



Test Lab - Sewing and Needlework Merit Badge Workbook

SCOUTMASTER BUCKY

Test Lab – Sewing and Needlework Patches are 1-1/2 inch in size and are available for \$3.25 each (plus shipping) through Scoutmaster Bucky. Email for information: ScoutmasterBucky@yahoo.com

Scouts participating in a Scoutmaster Bucky Scouts BSA Test Lab merit badge opportunity, whether online or in person, should consider using the Sewing and Needlework Test Lab class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/sewing-and-needlework-tl/sewing-and-needlework-tl-cpp.pdf>

THE TEST LAB FOR THE SEWING AND NEEDLEWORK MERIT BADGE IS EFFECTIVE UNTIL AUGUST 2026. AT THAT TIME, THESE REQUIREMENTS WILL DISAPPEAR AND THE SURVEYS WILL BE CLOSED. [CLICK HERE TO GO TO SURVEY](#)

REQUIREMENTS 3ae5, 3be, and 3ce REQUIRE COUNSELOR APPROVAL.

REQUIREMENT 1: Explain to your counselor the potential hazards you may encounter when sewing and how to avoid them.

HAZARD #1

Description:

How to Avoid:

HAZARD #2

Description:

How to Avoid:



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HAZARD #3
Description:
How to Avoid:
HAZARD #4
Description:
How to Avoid:
HAZARD #5
Description:
How to Avoid:



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REQUIREMENT 1: When using a sewing machine or rotary cutter, always obtain your parent or guardian and counselor's permission.

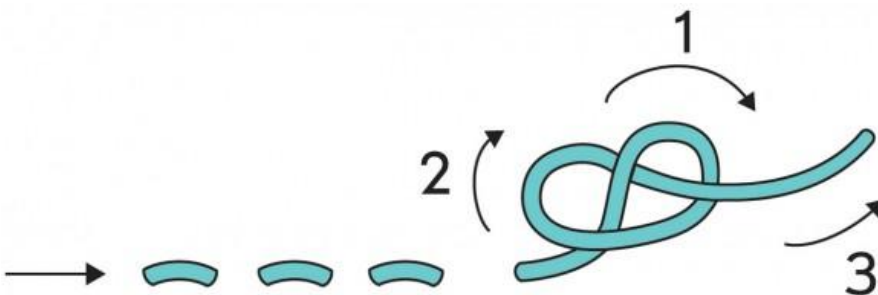
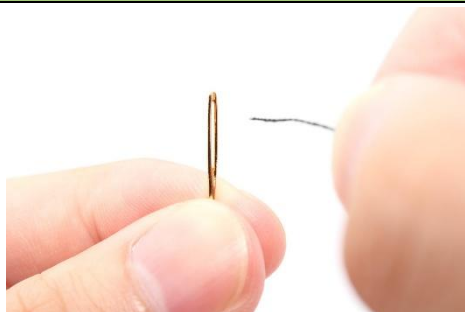
Be sure to get proper permission

REQUIREMENT 2a: Assemble a basic sewing and repair kit and explain the purpose of each item.

Notes:



REQUIREMENT 2b: Thread a needle and tie a quilter's or tailor's knot in a piece of fabric.



