In this project, youth learn about textiles, fashion and personal style. They partner with adults to design and create clothing and accessories. The 4-H clothing and textiles project may include sewing and purchasing clothing, fashion design, wardrobe inventory, clothing repair and more.

- Plan and create an exciting wardrobe on a budget.
- Strengthen self esteem through individual expression.
- Develop skills to purchase, make and care for clothing.

### 4-H Clothing and Textiles Project

**Starting Out**

- Learn to thread a sewing machine and use it safely.
- Assemble a sewing kit and understand the tools.
- Practice safety with all tools - scissors, iron, etc.
- Learn to buy and begin to use a pattern.
- Cut and sew straight lines, curves, corners.

**Learning More**

- Sew garments from patterns using body measurements.
- Practice safety with all tools and equipment.
- Do: sleeves, pockets, darts, interfacing, facings, collar, buttonholes, blind hems.
- Practice modeling.
- Make or select an outfit for competitive evaluation.
- Demonstrate laundry

**Exploring Depth**

- Explore the different traits and uses of animal, plant and synthetic textiles.
- Design and accessorize an outfit for competitive evaluation.
- Learn pattern alteration.
- Learn techniques for sewing knits, stripes, plaids, velvet, chiffon and lace.
- Use a serger for seams and seam finishes.

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Help youth:**

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their
Expand Your Experiences!

Healthy Living
- Create an article of clothing that keeps people safe. Focus on features such as color, reflective panels, temperature control and more.
- Learn how to take accurate body measurements.

Science, Technology, Engineering, and Mathematics
- Use math skills to create a pattern from your own design.
- Create a video highlighting clothing construction techniques or your county fashion revue.

Citizenship
- Donate gently used or outgrown clothing to a community-based organization.
- Create bags, pouches and covers that can be used on traditional walkers, seated walkers and wheelchairs. Donate the finished products to a senior center or rehab.

Leadership
- Teach younger members how to read clothing care labels and do their own laundry.
- Develop judging classes on fabrics, tools, construction methods and clothing care.

Resources
- Plants & Textiles blogs.cornell.edu/garden/get-activities/signature-projects/plants-and-textiles
- Home Sewing Association www.sewing.org
- The McCall Pattern Company www.mccall.com
- Sew What’s New sew-whats-new.com
- Fabric Link www.fabriclink.com
- MSU 4-H clothing Project Manual m4g.mhmsstate.edu/sewing/index.html
- In-Touch Science: Fabrics www.intouch.cornell.edu
- Pendleton Woolen Mills www.pendleton-usa.com
- Cotton’s Journey www.cottonsjourney.com
- Cotton Counts www.cotton.org

Connections & Events

<table>
<thead>
<tr>
<th>Presentation Days</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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<tbody>
<tr>
<td>Presentation Days – Share what you’ve learned with others through a presentation.</td>
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<td>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
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<td>Contact your county 4-H office to determine additional opportunities available, such as a field day.</td>
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<td>Sewing Expressions (1-3) <a href="http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx">www.4-hmall.org/Category/4-hcurriculum-sewing.aspx</a></td>
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<td>Clothing Decisions: A Style of Your Own <a href="http://www.human.cornell.edu/fsad/outreach/programs/youth-programs/consumer-decisions.cfm">www.human.cornell.edu/fsad/outreach/programs/youth-programs/consumer-decisions.cfm</a></td>
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<tr>
<td>Let’s Sew learningstore.uwex.edu/Lets-Sew-P924.aspx</td>
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<td>Sewing for Fun</td>
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<td>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</td>
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<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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University of California Agriculture and Natural Resources

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