



## Digital Downloads

This PDF package has been put together to give you options when it comes to printing. Some PDF file downloads may contain some documents larger than an 8-1/2" x 11" image. Pages and patterns that are larger than 8½x11 have been provided in two formats:



**Full Size:** If you would like to have a full size print out, take the full size pages to your local print shop and they can print it for you.

**Tiled:** The tiled pages give you the option of printing the larger patterns at home. You print the tiled pages and then assemble them to make the larger patterns.



**Pattern PDF files** are typically laid out as follows: Cover (if applicable), instructions sheets (if applicable), pattern 1 – full sized, pattern 1 – tiled, pattern 2 – full sized, pattern 2 – tiled, pattern 3 – full sized, pattern 3 – tiled. ...Etc.

**Doodle Page PDF files** are typically laid out as follows: Front – full sized, front – tiled, back – full sized, back – tiled (Some Doodle Pages do not have backs).

**eBook PDF files** contain 1 (one) full eBook. All pages in the PDF are full sized. This means that you may have to take the PDF to a print shop for certain oversized books if your home printer cannot print the larger pages.

**Craftaid PDF files** contain 1 (one) full Craftaid pattern or Craftaid pattern pack that has been converted into a tracing pattern. All pages in the PDF are full sized. This means that you may have to take the PDF to a print shop for certain oversized Craftaid patterns if your home printer cannot print the larger pages. **NOTE: These digitized patterns do not include any of the physical plastic templates (Craftaids) that may be mentioned, nor does the purchase of this PDF file imply a promise to receive any physical plastic templates (Craftaids).**

**NOTE: Digital kit patterns do not include any kit parts that they may reference.**

Please note: When printing on a home printer, use the settings seen on the image to the right in the Page Handling area of the Adobe Reader print dialogue box. If your printer is cutting edges off, set "Page Scaling" to "Shrink to Printable Area". This will, however, decrease the size of the pattern a very small amount.

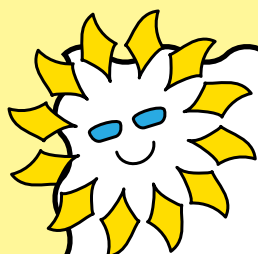


**NOTE: Some patterns may reference tools, and other items no longer available.**

**NOTE: You may take this PDF file to your local print shop to have the full-size pages printed for your own personal use.**

This premium has been published by Tandy Leather Factory, 1900 South East Loop 820, Ft. Worth, TX 76140. Copyright © 2011 by Tandy Leather Factory, all rights reserved. The contents of this publication may not be reproduced either in whole or in part without the consent of the copyright owner.

Please respect the copyright by not forwarding or distributing this document.



*Leathercraft Projects To-Go*

**Health Education**

# Leather LINK BELT

*Plus A Look At “How We Can Stay Healthy”*

**OBJECTIVE:** Students will learn about the theme while creating a useful and decorative leather project. Lesson includes history, science and new vocabulary words. Creativity, math and dexterity skills will be exercised to design, personalize, color and then assemble the project.



## MATERIALS LIST

All Supplies Needed To Complete 12 Leather Link Belt Projects:

- Pre-Cut Veg-Split Suede Leather Belt Parts
- Metal Split Rings
- Cova Color® Acrylic Paints
- Brushes
- Sharpie Markers
- Stencils
- Design & Coloring Ideas
- Complete Instructions

A B C D E F G H I  
J K L M N O P Q  
R S T U V W X Y  
Z 1 2 3 4 5 6 7 8 9 0

A B C D E F G  
H I J K L M N  
O P Q R S T U  
V W X Y Z 1 2  
3 4 5 6 7 8 9 0

## YOU WILL or MIGHT NEED:

- Pencils For Planning Designs
- Additional Classroom Acrylic Paints & Brushes
- Plastic Palettes, Plates Or Wax Paper For Paints

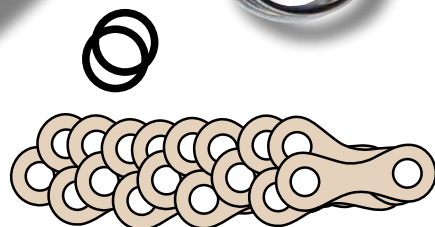
## CLASSROOM TIME:

