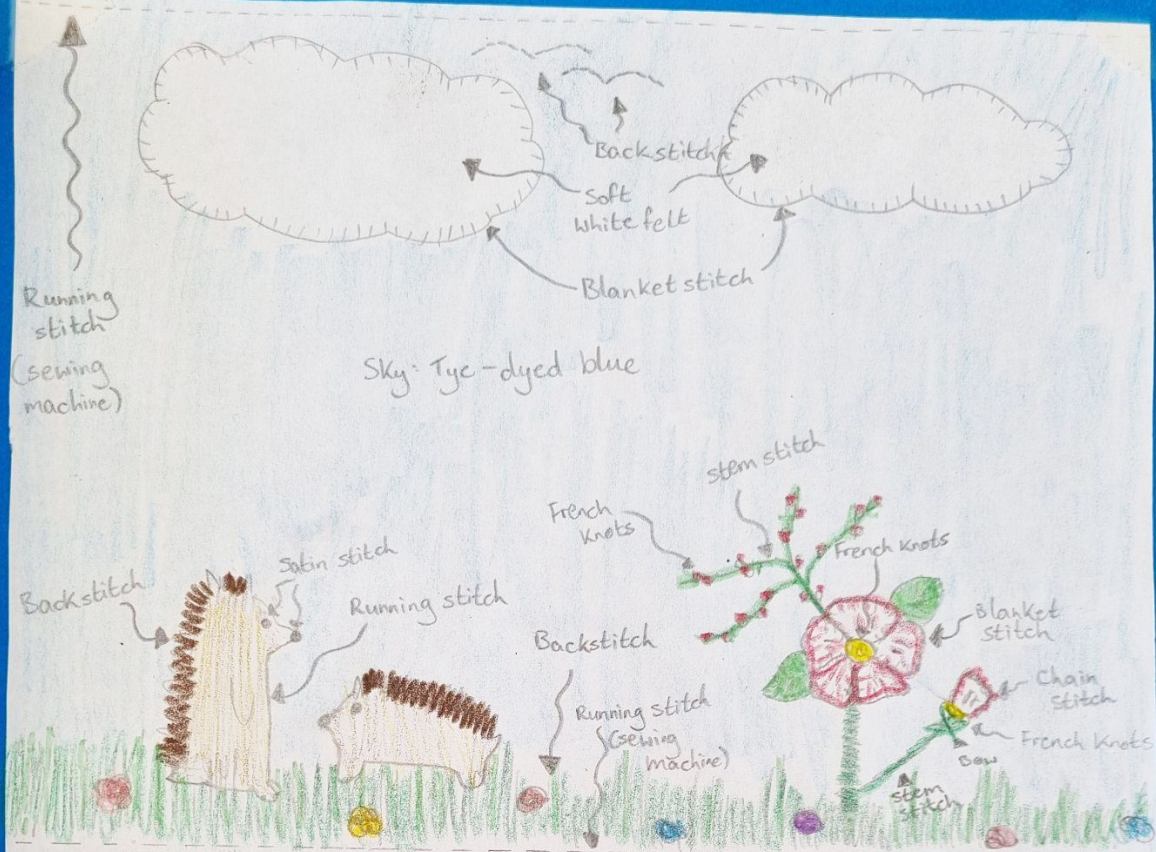
I asked my classmates what they thought about each of my designs, which they liked best, improvements I could make, and their personal opinion on which design to choose, having considered all the key factors.

One person liked design 1 best. They thought the idea was really cute and they loved the colours. An improvement I could make to this design, in their opinion, is to use buttons or other embellishments like sequins for the hedgehogs' facial features. This person thinks I should choose design 1, because they think it demonstrates a wider variety of sewing stitches, techniques and skills, which may help me to get a better result, but could also slow me down.

Another person wasn't sure which design they liked best. They thought both the penguins and the hedgehogs were so cute, and they thought each design was both creative and unique. An improvement to design 2 is to embroider the snowflakes on using the backstitch, as there aren't a lot of techniques and stitches in that design. They think I should choose design 2, as they think it would be more achievable in the 8 week period we have.