This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

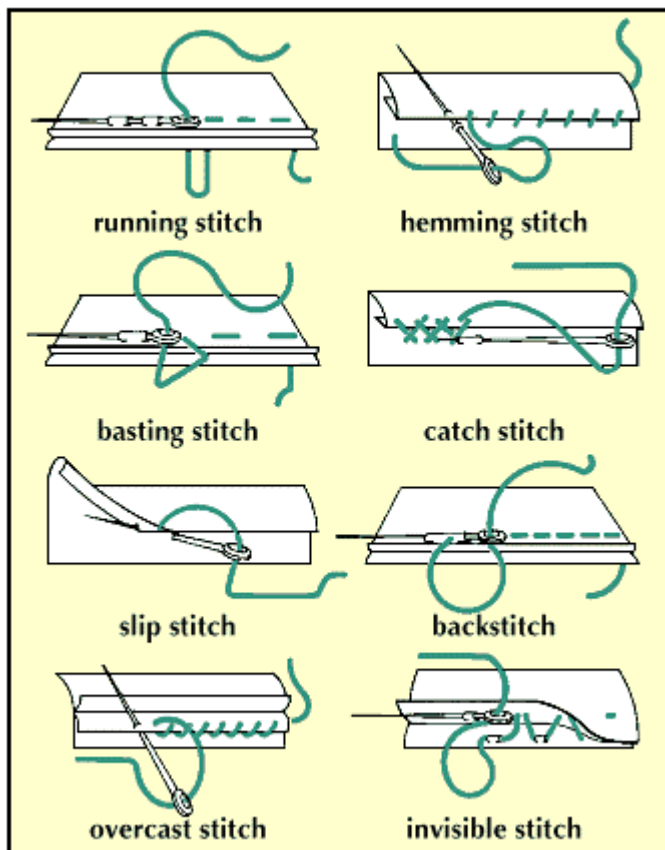


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REQUIREMENT 2c: Demonstrate the following sewing techniques, including when and why each is used:

SOME BASIC SEWING STITCHES



REQUIREMENT 2c1: Running Stitch

When and Why Used:

REQUIREMENT 2c2: Back Stitch

When and Why Used:

REQUIREMENT 2c3: Hem Stitch

When and Why Used:

REQUIREMENT 2c4: Whip Stitch

When and Why Used:



REQUIREMENT 2d: Sew a patch on your uniform or other fabric using a whip stitch.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2e: Sew a button onto an item.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2f: Upcycle by practicing visible mending to patch a piece of clothing or material.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

DO ONE OF THE FOLLOWING (3A, 3B, 3C, 3D, 3E, or 3F) FOR REQUIREMENT 3

MACHINE SEWING

REQUIREMENT 3a: MACHINE SEWING

REQUIREMENT 3aa: Provide a brief overview of the evolution of the sewing machine.

Notes:

REQUIREMENT 3ab1: Read your machine manual and explain the parts of a sewing machine and their functions.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3ab2: Read your machine manual and thread the machine and the bobbin.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 3ab3: Read your machine manual and explain how to properly clean and oil the machine and change the needle.

Notes:

REQUIREMENT 3ac: Identify other tools you will need for machine sewing.

Notes:

REQUIREMENT 3ac1: Demonstrate the pinning technique and tell when and why it is used.



**This requirement must be reviewed with your merit badge counselor.
BE PREPARED!**

When and Why Used:



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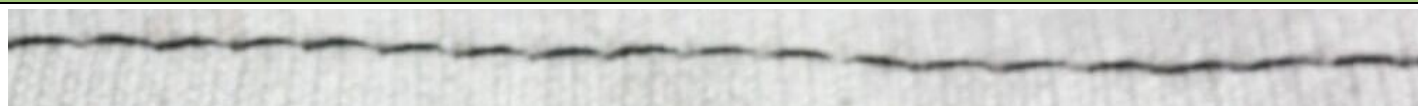
REQUIREMENT 3ac2: Demonstrate sewing a straight line and tell when and why it is used.



This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

When and Why Used:

REQUIREMENT 3ac3: Demonstrate the back stitch and tell when and why it is used.



This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

When and Why Used:

REQUIREMENT 3ac4: Demonstrate the basting stitch and tell when and why it is used.



This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

When and Why Used:



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REQUIREMENT 3ac5: Demonstrate the gathering stitch and tell when and why it is used.



**This requirement must be reviewed with your merit badge counselor.
BE PREPARED!**

When and Why Used:

REQUIREMENT 3ac6: Demonstrate unpicking or seam ripping and tell when and why they are used.



**This requirement must be reviewed with your merit badge counselor.
BE PREPARED!**

When and Why Used:



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REQUIREMENT 3ad1: Using a sewing machine, sew a Scout patch on your uniform or other fabric.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3ad2: Using a sewing machine, repair a tear or small hole in fabric using a patch or darning technique.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3ae: Sew ONE item from this list using a pattern, using THREE or more techniques from requirement 3(c):

1. Drawstring backpack
2. Camp utensil holder
3. Storage bag for tent stakes or school supplies
4. Pillowcase
5. An item of your own choosing, approved in advance by your counselor.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

COUNSELOR APPROVAL: IS REQUIRED FOR REQUIREMENT 3AE5.