Minimum of 3 Sessions:

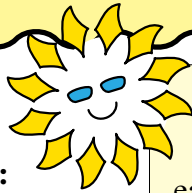
Sizing & Design = 45 minutes

Color the Projects = 45 minutes

Assemble the Projects = 45 minutes



## GETTING STARTED:



### SESSION 1 - Sizing & Design:

- Size the belt first. Have a sample for belt and wrist/ankle bands pre-assembled so students can determine how many links they will need to decorate.
- Copy the blank templates on page 5, cut apart on dotted lines and hand out along with pencils for planning designs.
- Copy design ideas on page 6, cut stencils apart on dotted lines and hand out.

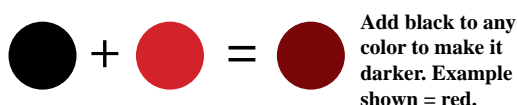
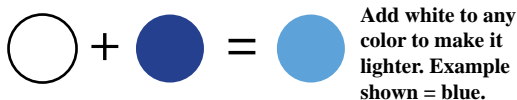
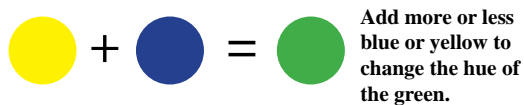
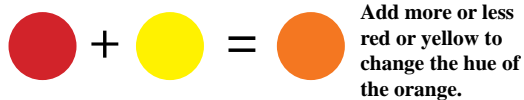
### SESSION 2 - Color:

- Hand out leather parts to students.
  - Share Sharpie Markers, paints & brushes.
- Use plastic palettes, plates or wax paper for mixing paints.

(SEE PAGE 3 FOR SESSION 3)

## MIXING COVA COLOR® ACRYLIC PAINTS

The primary colors (red, yellow & blue) have been supplied in this Theme Bucket. The secondary colors (orange, green & purple) can be created as shown:



*Now try mixing the secondary colors together to get even more colors.*

## How Can We Stay Healthy?

Being healthy or fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do. There are many important steps to becoming and staying healthy. Here are a few:

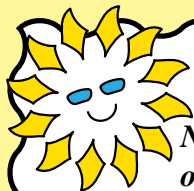
**Nutrition:** Eat a variety of foods, especially fruits and vegetables. Drink water and milk. Milk is a great source of calcium - a mineral that young people need to grow strong bones. Try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar which just adds calories, not important nutrients.

**Listen to your body:** When you're eating, notice how your body feels when your stomach feels comfortably full. That full feeling is telling you to stop eating. Sometimes, people eat too much because they don't listen to their bodies and stop eating. Then before they know it, they become over weight.

**Limit screen time:** Screen time is the amount of time you spend watching TV or DVDs, playing video games and using the computer. These "sitting down" activities are hard on your body. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

**Exercise:** Find ways to be active every day. Get involved in a team sport (basketball, baseball, soccer) or if you're not interested in team sports, try hiking, swimming, golf, kickball, or dancing. Ask your parents or teachers to help you find an activity that you would like to do.

**Diseases & precautions** Everyone gets sick from time to time. Whether it's a cold, the flu or a virus, most likely it was passed on to you by someone else. The easiest and fastest way to keep from getting sick is to wash your hands often. People who are sick touch the same door knobs, handles, desks, and books that you do. So wash your hands often during the day. Continued . . .



**NOTE:** When using acrylic paints on leather, be sure the project is completely dry before starting to assemble the project.

## GETTING STARTED continued:

### SESSION 3 - Assembly:

- Copy the Instructions on page 7 and hand them out to each student along with the metal rings.
- Practice before class and then demonstrate the steps.

### **ABOUT THE LEATHER:**

*The leather used for this project is called veg-split leather, cut from cowhide. Both sides are rough or suede. The grain side (smooth top side) of this particular cut of leather has been removed.*

*This project will be decorated using acrylic paints and colored markers.*

### Discussion C continued:

**Did You Know:** Our bodies develop in different ways based on our genetics or genes. Each cell in the human body contains about 25,000 to 35,000 genes, which carry information that determines traits. Traits are characteristics you inherit from your parents; this means your parents pass some of their characteristics on to you through genes. For example, if both of your parents have green eyes, you might inherit the trait of green eyes. But not necessarily, you might inherit your grand parent's brown eyes instead. If you have red hair, but your parents don't, it is because somewhere back in your family history, one of your relatives had red hair and it was passed on to you through family genes. Genes aren't just in humans. They are in all animals and plants, too.