Another classmate liked design 1 best. They thought the flower was amazing and they really liked the hedgehogs. An improvement I could make to this design is to use felt for the grass instead of hand-stitching it, so it would help speed up the process of making my item. They think I should choose design 1, as they love the use of different stitches, especially on the flower!





## ♥ MY CHOSEN DESIGN ♥

For my CBA, I considered all the Key Factors and the feedback I received from my peers, and I have chosen...

⇒ Design 1- Hedgehogs! ⇐

I chose this design because

- It was more popular with my peers and I liked it too.
- There was more stitches used so I might get a better mark
- The other design was quite basic and kind of boring
- I wanted to try tye-dye, but I didn't think it would look as effective, with a light colour which is what I wanted for the second design.



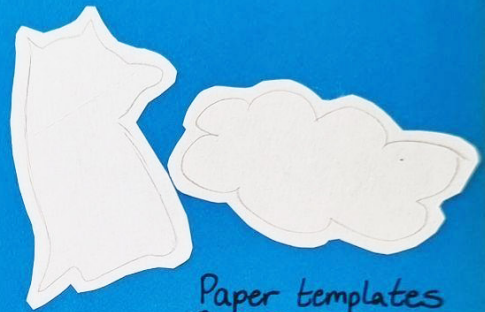
# Equipment

♥ I used in my project ♥



Needle and thread

I used embroidery thread in my project because it shows up and is easier to use than regular thread as it is thicker and easier to see.



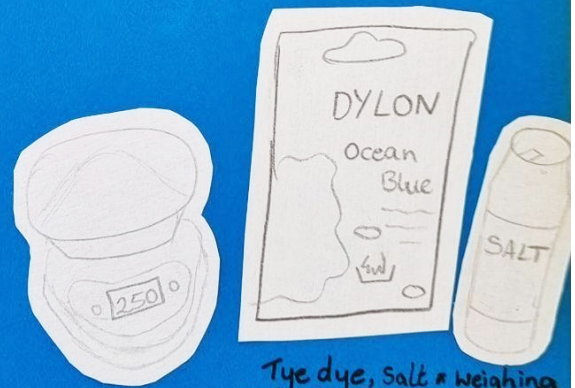
Paper templates

I used templates for the hedgehogs and the clouds so I had a better idea of what shape I wanted them to be, and it is easier to cut out of the felt or fabric.



Bucket of water & wooden spoon

These were used to dye my pillowcase. We mixed the dye with water and put the elastic bands on the pillowcase, then put the pillowcase in the bucket and stirred it with the spoon.



Tye dye, salt & weighing scales

I used tye dye to dye my pillowcase blue because I wanted it to look like the sky. I used the weighing scales to measure the correct amount of salt to mix with the dye.



Soft  
White felt

I used soft white felt for the clouds  
in the sky



Pins

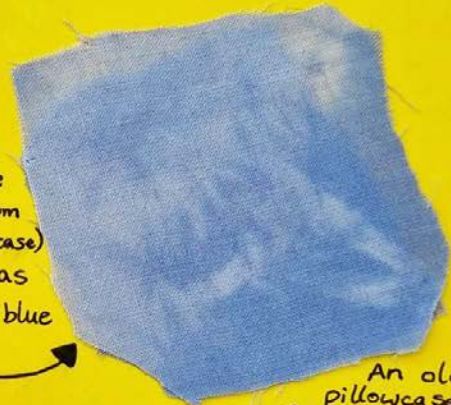
I used pins to secure the  
fabric / felt in the exact spot I  
wanted it to be in before I sewed  
it on



Leftover fabric

gave me some leftover  
brown fabric of hers as there was  
not enough brown felt for the  
hedge hogs

This is  
the spare  
fabric (from  
the pillowcase)  
after it was  
tye-dyed blue