Counselor's Name

Phone or Email

Counselor's Signature

Date



approved





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KNITTING

REQUIREMENT 3b: KNITTING

REQUIREMENT 3ba: Provide a brief overview of the history of knitting.

Notes:

REQUIREMENT 3bb: Explain the tools used when knitting.





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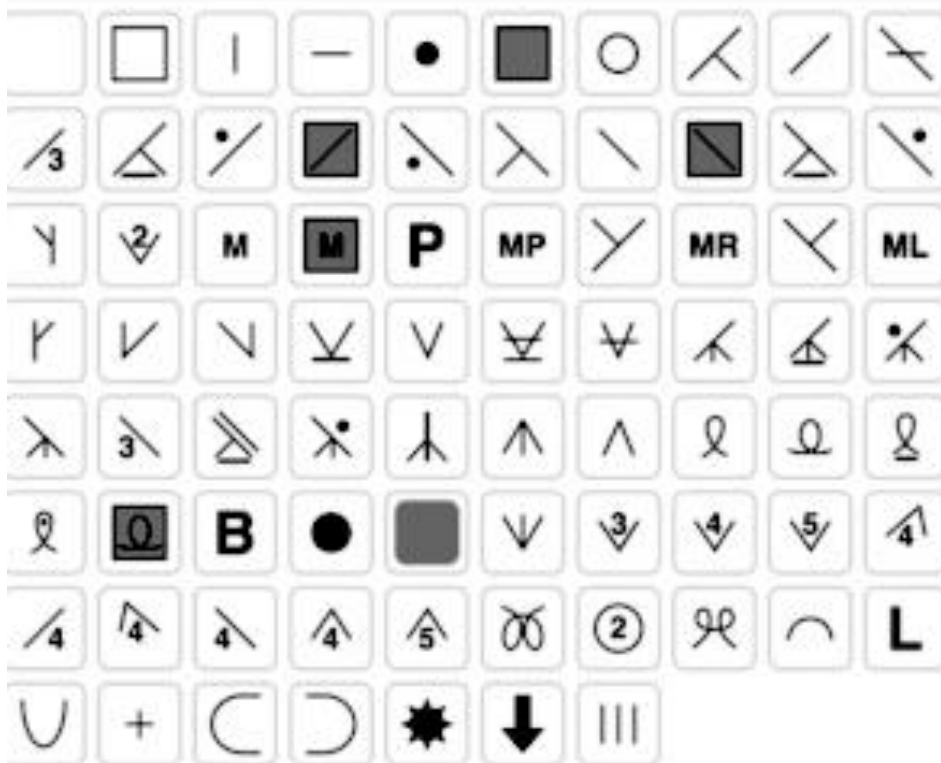
Notes:

REQUIREMENT 3bb: Demonstrate the ability to read a pattern, including deciphering symbols.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Knitting