**Growing up:** As boys and girls get older and mature, their bodies change, in different ways. These changes will affect the way you talk, look, feel, react to different situations and even the way you think about things and people. All of these changes are normal and we all go through them. The best way to be prepared for growing up is to learn more about what will happen to your body as you mature. Ask your parents and teachers about your feelings and questions.

### VOCABULARY:

**Cowhide** - Hide (skin) from a mature bovine (cow).

**Flesh Side** - The rough (suede) underside of leather.

**Grain Side** - The hair side of the leather with the hair removed.

**Genetics** - The branch of biology dealing with heredity in humans, animals and plant life.

**Heredity** - The passing on of traits through genes to offspring.

**Tanning** - The process using tannins to change a fresh animal hide into leather.

**Tannins** - Yellowish substance from oak bark and other plants used to tan leather.

**Veg-Split** - Vegetable-Tanned leather can be split (layered) into two pieces: one with the grain (top hair side) and one with the rough surface on both sides. Veg-split is the rough surfaced layer.

**Gene** - Part of our body's cellular makeup, a gene is a portion of DNA that holds the information by which our body builds and maintains trait characteristics.

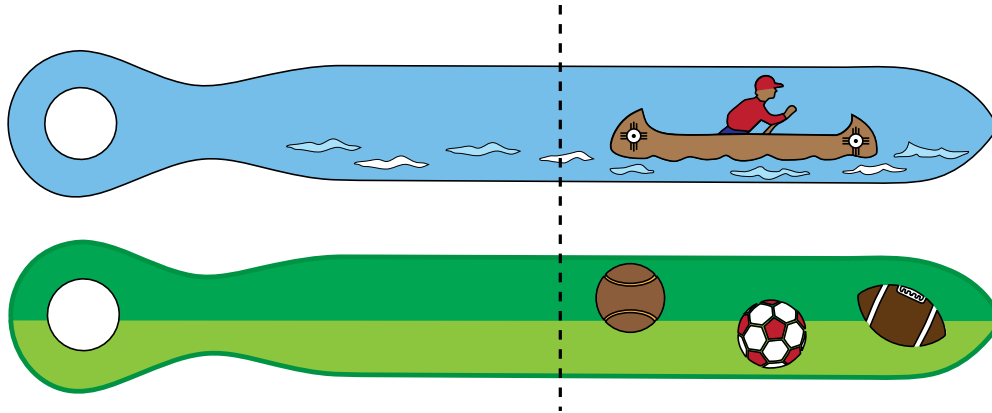




## CREATE DESIGNS USING STENCIL PATTERNS & YOUR OWN IDEAS



Here are some color & design ideas. The leather can be left its natural color with just the designs in color or paint the backgrounds and designs different colors.



**NOTE:** *After the belt is fastened through the rings, only about one-half of the billet front will be visible, along with the backside of the billet end. Be sure to have students plan their designs accordingly and apply to both sides of billet.*

### COLORING HINTS:

*To paint large areas or many links, mix a Cova Color “wash” by diluting the color with water. Be sure to mix enough to do the entire project or keep record of the proportions.*

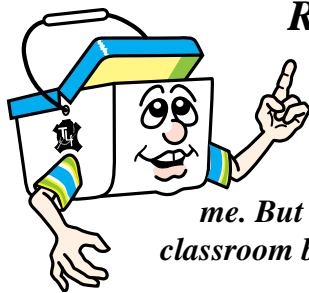
*To make bright or light colors stand out on a darker background, paint bright or light colors first. Then fill in background around them with a darker color. Or, put a wash over the area, let dry, then come back and paint the designs in white. Let white dry completely (few minutes), then add desired colors on top of the white.*

### Plan Designs On Paper Before Drawing Or Using Color On The Leather

### CLASSROOM EXPANSION IDEAS:

- ~ *Study more about genetics and research family photos to see what traits may have been passed down each student.*
- ~ *Keep a record of daily activities, what is eaten and feelings. When these feelings happen again, see if they relate back to the same or similar activities and food.*