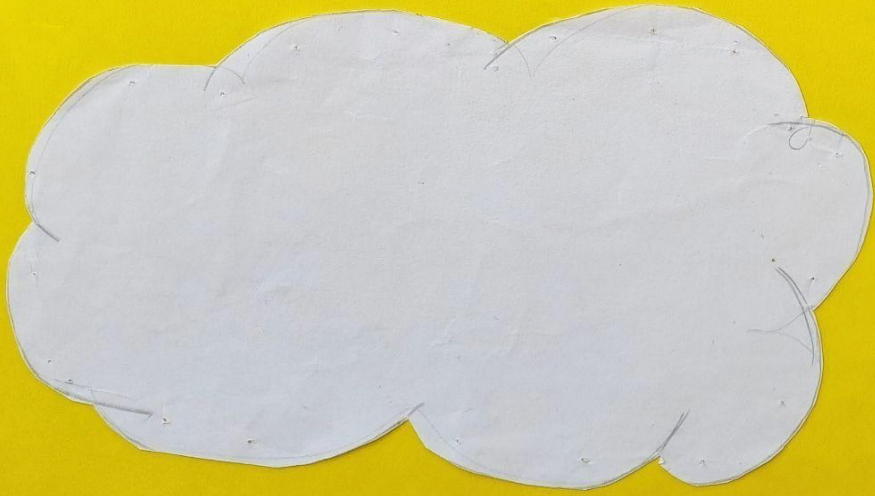


An old  
pillowcase

I really wanted ~~to~~ make a  
cushion for my project, and  
we have a few old white  
pillowcases lying around, so  
I thought, "Why not use them?"

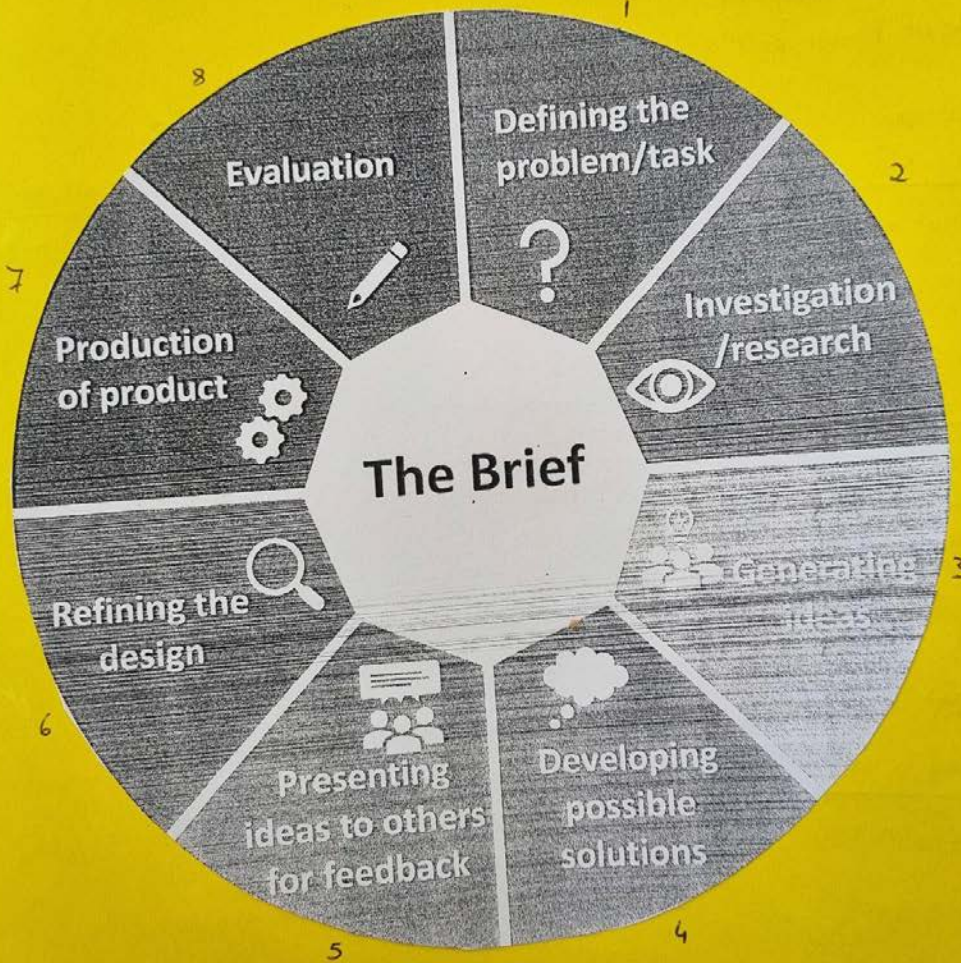


# templates



These are the paper templates I used in my project. I used these so I had a better idea of the size of the clouds and hedgehogs, and also so it would be easier to cut the shapes out of the felt/fabric.

