



Discovering the Designer in You!

Clothing Education

4-H Science, Engineering and Technology Project Overview

In this project you will learn about textiles, fashion and personal style. You can partner with an adult to design and create clothing and accessories. The 4-H Clothing and Textiles Project may include sewing, purchasing clothing, fashion design, wardrobe inventory, clothing repair and more.

Objectives

- 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 about the principles and elements of design.
- Relate skills learned to job and career readiness.



Starting Out

- Learn to thread a sewing machine and safely use it.
- Assemble a sewing kit and understand the tools.
- Practice safety with all tools – scissors, irons, etc.
- Learn to buy appropriate fabric for a project.
- Learn to read a pattern.
- Cut and sew straight lines, curves and corners.
- Sew on a button.
- Discover styles and colors that are becoming to you.
- Learn simple clothing repair such as hemming and patching.
- Shop for accessories such as belts and shoes.
- Read care labels to determine the proper care of clothing.
- Learn how to wash and sort clothing properly.
- Make a poster about the elements of design.

Moving Forward

- Sew garments from patterns using body measurements and garment ease.
- Practice safety with all tools and equipment.
- Learn to sew sleeves, pockets, darts, interfacing, facings, collar, buttonholes and blind hems.
- Practice modeling.
- Make or select an outfit for a 4-H contest.
- Show laundry and garment care in a demonstration contest or at your club.
- Visit a department store to try on clothing that fits your body style.
- Examine the cost of new versus used clothing.
- Make a wardrobe plan.
- Help another 4-H member with a sewing project.
- Create an article of clothing that keeps people safe.

Digging Deeper

- Explore the different traits and uses of animal, plant and synthetic textiles.
- Design and accessorize an outfit for a parish contest or for 4-H University.
- Learn pattern alteration.
- Learn techniques for sewing knits, stripes, plaids, velvet, chiffon and lace.
- Use a serger for seams and seam finishes.
- Alter or mend an existing garment.
- Design your own line of three different clothing items based on one element of design.
- Explore clothing-related careers, and make an exhibit or bulletin board to share with others.
- Host a clothing workshop for younger 4-H members.

Creating Character

Often the image you portray to others is expressed through how you dress. We should always dress appropriate for the situation. Be aware of the image you are presenting through how you look but more importantly, how you act and what you say! Look at the character elements below and implement these character practices in your project work.

Trustworthiness	Be creditable. If you are entering a clothing item for a competition, make sure that you have done the work and not someone else.
Respect	Treat others as you would like to be treated. Realize we all have different body types, and respect others for who they are and not what they wear.
Responsibility	Set a good example to others, and follow the dress code at school and 4-H events.
Fairness	In clothing workshops we often have to share equipment. Be sure others have the opportunity and time to use the equipment.
Caring	Donate gently-used clothing items to a community-based organization.
Citizenship	Use your project to serve others by doing some of the activities below.

The Art of Serving Others

- Donate gently-used or outgrown clothing to a community-based organization.
- Organize a Coats-for-Kids drive for your club.
- Create bags, pouches and covers that can be used on traditional walkers, seated walkers and wheelchairs. Donate finished products to a senior center or rehab hospital.
- Set up a clothing closet with outfits for those entering the job market.
- Make costumes for a performance group at school, church or in the community.
- Organize a garage sale to support your 4-H service-learning project.
- Spend time teaching others about clothing and fashion.
- Make household sewing projects, such as pillows, and donate to a fundraising event.
- Take younger 4-H members shopping and help them choose an outfit for a special event.
- Offer simple clothing repair services to a nursing home or assisted-living facility.

Career Possibilities

Textile Engineer	Personal Shopper	Fashion	Control	Marketing
Stylist	Retail Associate	Merchandising	Textile Chemist	Store Buyer
Apparel Designer	Advertising Design	Apparel Quality	Fashion Journalism	And more...



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Pub. 3513 (500) 6/16

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