



Craft Kit 4: Red Dress

Instructions:

19. Cut out the paper dress pattern.
20. Using the straight pins, pin the pattern to the felt and cut out two red dresses.
21. Lay out your design of buttons, pom poms, and beads.
22. Thread the needle with 24" of thread. Tie the two ends together so the needle won't come off.
23. Sew all of your buttons, pom poms, and beads to one of the felt dresses. Don't forget to make a knot before cutting the thread. Rethread the needle adding more thread as needed.
24. Pin the two dresses together. Sew around the edges leaving openings for the head, arms and legs.

For information about the artist and step-by-step instructions, visit: www.108contemporary.org/resources

Use the hash tag **#108CraftKits** when sharing your artwork on social media!



Red Dress Craft Kit

Classroom Educational
Component

108

CONTEMPORARY

Art. Craft. Design.

About the Artist

Susan Taber Avila



- Susan is an artist, professor, and the Chair of Design at the University of California, Davis.
- She has shown her work in Argentina, China, Costa Rica, Hong Kong, Lithuania, Mexico, Swaziland, and the UK as well as around the United States.

Matters of Dis-Ease: Susan Taber Avila



Balance It Out!



Eat foods from all these categories to be at your best!



Grains

Eat 6-7 oz. every day, mostly from whole-grain, high-fiber foods*

whole-grain breads and cereals, pasta

Vegetables

Eat 2-2½ cups every day*

carrots, spinach, green beans, broccoli

Fruits

Eat 2 cups every day*

bananas, apples, pears, peaches, strawberries

Oils

Get 3 teaspoons per day

corn oil, canola oil, olive oil, safflower oil

Milk

Get 3 cups (fat-free or low-fat) every day*

fat-free or low-fat milk, cheese, yogurt

Poultry & Fish

Eat 3-6 oz. every day. Eat fish 2 times per week*

chicken, turkey, fish, lean beef

Nuts, Seeds & Legumes

Eat 4 servings per week*

1 serving = 1½ oz. nuts, ½ oz. seeds or ½ cup cooked legumes

*Based on an 1,800-calorie diet.



Why is Physical Activity Important?

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other things.

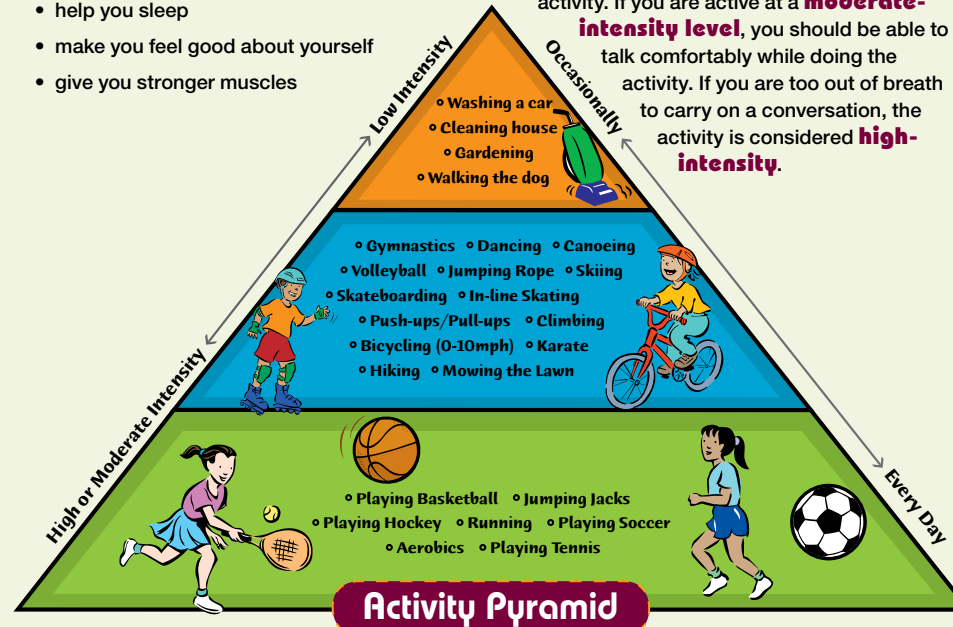
Physical activity helps your body work better, too! It can:

- improve blood circulation throughout your body
- help keep weight under control
- improve blood cholesterol levels
- boost your energy level
- help you sleep
- make you feel good about yourself
- give you stronger muscles

**The more active you are,
the faster your heart beats.**

Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

If you are active at a **low-intensity level**, you should be able to sing while doing the activity. If you are active at a **moderate-intensity level**, you should be able to talk comfortably while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered **high-intensity**.