The  
♡ Design Brief ♡  
Process





S T I T C H E S

♥ I USED ♥

The Running Stitch

- Sewed up the edges on the sewing machine
- Sewed on the hedgehogs
- Inside of flower petals

The Backstitch

- Hedgehog's spines
- Grass
- Birds

Satin stitch

- Hedgehog's eyes & noses

Surface Satin stitch

- Stem of flower

stem stitch

- Branch from flower
- Little flower's stem

Fishbone stitch

- Leaves of flower

French Knot

- Inside of flower petals
- Little flower
- Buds on branch

Blanket stitch

- Petals of flower
- Clouds

Chain stitch

- Little flower

Making a rose

- Roses on the grass



# WORK DIARY

WEEK: 1

This week I began working on my project following the design brief process. I created a Pinterest mood board and printed off a few ideas. I considered all of the Key Factors and decided to make a cushion from an old pillowcase.





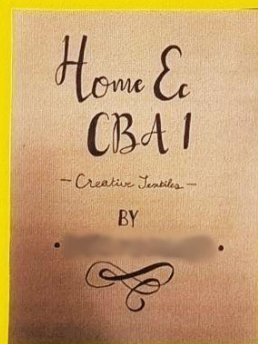
This week I drew out my 2 possible designs on paper and received feedback from my friends and teacher on what design they thought was best and what could improve it. I also gave my classmates feedback on their designs. By the end of the week, I had chosen design 1, and I also tie-dyed my pillowcase.

### WEEK : 2

This week I began working on my scrapbook. I designed the cover, redrew my 2 possible sketches again and wrote out all the Key Factors to consider before making my project. I cut out templates for the clouds and hedge hogs on paper as well.



Original scrapbook cover



my new cover! ♡



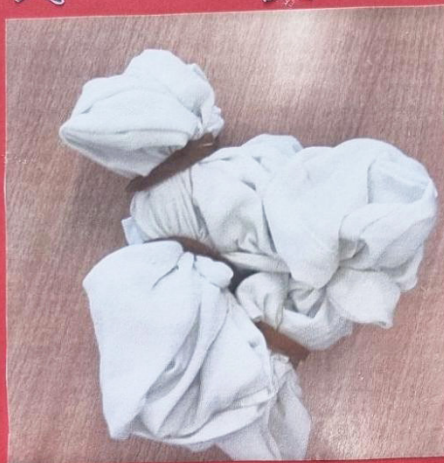
The paper templates on the pillowcase



# T Y E D Y E



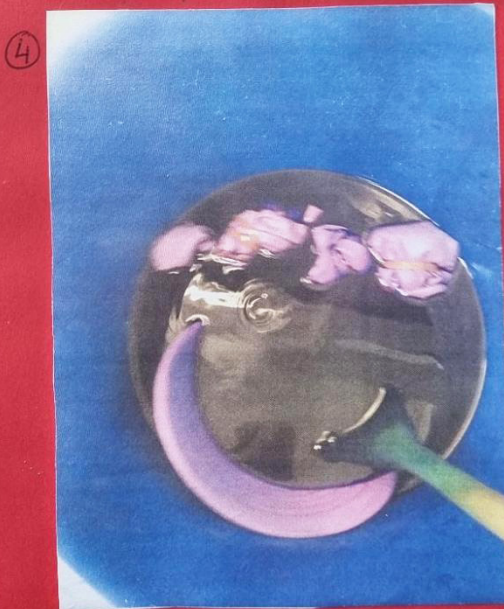
1 First, I rinsed the pillow case in cold water from the top.



2 Next I used elastic bands to the create a scrunched up effect.



3 Next I got all the materials ready. I weighed 250g of salt, and got the dye, bucket, water and wooden spoon ready. He mixed the salt, dye and water in the bucket using the spoon.



