



## 4-H Clothing, Textiles, and Fashion Project



### Are you Into It?

If sewing and fashion are what you seek, then this project is for you.

Explore the world of clothing, textiles, and fashion! Styles constantly change— learn to make a positive statement by creating your own timeless wardrobe. Discover what looks best on your body, where the materials come from, and how to make, buy, and care for clothing.

In this project you can:

- Learn to work a sewing machine
- Create fun clothing and textiles projects
- Learn about how to present your creations to an audience

### Here's what you can do all year!

#### Starting Out Basic

- Learn sewing machine, parts, sewing tools, and how to sew on buttons.
- Discover your own style with color and line.
- Understand how fabrics are made from fibers.
- Discover the categories and how to participate in 4-H Fashion Revue.
- Experience writing fashion show commentaries.

#### Learning More Intermediate

- Learn how to sew garments using patterns and the elements of design.
- Discover your personal image through clothing and accessories.
- Sew for your body type.
- Compare different fabrics, yarns, and finishes.
- Learn three new sewing construction techniques.
- Create an appealing descriptive commentary for your garment.

#### Expanding Horizons Advanced

- Discover how to sew garments integrating the principles of design.
- Understand the differences between natural and manmade fibers.
- Review personal care tools for skin and hair.
- Learn how to alter commercial patterns to create your own clothing design.
- Improve one's modeling and oral presentation skills.
- Explore careers in the fashion and textile industries.

### Step It Up!

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

#### Citizenship/ Leadership

- Donate gently used or outgrown clothing.
- Volunteer to repair your family's clothing or donated clothing at second-hand stores.
- Bring your friends together to organize a clothing garage sale.

#### Communication

- Make a poster explaining how textiles are made and their origins.
- Create a video demonstrating how to sew on a button.
- Do a presentation on evaluating construction quality of personally sewn fabric items.

#### Healthy Living

- Make a video demonstrating positive body image and how to discover what looks best on your body.

#### Science

- Design an experiment testing the durability of various fabrics.
- Teach peers where clothing material comes from and appropriate care.



## Expand Your Experiences in this Project

- Contact your County Extension Office to participate in local clothing camps, workshops, or county/regional fairs. [sfyl.ifas.ufl.edu/map/index.shtml](http://sfyl.ifas.ufl.edu/map/index.shtml)
- If selected to represent your district at the State 4-H Fashion Revue, participate in the Clothing & Textiles Workshop.
- Create your own sewing/tailoring business.
- Demonstrate proper clothing care with friends and family such as repair and alterations.
- Help family members to shop for clothing that best fits their different body types.
- Meet others interested in clothing. Check out local sewing guilds.
- Attend Florida University or I.C.E. and participate in workshops, listen to motivational speakers, and participate in community service projects; bring ideas back to your club and community.
- Interested in a college education in the areal of merchandising, design, and production? Schedule a visit with your local college including University of Florida: [ufl.edu](http://ufl.edu)

### Project Sharing Ideas

- Demonstrate the creation of a seasonal clothing calendar and a wardrobe inventory checklist.
- Select multiple fabrics and compare what the fabrics are made of, durability, wrinkle resistance, absorbency, colorfastness, and proper care.
- Identify how fibers from different countries get made into different fabrics and clothing.
- Show how to make basic clothing repairs with needle and thread.
- Demonstrate how different accessories compliment an outfit.

## Resources

### 4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly.

Available at National 4-H: [4-hmall.org](http://4-hmall.org)

Sewing Expressions Volume 1-3

Contact your Extension Office for other curriculum options produced by state 4-H programs outside of Florida.

### Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be. Contact your county 4-H office.

Take part in:

- Competitive events
- Demonstration and Illustrated Talks
- Fashion Revue

Attend other statewide events. Check them out at [florida 4-h.org](http://florida4-h.org)

### Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

The following record keeping forms can help you keep a record of your activities.

Project Report Forms can be found at [florida4h.org](http://florida4h.org)

- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Member Portfolio (ages 8-13)

### Awards and Recognition

Florida's Recognition Program involves feedback through:

- Participation
- Setting Goals
- Meeting Standards
- Peer Competition
- Cooperation

Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

To learn more about current recognition opportunities visit the Florida 4-H website at [florida4h.org](http://florida4h.org) or contact your county 4-H agent.

**Learn more at [florida4h.org](http://florida4h.org)**  
or contact your local UF/IFAS Extension County Office

**4-H**  
GROWING TOGETHER