

UF/IFAS Extension Florida 4-H Youth Development Program Project Handout

4-H Clothing, Textiles, and Fashion Project



Are you into it?

If sewing, fashion, and textiles interest you, then this project is for you. The 4-H Clothing, Textiles, and Fashion Project provides youth the opportunity to learn and develop sewing, consumer, and personal awareness skills. Youth engaged in this project can:

- Learn how to use a sewing machine;
- Learn how to sew clothing and other projects;
- Gain confidence in modeling and interviewing skills;
- Learn about textile origins and fabric care;
- Receive recognition for efforts related to the project.

Here's what you can do all year!

Starting Out

Basic

- Learn the mechanics of the sewing machine and how to use sewing tools.
- Learn how to hand stitch and complete simple projects.
- Discover color and fabric coordination and sewing terminology.
- Understand where fibers come from and how they are made into fabric.
- Discover what opportunities are available at the county level related to this project.
- Experience writing fashion show commentaries.

Learning More

Intermediate

- Learn how to sew using patterns and the elements of design.
- Develop your own personal style through clothing and accessories.
- Compare the different characteristics fabrics, yarns, and finishes.
- Learn new sewing construction techniques, such as sewing seams, zippers, and darts.
- Write a descriptive commentary for your sewing project.

Expanding Horizons

Advanced

- Discover how to sew garments and other items integrating the principles of design.
- Understand the differences between natural and manmade fibers.
- Learn how to best launder and care for a variety of commonly used fabrics.
- Learn how to alter commercial patterns to create your own clothing design.
- Improve your modeling and oral presentation skills.
- Explore careers in the fashion and textile industries.
- Lead a community service sewing project and give a presentation about it.

Expand your Experiences in this Project

- Contact your UF/IFAS Extension County Office to participate in local 4-H sewing camps, workshops, or county/regional/state fair events. sfyl.ifas.ufl.edu/map/index.shtml
- When offered, participate in state level clothing and textiles workshops and events.
- 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 sewing by checking out local sewing, textile, and quilting guilds.
- Check out helpful videos on YouTube or appropriate Google sites.
- Schedule a visit to a college or university to learn more about degrees in the areas of merchandising, design, textiles, and production.



Learn more at Florida4H.org

or contact your local UF/IFAS Extension County Office



Step It Up!

Citizenship/Leadership

Working with your family and friends to collect fabric and sew quilts for your local homeless shelter.

Gather old t-shirts and make pet toys for your local animal shelter.

Donate gently used or outgrown clothing.

Bring your friends together to host a clothing garage sale and donate the money to charity.

Volunteer to repair your family's clothing or donated clothing at second-hand stores. Sew items for your community:

- Pillows
- Baby animal hammocks
- Wheelchair caddies
- Fidget quilts
- Bibs for the elderly
- Hotdog pillowcases

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 sewing items.

Healthy Living

- Make a video demonstrating positive body image and how to discover what looks best on your body.
- Research the clothing and textile industry from the country where your favorite shirt is made and give an illustrated talk about your findings.
- Teach others how to correctly use an iron.
- Demonstrate the correct usage and storage of laundry products at a club meeting.

Science

- Design a new quilt pattern for a 12-inch block as a graphic arts entry.
- Illustrate various weave types and present as an exhibit.
- Investigate the construction of synthetic fibers and their impact on the environment and give a speech on the topic.
- Design an experiment testing the durability of various fabrics.
- Teach peers where clothing materials come from and appropriate care.



Resources

4-H Project Resources

Project curriculum to assist youth in learning may be available through your UF/IFAS Extension county 4-H office or ordered directly from the National 4-H Mall: <https://shop4-h.org/>

Contests 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 UF/IFAS Extension county 4-H office to find out what your local 4-H program offers. Some possible clothing, textile, and fashion related opportunities include:

- Skill-a-thon
- Demonstrations and Illustrated Talks
- Fashion Revue
- Community Service Projects
- 4-H Clubs
- Camps and Workshops
- Field trips

Record Keeping

Learning to keep good records of what you do and what you spend for your project is an important life skill. The following record keeping forms can help you record your 4-H activities. Project record forms can be found at Florida4H.org:

- Cloverbud (ages 5-7)
- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Building My Portfolio (ages 8-13)

Awards and Recognition

The Florida 4-H Program recognizes youth for their project work. Youth are recognized for:

- Participation in club and project work;
- Setting goals;
- Meeting standards;
- Peer competition;
- and Teamwork

Youth recognition is awarded based on the quality of performance at the county, district, state and national levels and may be in the form of certificates, pins, ribbons, trophies, trips and/or scholarships. To learn more about current recognition opportunities visit the Florida 4-H website at Florida4H.org or contact your UF/IFAS Extension county 4-H agent.



Learn more at Florida4H.org

or contact your local UF/IFAS Extension County Office