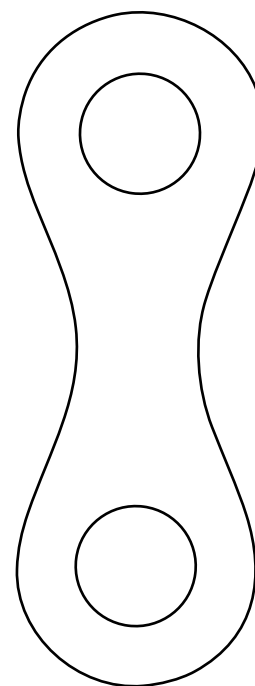
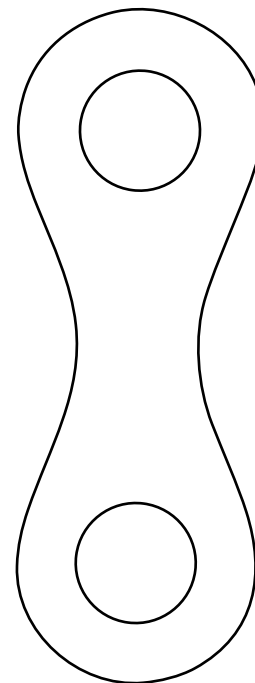
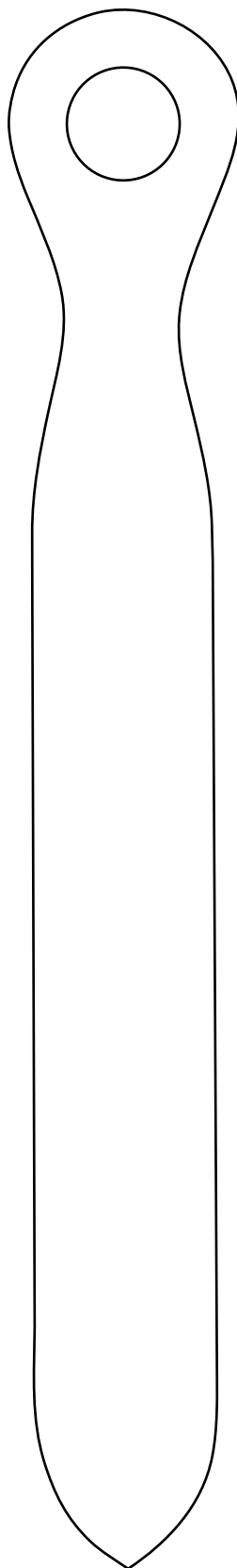
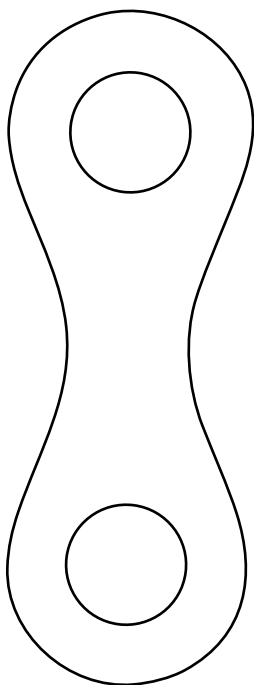
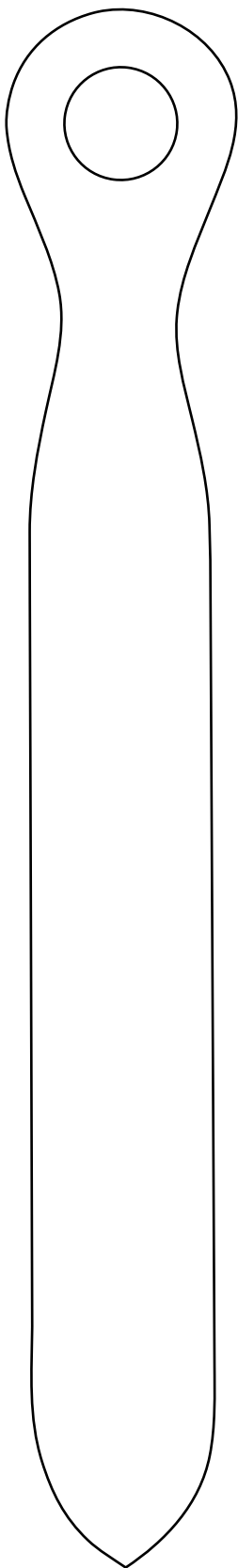
### RECYCLE ME!



