Visible Mending Challenge Choice Board

Choose one or two types of mending from the choice board to explore and use them as inspiration for mending a worn item of your own clothing in a way that will increase its lifespan and encourage you to wear it more.

Sashiko:	Darning:	Kantha and Embroidery:
Explore the Japanese mending art of **sashiko** and its cultural relevance through this video. Visit this website to get ideas for how you can use some aspects of sashiko-inspired stitching and incorporate them into mending your item.	The earliest example of darning dates back to Ancient Egypt. Compare the darning technique in this darning tutorial (starts at 0:54) done on woven cotton to this Scottish darning technique done on wool. How are they the same or different? Would one work better for different fabrics? Would you take the time to darn your socks if they got a hole? Why or why not?	Kantha is a traditional Indian embroidery method of mending and beautifying textiles. Read this article about the history of this art form. Learn how to do this easy Kantha embroidery stitch. Watch these embroidery techniques used in visible mending outside of the Kantha tradition to cover holes in clothing.
Sewing on a Patch:	**Sewing on a Button:**	**Lighting up your Mending:**
Patching clothing means adding a piece of fabric on top of or behind a hole to repair it. Watch this tutorial on patching jeans and take a look at another method of stitching on a patch more decoratively with a blanket stitch.	Losing fastenings like buttons is a common reason why garments get thrown away. Learn how to sew on a button and use the technique to fix a missing button on your garment or use buttons to embellish your visible mending in a creative way.	How could you incorporate technology into your mending and how could this benefit your visible mending? Try out some of these micro:bit lessons to program the LED lights on your micro:bit and find a creative way to incorporate the light display into your visible mending piece. Remember to make the micro:bit easily removable for washing!