What About Cigarettes?

Even with your very first cigarette, your heart beats faster and your breathing is faster and shallower. Your blood pressure rises and you breathe in over 4,000 toxic substances.

Things Found in Cigarette Smoke:

- Acetone — main ingredient in nail polish remover
- Ammonia — used in household cleaners
- Carbon Monoxide — exhaust from a car
- Vinyl Chloride — same compound used in trash bags
- Benzene — found in gasoline
- Hydroquinone — used in paints and motor fuel
- Acetaldehyde — used in glue
- Cadmium — found in batteries



Smoking damages nearly every organ in the human body.

In the respiratory system, smoking damages your lungs and can lead to emphysema, bronchitis and pneumonia. Your heart and your circulation suffer too.

Smoking causes heart disease and increases the risk of heart attack and stroke. Smoking causes many different types of cancer and is the most preventable cause of death.



Say NO to smoking!

Arterial Motive



Superwoman Syndrome



Plaque Mystique



How to Make Your Own Red Dress



Materials

- 1 piece of red felt
- 1 needle
- 4 straight pins
- Red thread
- Pom poms
- Buttons
- Beads
- Dress pattern (found on our website, or make your own)
- Scissors

Step 1:

- Cut out the dress pattern and pin it to the felt making sure you leave enough room to cut a second one out of the same piece of felt.



Step 2:

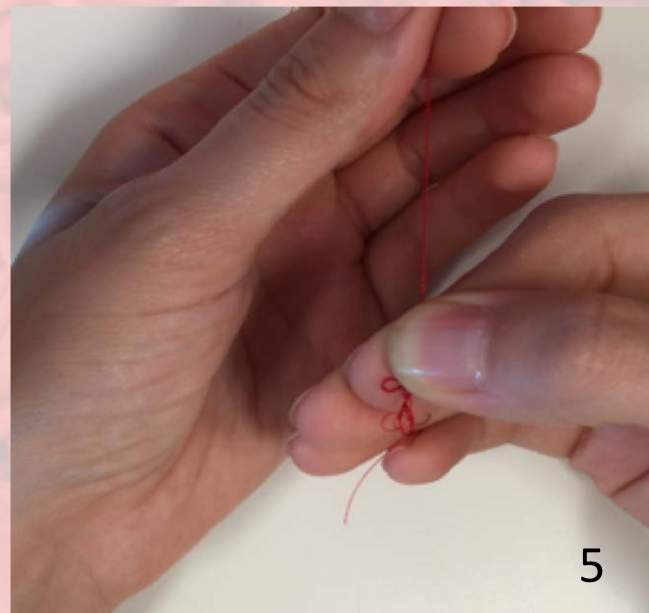
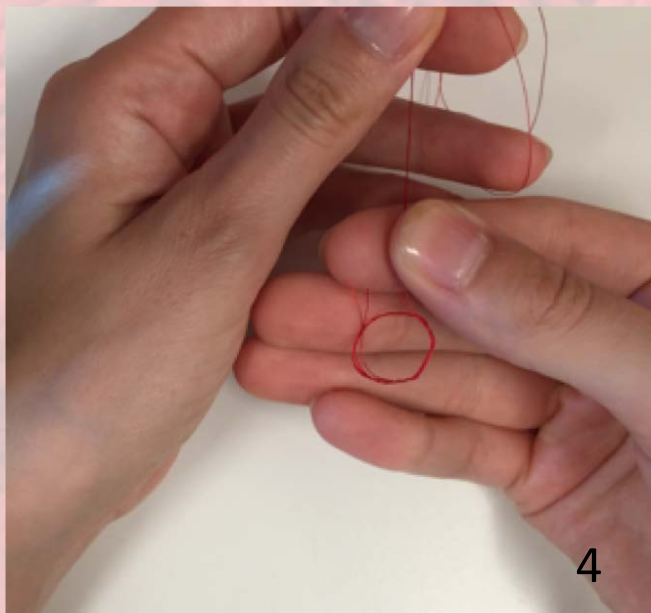
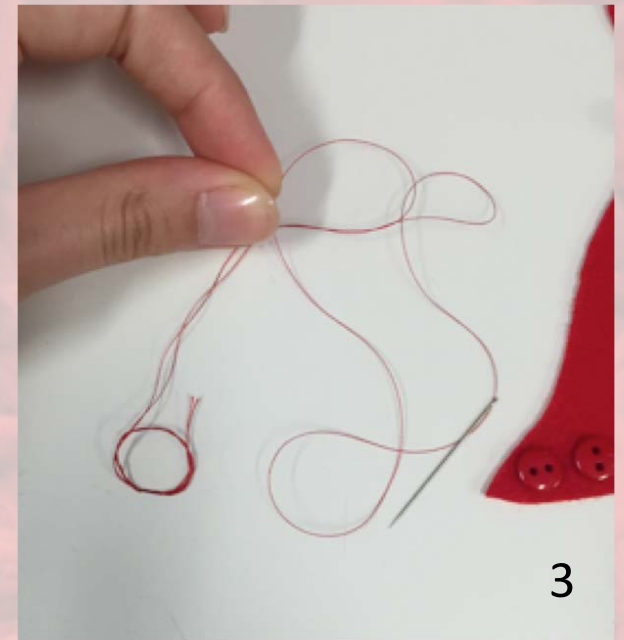
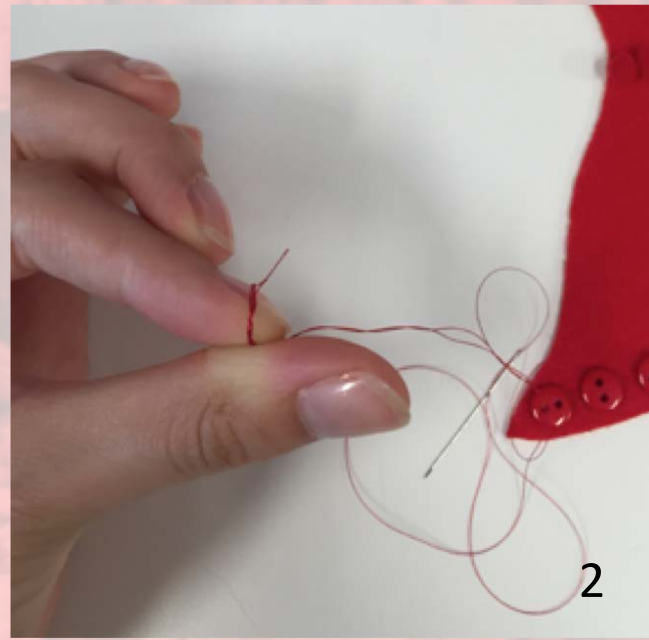
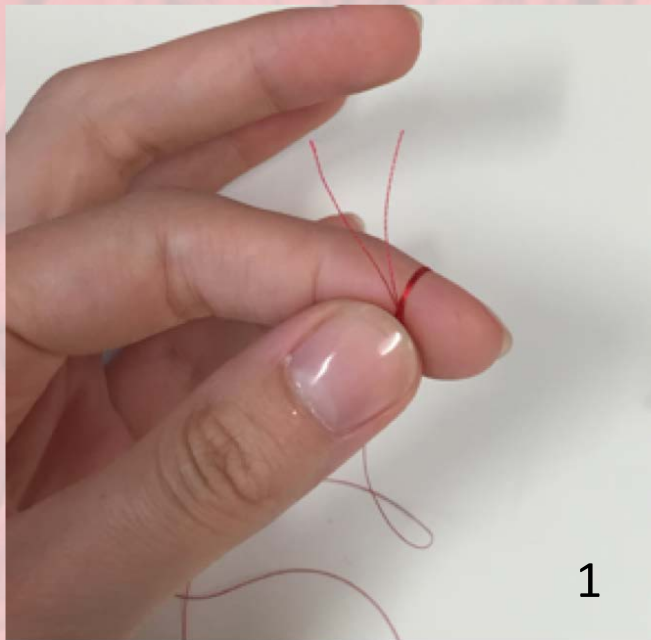
- Carefully cut out the dress. Remove the pattern from the felt dress piece and follow the same steps so you have two red dress felt pieces.