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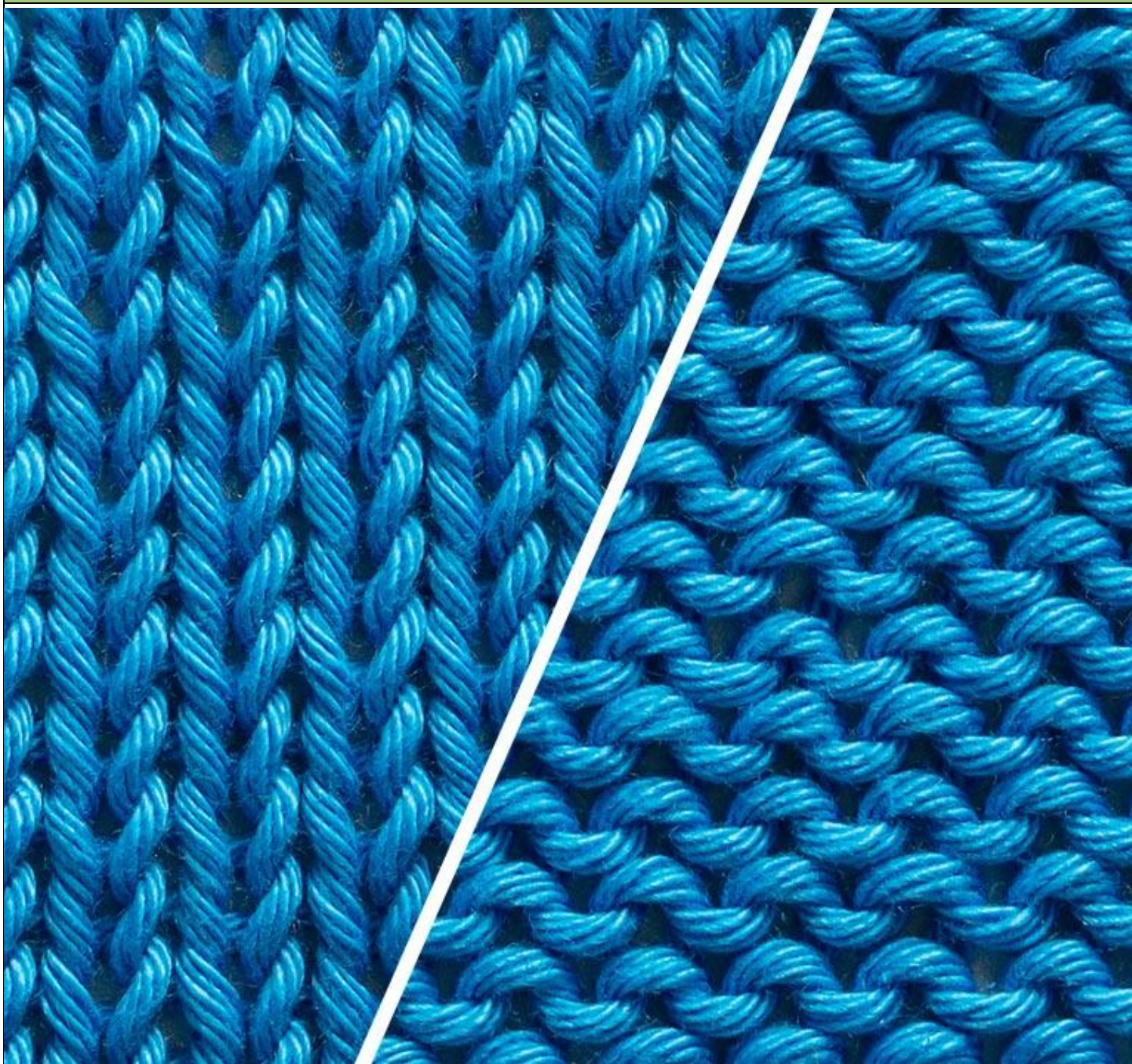
REQUIREMENT 3bc: Using knitting needles, demonstrate how to tie a slip knot, cast on and bind off.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3bd: Demonstrate the following stitches:

1. Knit stitch
2. Purl stitch



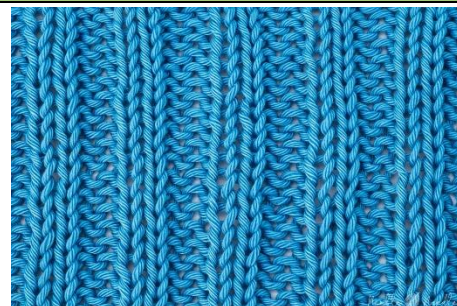


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REQUIREMENT 3be: Knit a small item such as a dishcloth, scarf, or an item of your own choosing, approved in advance by your counselor, using ONE of the following stitch patterns with at least two colors of yarn:

1. Garter stitch
2. Stockinette stitch
3. Ribbing



COUNSELOR APPROVAL: IS REQUIRED.

Counselor's Name

Phone or Email

Counselor's Signature

Date

☐

approved

Notes:



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CROCHET

REQUIREMENT 3c: CROCHET

REQUIREMENT 3ca: Provide a brief overview of the history of crochet OR the history of Amigurumi.

Notes:

REQUIREMENT 3cb: Explain the tools used when crocheting.