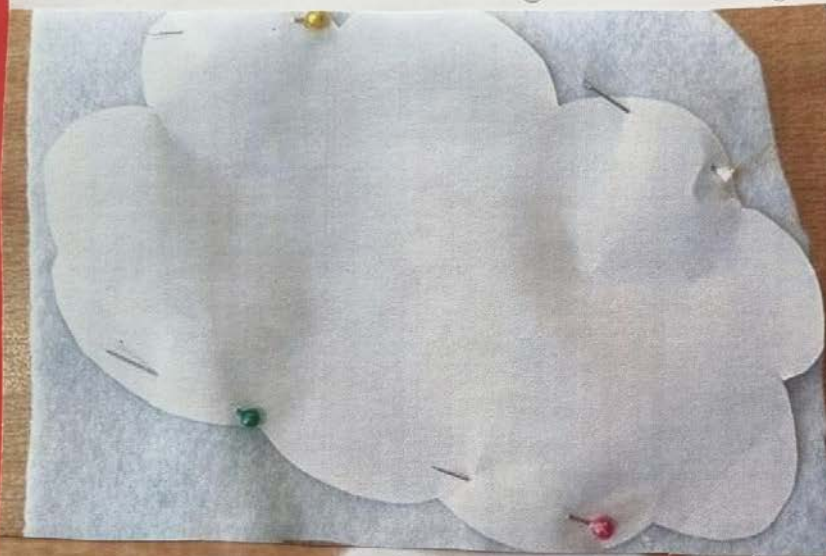
4 Then I popped my pillow into the bucket and gave it a stir. I left it from 11am (break) to 1:15pm (lunch time), put it in a sandwich bag and brought it home.



→ The scrunch effect the elastic bands created.



This week I mostly worked on my scrapbook, but I cut the cloud templates out of some soft white felt. I cut one of the hedgehogs out of light brown felt, but then I realised I didn't have enough for the second one! Luckily, I had some brown fabric going spare, so she gave that to me.



The cloud template pinned onto felt

The cloud after being cut from felt



This week I sewed one of the clouds onto my pillow using the blanket stitch. This took a lot longer than expected, since it was a long time since I last used this stitch. I only got one cloud done this week so I became a little behind where I should be at this stage. I also worked on my scrapbook.



The cloud after being sewn on using the blanket stitch



I was quite behind this week as I had to balance my project which I was already behind on, and studying for Christmas exams I had next week. I sewed on the other cloud using the blanket stitch, and I started to sew the grass using the backstitch. I alternated between dark and light green embroidery thread.



The grass so far



Close up of the grass

WEEK 4

This week I was still quite behind because the grass was taking a lot of time to do, and I had study to do for the Christmas exams this week. I spent this week sewing a lot more of the grass onto my pillow. I was about half-way across the pillow by the end of the week. I ran out of light green thread but luckily I had wool of a similar colour at home so I used that.