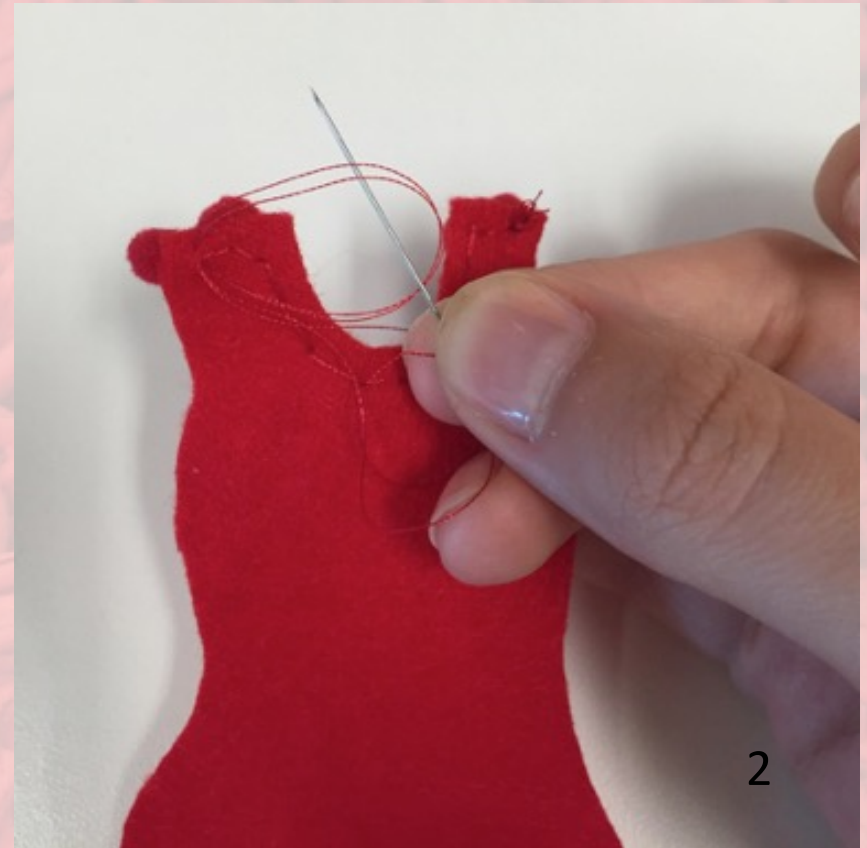
Step 3:

- Cut off a piece of thread about 2 feet long. Put one end of the thread through the hole in the needle and even up both ends of thread. Tie a knot. (See the next slide for how to make a knot.)
- If you can't master the "booger" knot, any knot will do.

How to tie a "booger" knot:



How to tie a end knot:

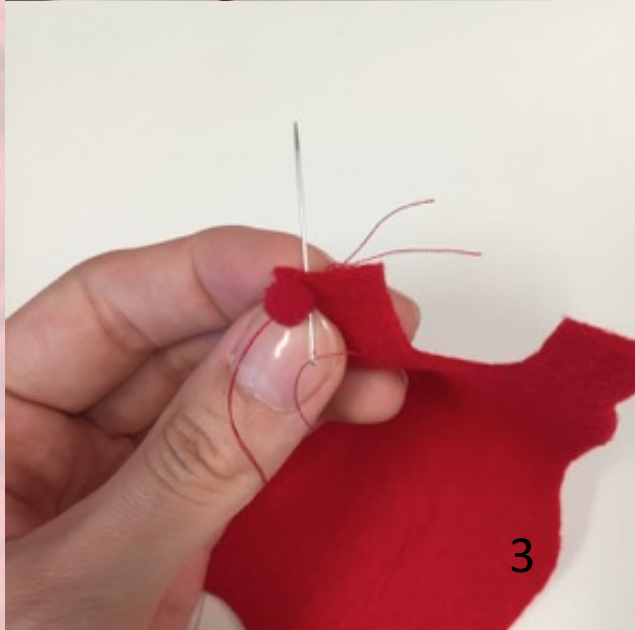
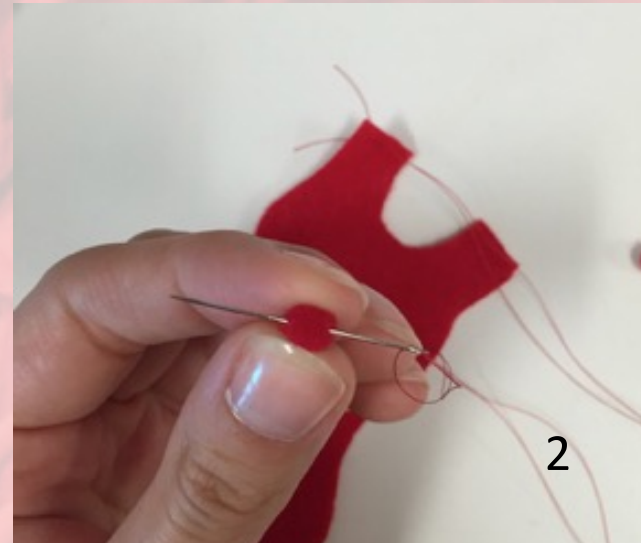
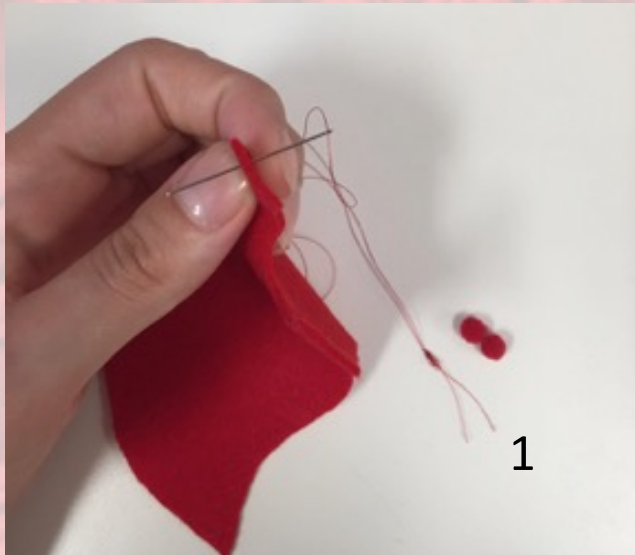


Step 4:

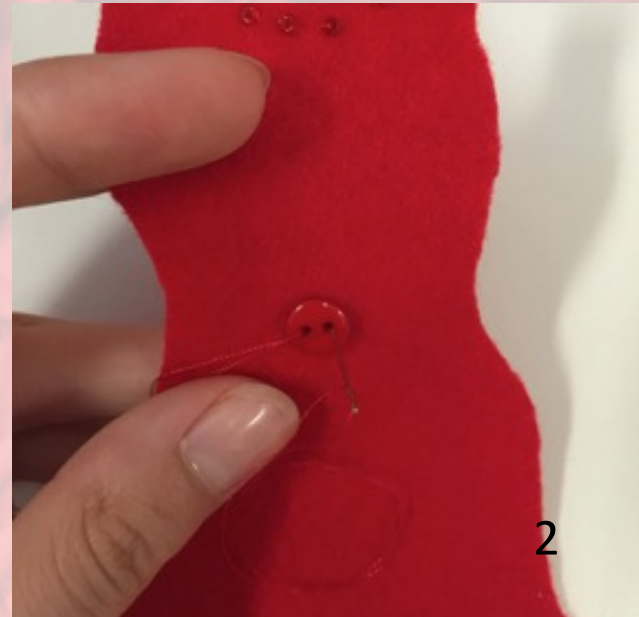
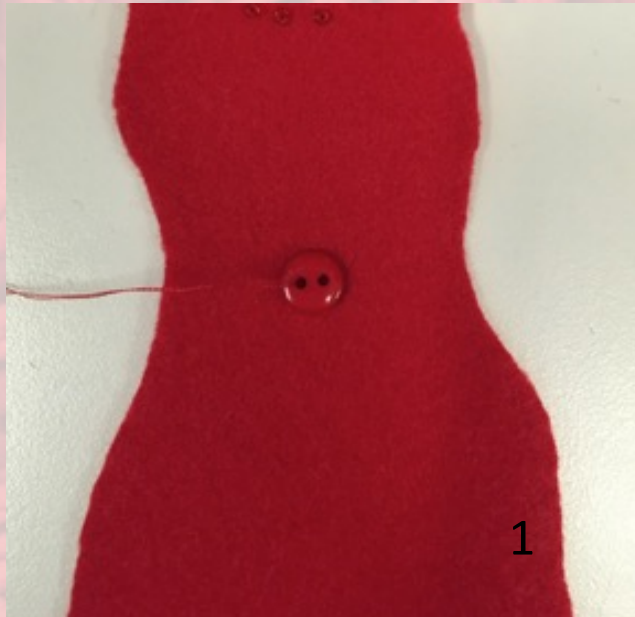
- Lay out your pom poms, buttons, and beads in the pattern you want. You could also cut pieces out of your scrap fabric to add.
- When you start sewing, make sure you are sewing on only one of the felt pieces. Set the other aside for now.