Notes:



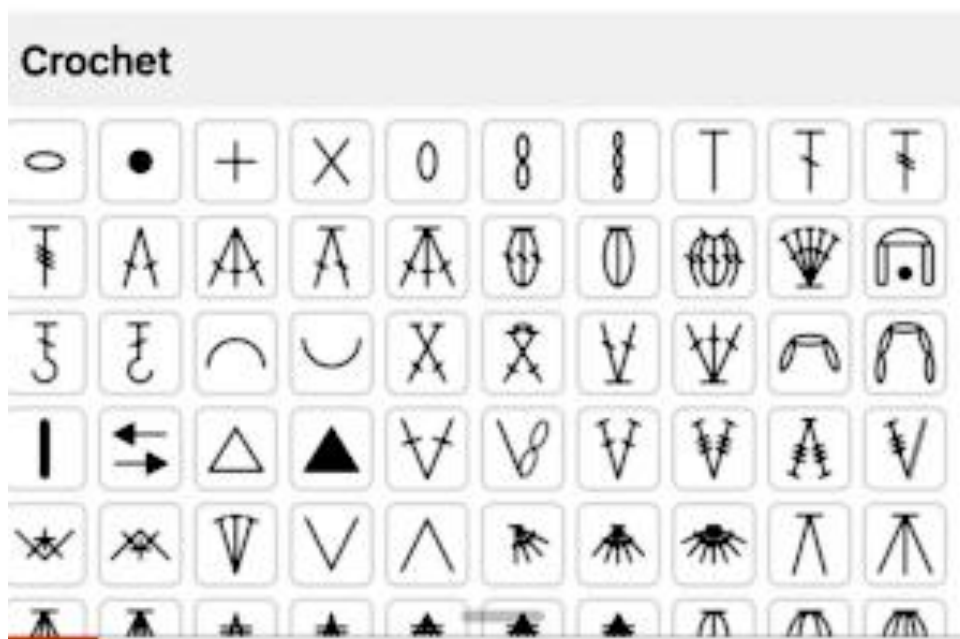
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REQUIREMENT 3cb: Demonstrate the ability to read a pattern, including deciphering symbols.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



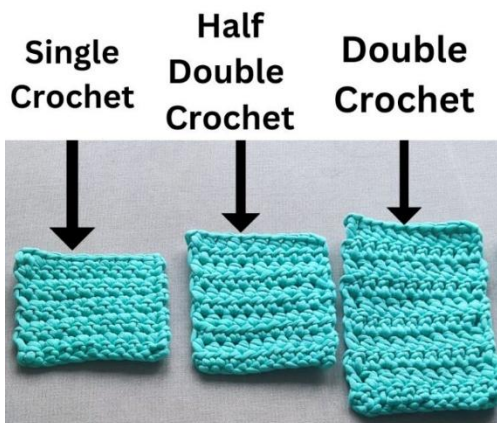
REQUIREMENT 3cc: Demonstrate how to tie a slip knot and how to hold a crochet hook and yarn to crochet.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3cd: Demonstrate the following stitches in a small practice piece

1. Single crochet
2. Double crochet
3. Half-double crochet



Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 3ce: Crochet a small item such as a dishcloth, scrub, or an item of your own choosing, approved in advance by your counselor, using at least two colors of yarn.



Two-Color
Dishcloth

Notes:

COUNSELOR APPROVAL: IS REQUIRED.

Counselor's Name

Phone or Email

Counselor's Signature

Date ☐ *approved*

Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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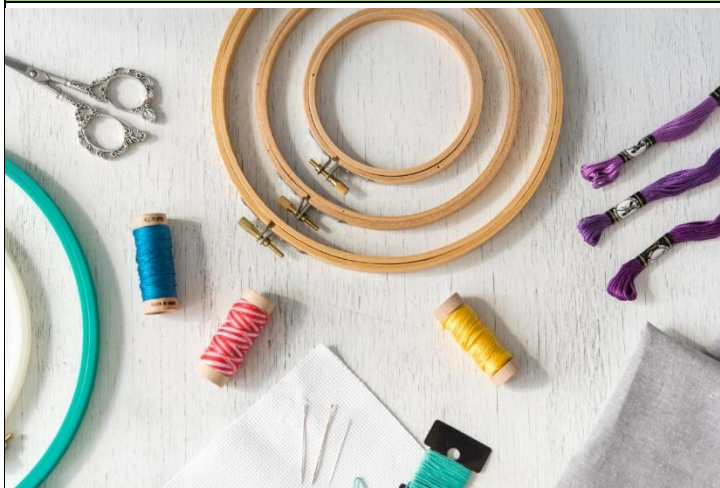
HAND EMBROIDERY

REQUIREMENT 3d: HAND EMBROIDERY

REQUIREMENT 3da: Provide a brief overview of the history of hand embroidery.