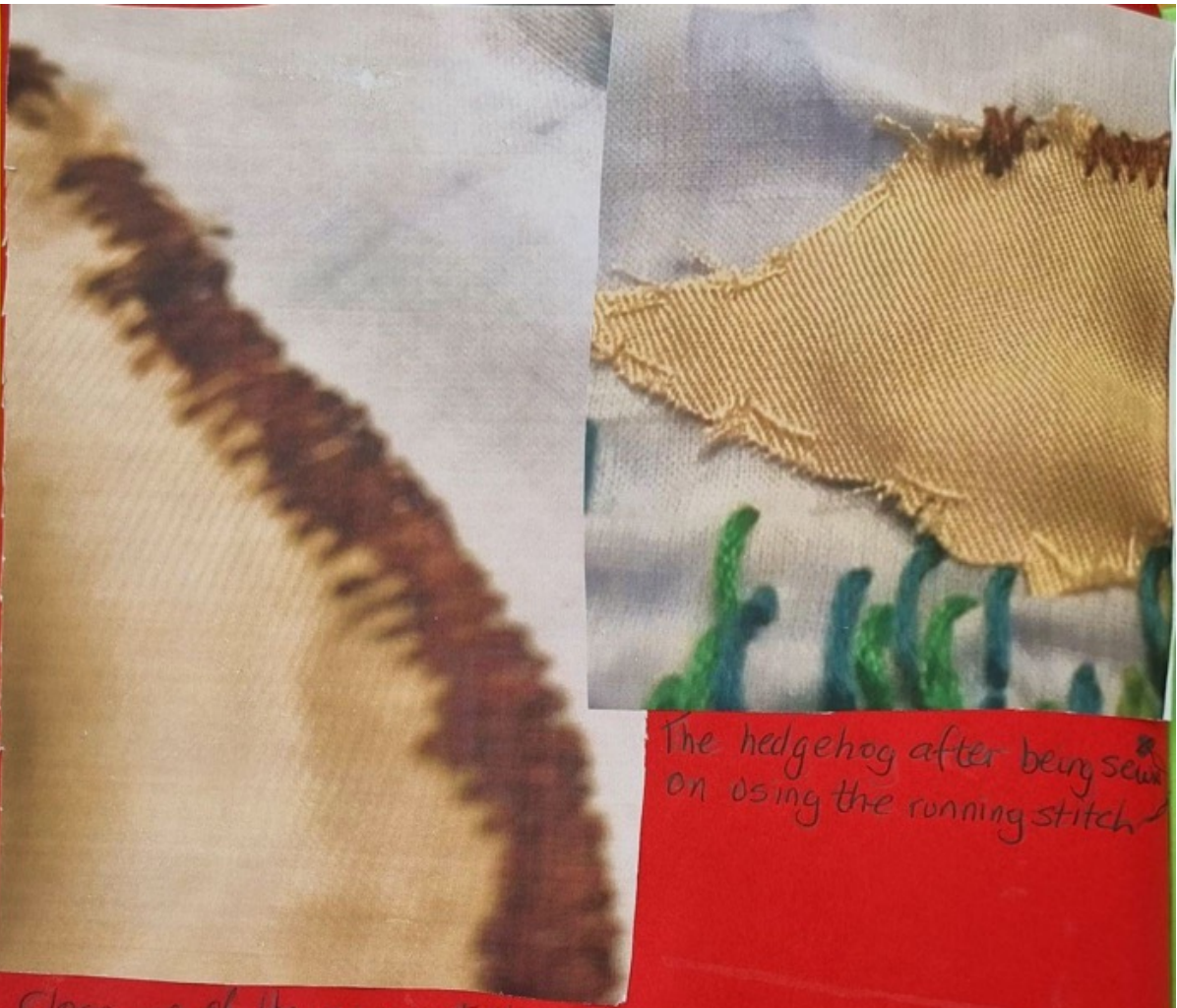


The wool was quite thick even though I split it, but the effect still looks good.

WEEK 5

This week I worked on the grass. I sewed both the hedgehogs on using the running stitch then I sewed the spines of one of the hedgehogs on using the backstitch. By the end of the week, I was almost finished the grass too.





The hedgehog after being sewn on using the running stitch

Close up of the spines of the hedgehog



## WEEK:6

First, I finished the grass. I ran out of dark green thread, but I found some of a similar colour at home so I used that.



I forgot to take a picture of this step!!! ☹️  
This is a picture after I had finished the flowers  
but you can see how the grass looks.

After that, I backstitched the spine of the second hedgehog using the brown thread I used for the first one.



The printer went funny so this is the best picture of the spines I could get. ☹️



WEEK : 7

Next, I began practicing the stitches I needed to include in my flower. These were: the surface satin stitch, (for the stem) the blanket stitch (petals) french knots (middle of petals and buds on the branches), chain stitch (the stem of the part of the flower that branches off) the stem stitch (the branch part at the top of the flower) and the leaf stitch (leaves). I made out a whole practise flower on a spare bit of fabric.



French knot

Needed for centre of petals & buds on branches



Fishbone stitch

Needed for leaves



Surface satin stitch

Needed for stem



Stem stitch

Needed for branches & stem of little flower that branches off of the bigger one





My  
finished  
practise  
flower!

Once I had finished the practice flower and I was happy with it, and I knew how to do all the new stitches I learned, I drew out the shapes I needed onto my pillowcase. I drew the stem and petals of the flower, and I left enough space in the middle the petals for the French Knots. I also made the petals large enough to fit 2 stitches in the centre (which I embroidered using the running stitch) and the blanket stitch all the way around, but I made them small enough not to look a little crazy and also so they'd be a good proportion to the size of the hedgehogs. I embroidered the stem first, followed by the French knots, petals, little flower branching off, the leaves and the branch at the top.





