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.
- Learn about the fibers and methods used to create textiles.
- 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.
- Learn basic hand stitches such as sewing on buttons.
- Discover styles and colors that are becoming.
- Do: gathering, insert a zipper, machine hem, elastic casing.
- 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 and garment care.
- Visit a department store to try on clothing that fits.
- Examine the cost of new versus used clothing.
- 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.
- Do: fly zipper, cuffs, welt pocket or bound buttonhole, lining, pleats.
- Alter or mend an existing garment.
- Alter or mend an existing garment.

The activities above are ideas to inspire further project development. This is not a complete list.
Create articles of clothing that keep people safe. Focus on features such as color, reflective panels, temperature control and more.

Learn how to take accurate body measurements.

Determine your body type and choose clothing that makes you feel good about yourself.

Use math skills to create a pattern from your own design.

Create a video highlighting clothing construction techniques or your county fashion revue.

Use fashion design software to plan and create a garment.

Design an experiment that tests the durability, stain-resistance, or color-fastness of a material.

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 hospital.

Organize a clothing closet that provides clothing to those entering the job market.

Teach younger members how to read clothing care labels and do their own laundry.

Start your own sewing or tailoring business.

Organize a field day featuring clothing and textile project skills and service activities

Expand Your Experiences!

Healthy Living

Science, Technology, Engineering, and Mathematics

Citizenship

Leadership

Resources

Plants & Textiles
blogs.cornell.edu/garden/get-activities/signature-projects/plants-and-textiles

Mini 4-H Before You Sew
www.extension.purdue.edu/extmedia/4H/4-H-911-7W.pdf

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
mdg.ext.msstate.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

Simplicity
www.simplicity.com

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum

Sewing Expressions (1-3)
www.4-hmall.org/Category/4-hcurriculum-sewing.aspx

Clothing Decisions: A Style of Your Own
www.human.cornell.edu/fsad/outreach/programs/youth-programs/consumer-decisions.cfm

Let’s Sew
learningstore.uwex.edu/Lets-Sew-P924.aspx

Sewing for Fun
4h.unl.edu/web/4hcurriculum/4h169

4-H Clothing Project Guide
ucanr.org/sites/4-H-Fresno/

4-H Record Book give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit http://ucanr.edu/orb/

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