Notes:

REQUIREMENT 3db: Explain the tools used in hand embroidery.



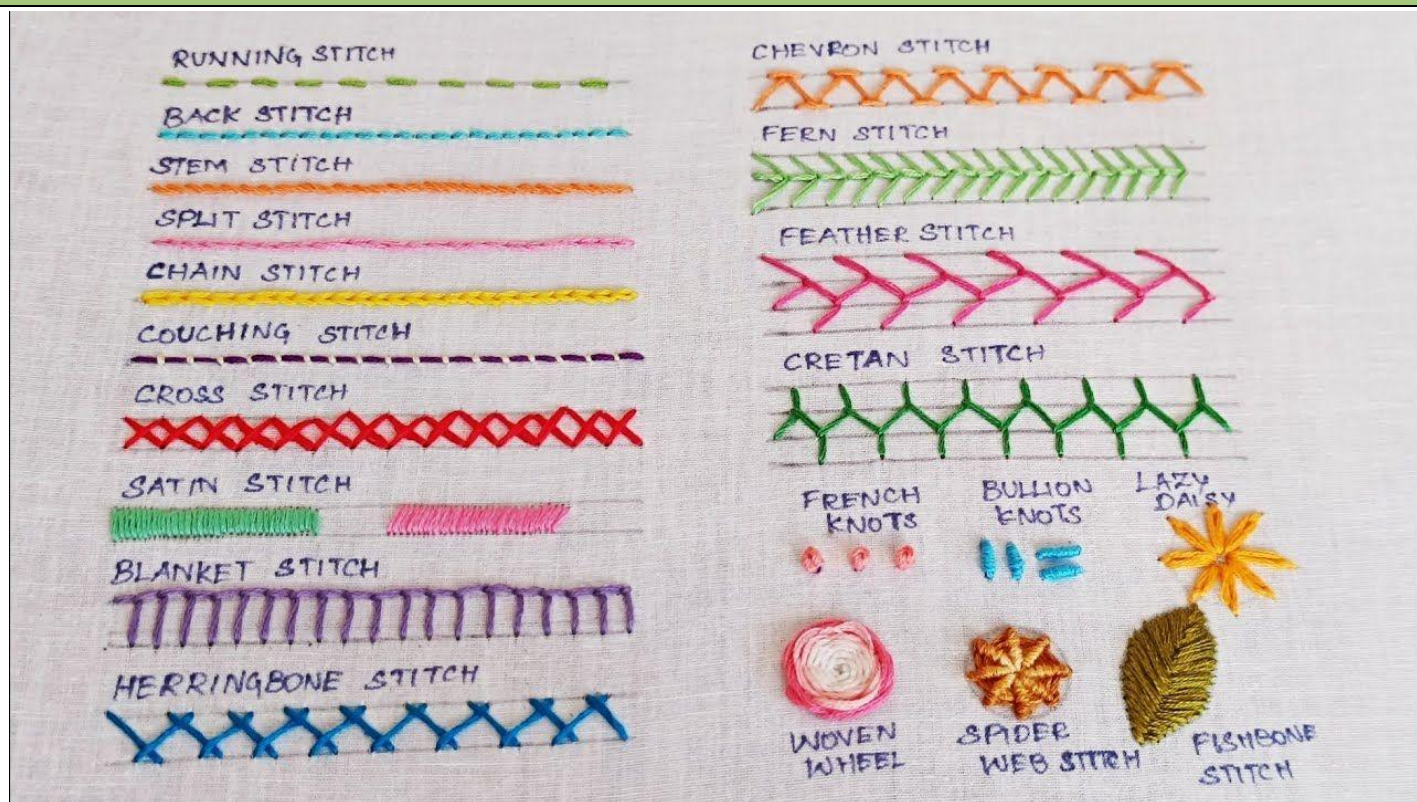
Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 3dc: Embroider a small sampler of your own design or from a purchased kit or embroider a temporary patch for your uniform. Include SIX of the following basic stitches: running stitch, back stitch, stem stitch, chain stitch, surface couching, blanket stitch, herringbone stitch, chevron stitch, feather stitch, weave stitch, seed stitch, French knots, fishbone stitch, satin stitch, cross stitch.



