



4-H CLOTHING AND TEXTILES PROJECT



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.

Starting Out *Beginner*

- 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.

Learning More *Intermediate*

- Sew garments from patterns using body measurements and garment ease.
- 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.

Exploring Depth *Advanced*

- 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 button-hole, lining, pleats.
- Alter or mend an existing garment.

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

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 what it is about clothing and textiles that excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

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 help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for clothing and textiles to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



Expand Your Experiences!

Healthy Living

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

Science, Engineering, and Technology

- 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.

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

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
- Start your own sewing or tailoring business.
- Organize a field day featuring clothing and textile project skills and service activities

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

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Connections & Events

Presentation Days – Share what you've learned with others through a clothing and textiles-related presentation.

Field Days – During 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 countywide fashion revue, or family and consumer science 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

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal 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 www.ca4h.org/4hbook.

University of California Agriculture and Natural Resources

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