

4-H CLOTHING & TEXTILES PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are you Into It?

Marjorie Baker

Extension Associate for 4-H Youth Development

If you like fashion, clothing, or textiles, this project is for you!

- Develop skills to purchase, make, and care for clothing.
- Learn to create using a sewing machine.
- Select clothing to enhance your body type, skin tones, and personal style.
- Discover how science, engineering, and technology are a part of the industry.
- Learn about careers in the fashion and textile industry.

Communication

- Give a presentation on how to recycle clothing for new purposes, thus reducing waste sent to a landfill.
- Demonstrate how to coordinate an outfit.

Citizenship

- Make backpacks or teddy bears for foster children.
- Organize a neighborhood clothing sale or swap.
- Volunteer to launder or repair your family's clothing.
- Be kind/accepting of others regardless of their appearance.

Leadership

- Organize a clothing drive for outgrown/gently used clothing.
- Create a video showing how to launder clothing.

4-H is a community of young people who are learning leadership citizenship and life skills.

Here's what you can do all year!

Starting Out Basic

- Get to know yourself and your wardrobe better.
- Discover colors and styles that look best on you.
- Practice safety in using equipment and tools.
- Sew basic hand stitches.
- Sew straight lines, curves and corners on a sewing machine.
- "Finish" a seam, make a waistband or casing, insert a sleeve, and apply fasteners/zippers.

Learning More Intermediate

- Learn to make wise clothing purchases.
- Learn to read care labels.
- Learn to sew knit fabric.
- Create a complete outfit.
- Incorporate technology in your sewing project.
- Learn about textiles and fibers.
- Discover how science, technology, engineering and math are part of fashion design.

Expanding Horizons Advanced

- Learn to coordinate clothing using principles of design.
- Learn to build your own wardrobe.
- Expand your sewing abilities. Learn complex skills that you haven't attempted before.
- Develop confidence on a stage.
- Explore careers in clothing and textiles.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Clothing and Textiles Further!

Here are some other opportunities to explore:

- Contact your county extension office to participate in a local sewing club or related workshops.
- Keep records of everything you do and spend on your project.
- Enter an exhibit in the county fair. If selected to advance, enter your exhibit in the Kentucky State Fair.
- Compete in the State 4-H Sewing Skill-a-thon at the state fair.
- Participate in your county’s fashion revue. If selected to advance, represent your county in the State 4-H Fashion Revue, held in June during 4-H Teen Conference in Lexington.
- Give a speech or demonstration related to fashion in your county communications competition. If selected to advance, represent your county at Kentucky 4-H Communications Day in July in Lexington.
- To put your leadership skills into action, apply to serve on the State 4-H Fashion Leadership Board.
- Start your own fashion-related or sewing [business](#).
- Check out careers in merchandising, apparel and textiles. Visit the University of Kentucky [School of Human Environmental Sciences](#).

Exhibit Ideas

- Create a sewn item or outfit that meets the description requirements in the Kentucky State Fair Catalog [4-H Sewing Division](#)
 - Junior Division is for ages 9-13; there are clothing, non-clothing and upcycle options. More advanced clothing exhibits are complete outfits.
 - Senior Division is for ages 14-18; clothing exhibits for seniors must be a complete outfit. Non-clothing and upcycle are also options.
- Exhibit your garments in the county fashion revue. If your county does not have a revue, model your outfit at a homemaker club or senior center.
- Create a Fashion Magic notebook and show off your coordinated outfit in the county fashion revue.
- Create sewing samples to use when teaching others to sew.
- Create a notebook of fabric swatches for youth preparing to compete in the Sewing Skill-a-thon.

Resources

4-H Resources	Other Resources	Record Keeping
<p>Download or contact your county extension office for these project books:</p> <ul style="list-style-type: none"> • Fashion Magic Series: <ul style="list-style-type: none"> ◦ Wardrobe Planning ◦ In the Marketplace ◦ Clothing Coordination • Up Cycle It! • Sewing for Ages 9-13: <ul style="list-style-type: none"> ◦ Jr. Units 1-4 & 6 ◦ Jr. Unit 5 • Sewing for Ages 14-18: <ul style="list-style-type: none"> ◦ Let's Be Casual ◦ Dress It Up ◦ Match It Up ◦ Creative Expressions 	<p>Continued...</p> <ul style="list-style-type: none"> ◦ Leisure Time ◦ Formal Affair ◦ Tailor Made <p>Order these from 4-H Mall:</p> <ul style="list-style-type: none"> • STEAM Clothing Series <p>Web-based projects:</p> <ul style="list-style-type: none"> • Style Engineers <p>Reference materials:</p> <ul style="list-style-type: none"> • Extension factsheets 	<p>Learning to keep records of what you do and spend is an important life skill.</p> <ul style="list-style-type: none"> • Sewing Record Sheet • Record Form for projects without a specific form • Project Record Fact Sheet • Participate in 4-H Achievement