Notes:



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APPLIQUÉ

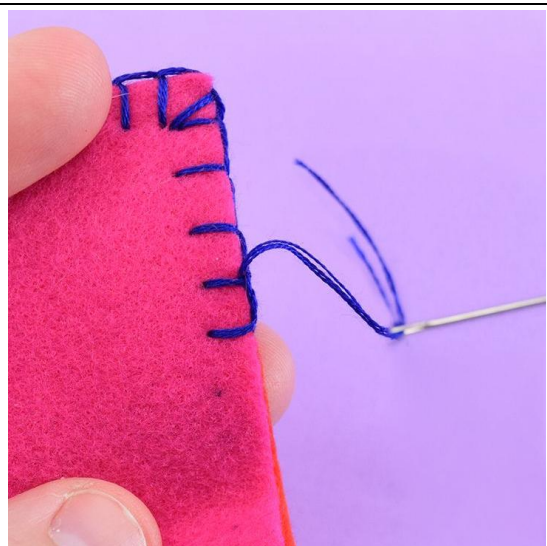
REQUIREMENT 3e: APPLIQUÉ

REQUIREMENT 3ea: Provide a brief overview of the history of hand appliqué.

Notes:

REQUIREMENT 3eb: In a small sample, demonstrate how to do appliqué by hand using the following methods: needle turn or freezer paper using an invisible (ladder) stitch or blanket stitch.

**This requirement must be reviewed with your merit badge counselor.
BE PREPARED!**





Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 3ec: In a small sample, demonstrate machine appliqué using a raw edge fusible technique and a blanket stitch.

This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

Notes:

REQUIREMENT 3ed: Appliqué a design onto a T-shirt by hand or machine or reverse appliqué a shape by hand sewing.

This requirement must be reviewed with your merit badge counselor.
BE PREPARED!

Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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QUILTING	
REQUIREMENT 3f:	QUILTING
REQUIREMENT 3fa:	Research historical quilts and show your counselor examples of types of quilts that interest you. Discuss how they were made.
QUILT TYPE #1:	
Notes:	Sample:
QUILT TYPE #2:	
Notes:	Sample:
QUILT TYPE #3:	
Notes:	Sample:



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Notes:

Sample:

Notes:

Sample:

Notes:

Sample:



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REQUIREMENT 3fb: Explain the tools used when quilting and how to use them safely.



Notes:

REQUIREMENT 3fb: Discuss why accuracy is important in traditional quilting.

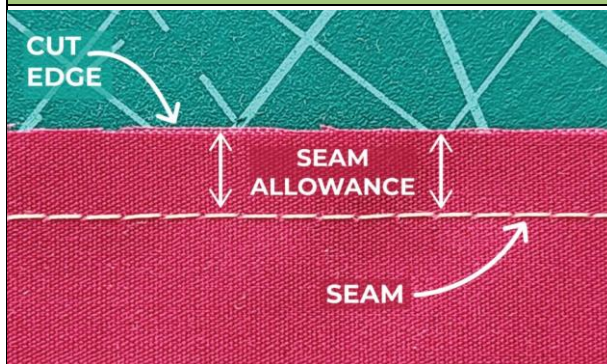
Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 3fb: Sew an accurate 1/4" seam.



Notes:

REQUIREMENT 3fc: Using scraps of cotton quilting fabric, sort into light, medium and dark colors. Choose a focus fabric and find a group of fabrics that would work well in a scrap quilt. Demonstrate how the value and scale of a printed fabric can create interest.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