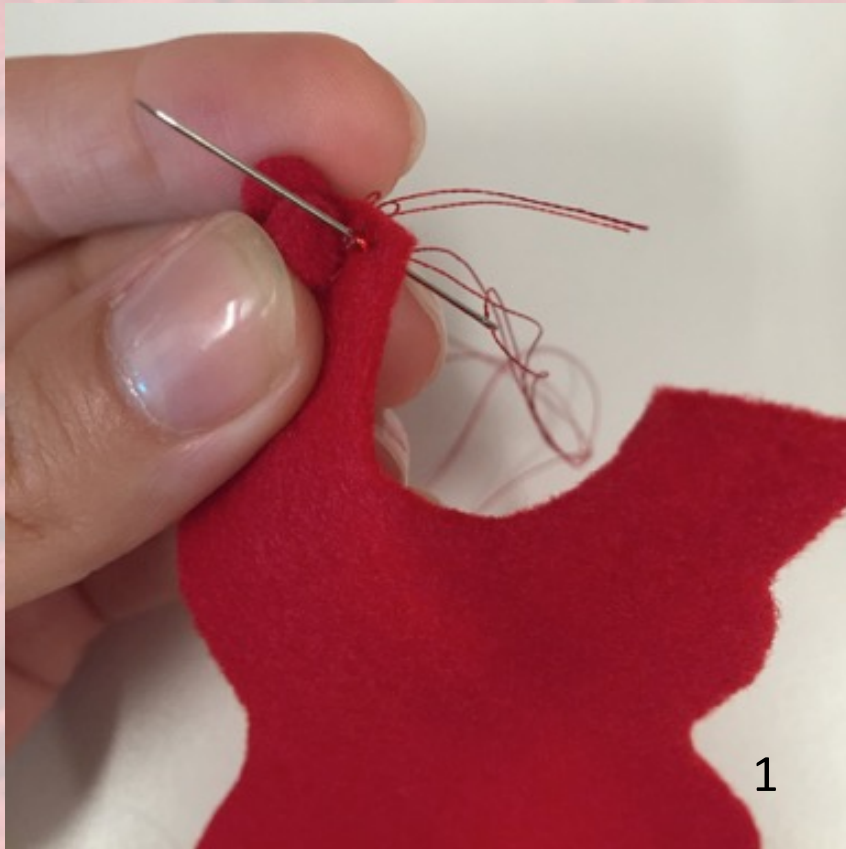
Step 5: Sew on the pom poms



Step 5: Sew on the buttons



Step 6: Sew on the beads



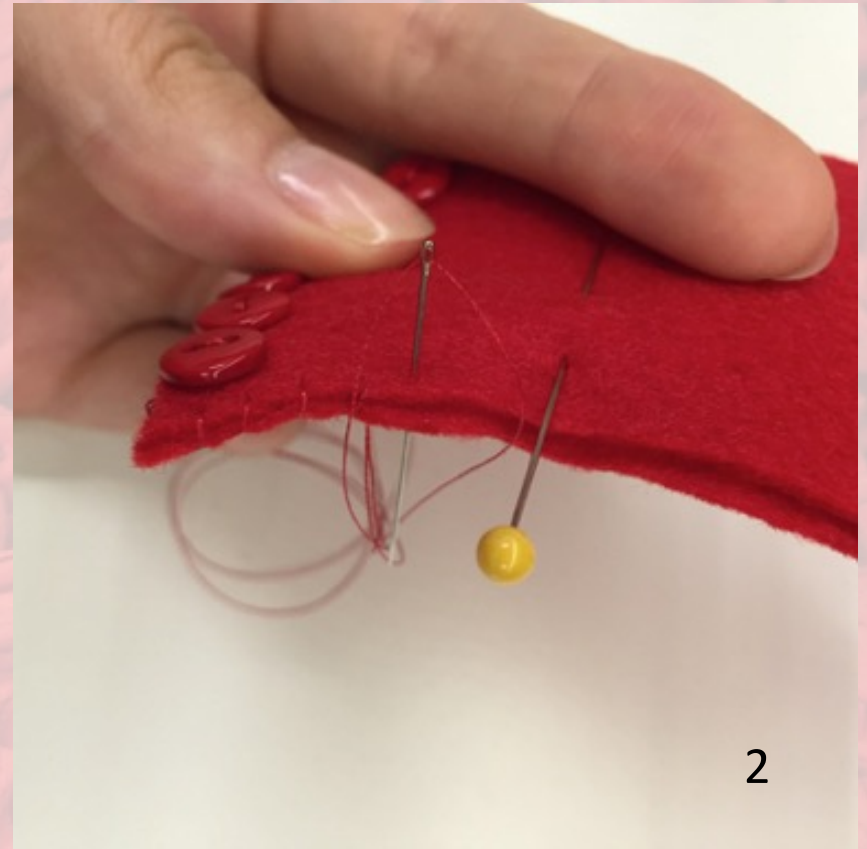
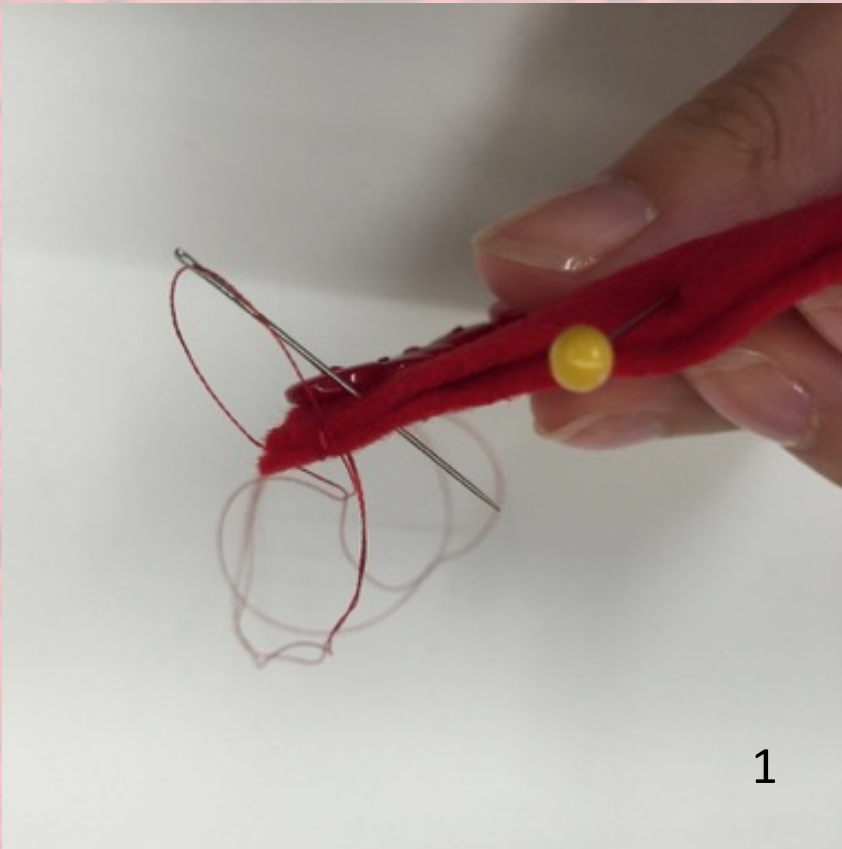
* Beads usually need a special bead needle. If your needle isn't small enough, try gluing them on instead.

Step 7: Pin the dress pieces together



- Line up the two pieces of felt with the decorated one on top.
- Use your pins to hold the two pieces together.

Step 8: Sew the dress pieces together



Final Red Dress



Other Resources

- See more of Susan Taber Avila's work on her website:
 - <http://www.suta.com/>
- Watch Susan's artist talk:
 - <https://www.youtube.com/channel/UCCeyGEQQJ67o3hthu4ln7GQ>
- Learn more about heart health:
 - <http://www.heart.org/>