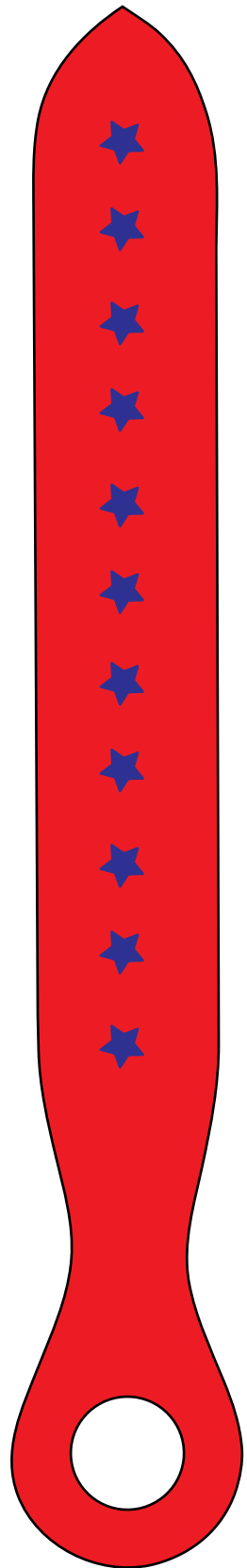
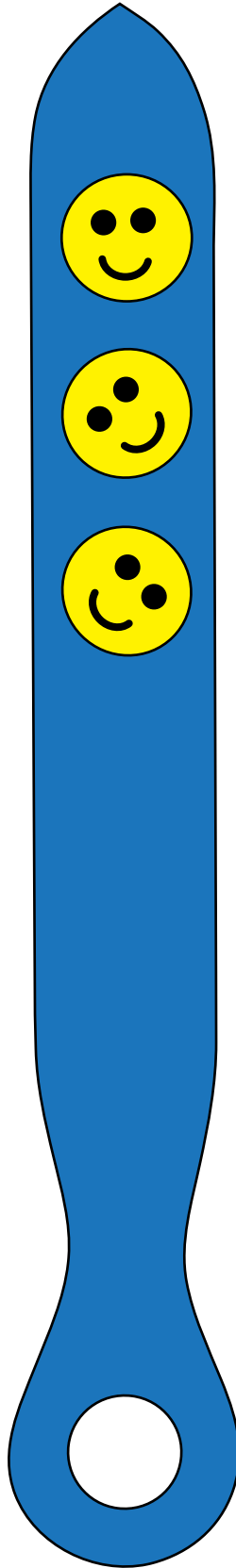
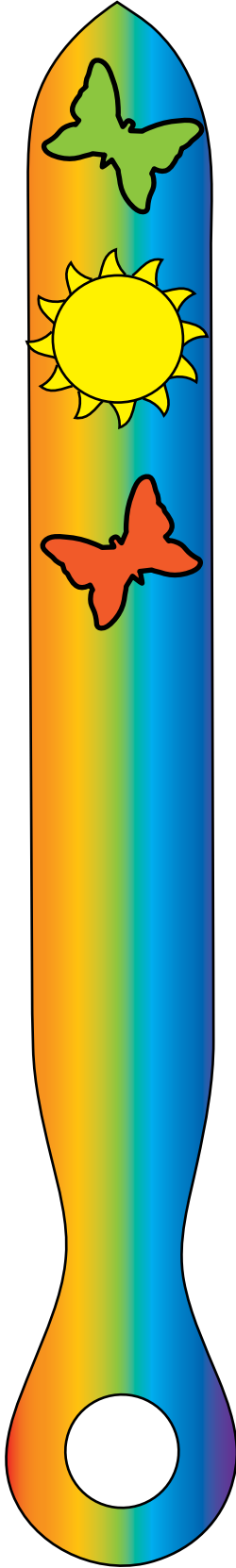
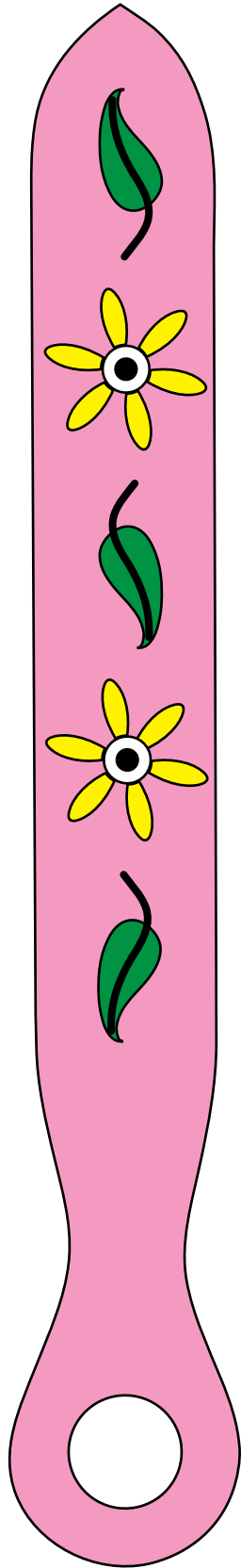
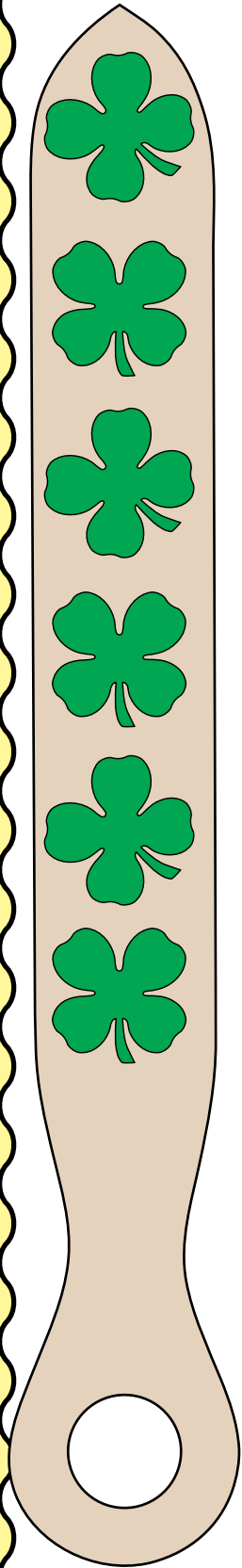
*“I am your Theme Bucket - be sure to recycle me! I would like to end up in your closet with many of my friends. I could store art supplies, extra leather project parts, or even help you organize your files. Create a new label for me so I can help you find what is stored in me. But until it’s time to recycle, I am happy to bring fun & learning into your classroom by offering you Projects To-Go from Tandy Leather Factory.”*