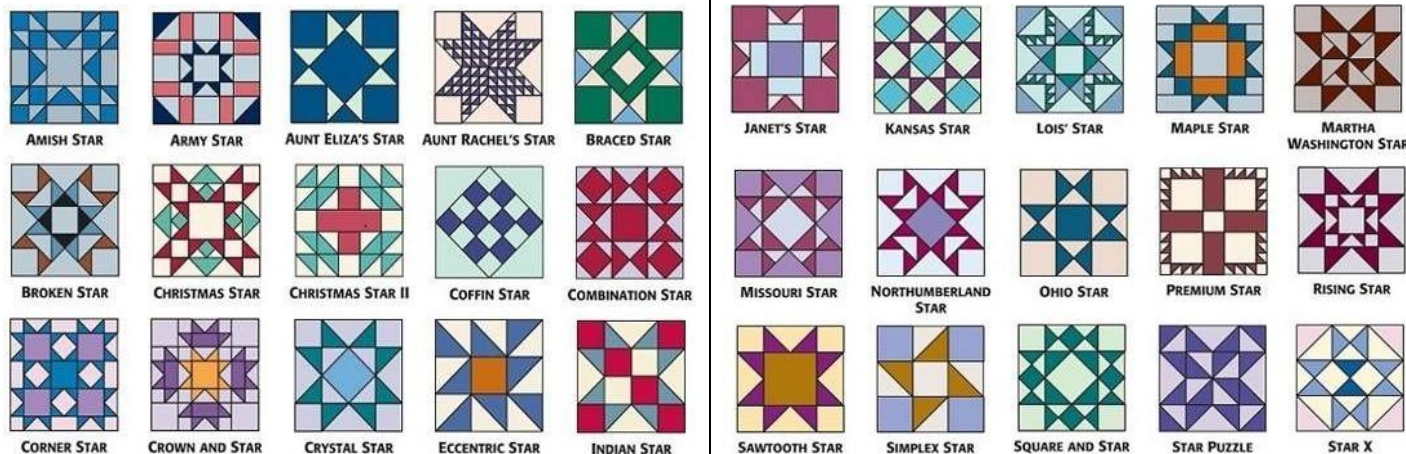
REQUIREMENT 3fd: Using three copies of a quilting design, color blocks to achieve different quilt designs. Show your counselor your designs and which one is your favorite.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3fe: Make a small quilt (12" square plus borders)

1. Using a rotary cutter, cut fabric into strips and pieces to make a four patch, rail fence block pattern, or design of your choice. Sew together on a machine or by hand using a 1/4" seam allowance and press flat. Cut and add borders.
2. Make a sandwich with backing and batting. Baste.
3. Hand quilt with a running stitch or big stitch.
4. Label your quilt. Explain why this is important.
5. Bind to finish the edge of the quilt.





Test Lab - Sewing and Needlework Merit Badge Workbook

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REQUIREMENT 4: Visit a quilt or textile arts show or museum display either in-person or virtually. Explain to your counselor how they were created.

Show, Museum, or Virtual Place and Time:

Notes:

REQUIREMENT 5: Discuss with your counselor how sewing and needlework skills might be of service to others.

Notes:

REQUIREMENT 5: How can sewing and needlework skills benefit your family, community, church, or school.

Notes:



Test Lab - Sewing and Needlework Merit Badge Workbook

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DO ONE OF THE FOLLOWING (6A or 6B) FOR REQUIREMENT 6

REQUIREMENT 6a: Identify three career opportunities that would use skills and knowledge in sewing and/or needlework.

Career Opportunity #1:

Career Opportunity #2:

Career Opportunity #3:

REQUIREMENT 6a: Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field.

Selected Career Opportunity:

Training Requirements:

Education Requirements:

Certification Requirements:



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Experience Requirements:

Expenses associated with entering the field:

REQUIREMENT 6a: Research the prospects for employment, starting salary, advancement opportunities and career goals associated with this career. Discuss what you learned with your counselor and whether you might be interested in this career.

Prospects for employment:

Starting Salary:

Advancement Opportunities:

Career Goals:



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REQUIREMENT 6b: Identify how you might use the skills and knowledge in sewing and/or needlework to pursue a personal hobby.

Notes:

REQUIREMENT 6b: Research the additional training required, expenses, and affiliation with organizations that would help you maximize the enjoyment and benefit you might gain from it.

Training:

Expenses:

Affiliations / Organizations:

REQUIREMENT 6b: Discuss what you learned with your counselor and share what short-term and long-term goals you might have if you pursued this.

Notes:

REQUIREMENT 7: Complete the survey to complete the test lab requirements. [Click here](#)

You will need to complete the survey and follow its instructions in order to gain credit for completing this Test Lab Merit Badge