Almost done the petals!



Petals are done!



Starting the leaves using fishbone stitch



Leaves are done!





Draw the  
branches  
on!



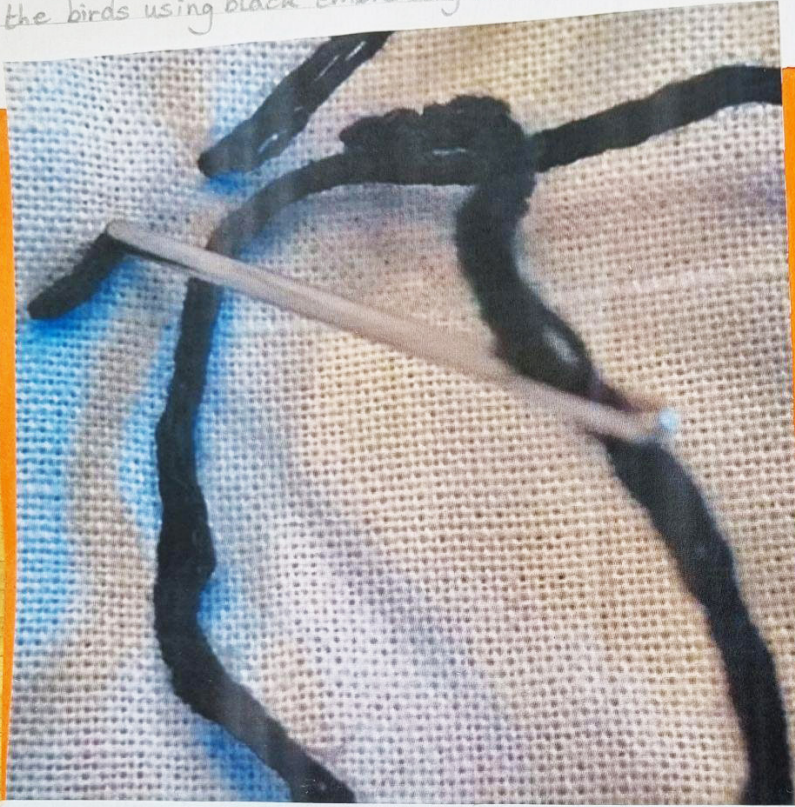
Finished the  
branches. I forgot  
to take a picture  
of the little  
flower, but here  
is the whole thing  
completed





WEEK: 8

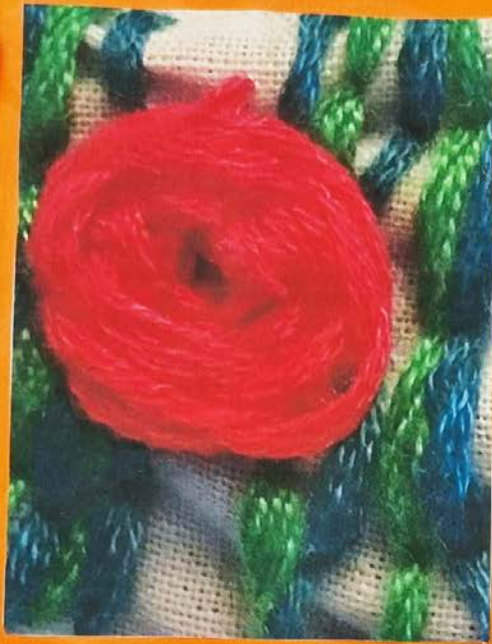
Once I completed my flower I drew lines for two birds beside the clouds. I chose to add birds because I felt like the sky was lacking detail. I embroidered the birds using black embroidery thread and the stitch I used was the backstitch.



← sewing the bird using the back stitch

This step was the last step in my project involving embroidery. First, I practiced the lazy-daisy stitch on a spare bit of fabric. I then tried to embroider it on the grass using pink thread but I didn't really like it. I saw a tutorial on Pinterest on how to embroider rose flowers. I decided to try this instead, so I practiced a few times, loved the effect, and tried it out on the grass. I thought it looked much better so I embroidered lots of roses in different colours.





