How to Thread a Sewing Machine

**Threading with the Spool**

Steps:

1. Place the spool of thread onto the spool pin
2. Grab the thread and go around the top of the screw (to the left of the spool pin). The thread should slide underneath the screw.
3. Take the thread and go straight down the open space
	1. Make sure the thread lift (Dolphin) is visible at the top.
4. Loop the thread around to the left, up, and over into the hole of the thread lift (dolphin), then back down. It should make an upside down U.
5. The thread should then go down to the left side of the needle and around the L shaped hook.
6. Place the thread into the needle going from front to back.

**Threading the Bobbin**

Steps:

1. Take the plastic plate off
2. Place the bobbin in with the thread towards the top.
3. Place the thread underneath the 2 divets and pull enough thread to the side of the machine
	1. Make sure the presser foot is lifted up now
4. Holding the thread from the spool, twist the knob TOWARDS you so that the needle goes inside the hole and then back up only once. When it gets back to the top, stop.
5. Lightly pull the spool thread. The spool thread and bobbin thread should be looped together.
6. Use the back of your scissors to pull both threads to the left while undoing the loop.
7. The bobbin thread should now be coming up from the inside of the sewing plate.

You’re done!

Take the bobbin out slowly, and start over! Each person/partner should practice this to perfect it. It can be challenging sometimes, but don’t worry, you’ll get it!