# TEMPLATES FOR PLANNING DESIGNS

*Copy, cut apart on dotted lines and hand out to students.*



**DESIGN & COLORING IDEAS:**





## SIZING & ASSEMBLY INSTRUCTIONS:

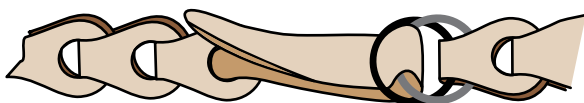
### SIZE THE LINK BELT TO FIT YOUR WAIST OR A HAT:

- 1) Put link belt or band together following the steps below. Notice how the links overlap so if designs are being put on the links, they can be placed so they will show.
- 2) Add as many links as necessary to fit your waist, wrist or a hat.
- 3) Then take the belt (band) apart again and color designs on all parts before final assembly.

### ASSEMBLING THE LINK BELT:

- 1) Take one link and squeeze one end and push it through 2 rings.
- 2) Pull link half way through the rings and fold over aligning the big holes in both ends.
- 3) Take another link, squeeze one end, and push it through the aligned holes in the first link. Continue to the last link.
- 4) Squeeze the end of the billet with the large hole and push it through the last links' aligned hole.
- 5) Turn the tip of the billet up and push it through its own big hole in its end.
- 6) Pull billet through the hole.

### FASTENING THE BELT:



- Slip billet up through both rings.
- Loop billet over edge of top ring only and slip back under top ring.
- Pull tight.