How I did the roses

One of my favourite roses

After I had finished all the required embroidery, I moved on to the final step. I pinned the front and back fabric of the top end together and used the sewing machine to sew a running stitch. I left a 0.5 cm gap from the edge (hem). I had to rip one of the birds as it was in the way of the hem.



I pinned the top



Sewing



After I sewed the top I embroidered the bird. I ripped again, just in a different position. Then I stuffed my cushion.



Redoing the bird

Once I had stuffed the cushion I sewed up the bottom end with the sewing machine, and then I was finished!

Sewing the bottom

Finished sewing the bottom

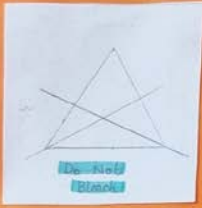




My finished project!



## ♥ Care Labels ♥



**Do not bleach:** Bleach would definitely not be suitable for my cushion, it wouldn't work with the dye-dye - it could cause discolouration, etc, and bleach may also cause this to happen to the thread and felt in my project.

**Hand wash:** I don't think my item is suitable to be washed in a washing machine as it may lose its shape, so washing gently by hand may suit it better.

**Dry flat:** If I dried my item in a tumble dryer or hanging on a clothes line, my cushion may lose its shape. If I dry it flat however, it won't.

## e v a l u a t i o n

I think the cushion I made is both creative and original. I used Pinterest for inspiration, and I did see the flower design there, but I came up with the overall design myself. I used a very wide range of stitches, textures and colours, so this is why I think my design is creative.

I think the quality of my sewing overall is good, and I'm quite happy with it. All of the stitches are even and very secure, and I think most of them are neat and well-finished, there was a bit of puckering on the grass in places; but overall I think my sewing is decent. I used nine different stitches in total (one of which was done on a sewing machine), and I think they are all done to a good standard. The grass isn't as neat as I'd like it to be, but it was a very spontaneous decision!



A challenge I came across was when I was about to begin sewing my practise flower onto spare fabric and I realised I didn't identify a lot of the stitches used in the flower, so it would be a much bigger job than I initially expected! I had to teach myself a lot of new stitches e.g. french knots, but it was actually a lot of fun to learn them and to put the flower together, and I'm so happy with how it turned out!

Another challenge I faced was when I was so close to completing my projects all I needed to do was sew up the two sides and stuff it, and my sewing machine wouldn't work. The first time, I was halfway across the top before I realised the needle wasn't threaded!!! So I started again. This time (and the next time too) the stitches came out way too loose! I was getting pretty frustrated at this stage so I asked Mam what she thought I should do. She said "maybe thread the machine again, it might be done wrong." I did that and... it worked!!!! 😊 (Thanks Mam! 😊)

There were lots of things I enjoyed about this CBA. I especially liked learning how to do so many new stitches, e.g. stem stitch, as I like learning new things, especially if I'm teaching myself and not being shown how to do it by somebody else. I also loved seeing my project come together, looking back at pictures of when I first started, I can't believe how well it turned out, I'm very happy with it.

If I were to make my item again, I would definitely try to manage my time better. I have a habit of leaving everything to last minute, and it's definitely something I want to change. If I had spent more time completing my project early on, I would have had much less pressure to deal with over the last few weeks of the CBA.



## Images of the cushion









# Teacher Feedback

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**FOQ 1:** The design brief process was completed to a very high standard with evidence of principles of design and sustainability presented throughout. There is also lots of great visual evidence of you working through the design brief process. The use of commercial dyes may need some consideration with regard to sustainability.

**FOQ 2:** The application of craft/textile skills has executed to a high standard. Overall, the concept and piece is highly creative with evidence of a wide variety of hand stitches and the application of tie-dye on the material. The stitching is neat and mostly consistent. There is evidence of some puckering on the grass area of stitching and the blanket stitch tension is a little uneven in some sections. Making the larger of the clouds slightly smaller would have helped the proportion more. It is important to iron fabric before filling and stitching closed.

**FOQ 3:** The student reflection was comprehensive. Evidence of peer reflection on your design ideas and self-reflection on how the work was going at various stages within the work diary is wonderful to see. This shows evidence of you really embracing the reflective part of the design brief process. Excellent final evaluation on the design brief process.

**Overall Judgment: Above expectations**



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