



# Sewing and Textiles

## (Revision)

Youth today want to be unique. By learning to sew youth can express themselves by learning how to create their own fashion design. Throughout the series a focus on community service encourages youth to use the skills gained through this project to help others. *Grades 3-12.*

<b>1 – Under Construction</b>	<b>4HCCS BU-07179</b>
<b>2 – Fashion Forward</b>	<b>4HCCS BU-07180</b>
<b>3 – Refine Design</b>	<b>4HCCS BU-07181</b>
<b>Helper’s Guide</b>	<b>4HCCS BU-07182</b>

### Life Skill Outcomes

Decision making, communications, planning and organizing

### Sewing and Textiles Outcomes

- Selection of appropriate clothing
- Ability to sew clothing
- Career exploration

### Audience

4-H clubs, after school programs, home schools

### Collaborating States and Organizations

CO, ID, KS, LA, MT, NE, OH, UT

### Design Team Members

Karen Biers, Coordinator; Carla Lee, Liaison; Bridgette Sloan, Marla Day, Sharlene Woffinden, Stephanie Morsch, Tara Andrews, Debra Proctor, Bernice Mason, Ronda Olsen, Ann A. Berry, Lynda Parson, Suzie Brown, Kim M. Monk

### Level 1 – Under Construction (40 pages)

Youth learn the basics of sewing construction and how to make simple clothing or accessory pieces. *Grades 3-4.*

#### Chapter 1: Creating

Tools of the Trade  
Get to Know Your Machine  
Threading Your Way  
Serge the Super Highway  
On the Straight  
To Ravel or Not to Ravel  
How Do You Measure Up  
Pattern Particulars  
Curves Ahead

#### Chapter 2: Maintaining

Sort It Out  
Spot Check

#### Chapter 3: Teching

Sewing Techno Savvy

#### Chapter 4: Futuring

Fiber Detective

#### Chapter 5: Serving

Bags to Share

### Level 2 – Fashion Forward (40 pages)

*Fashion Forward*, Level 2, will help youth understand their fashion sense and give them the skills needed to create unique style of their own. *Grades 5-6.*

#### Chapter 1: Creating

Fabric Construction Facts  
Fiber Facts  
To Dye or Not to Dye  
Patch Picket Pizzazz  
To Zip or Button  
Perfect Fit  
Blue Dreams in Denim  
What’s That Tool?  
Taming the Serger

#### Chapter 2; Maintaining

Tag! You’re It!  
Laundry Lingo

#### Chapter 3: Teching

Shop the ‘Net

#### Chapter 4: Futuring

Sewing Business Cents

#### Chapter 5: Serving

Sharing Polar Fleece Fun

### Level 3 – Refine Design (40 pages)

Youth will learn more about fashion and their unique style as well as technology in sewing and careers in the textile industry. *Grades 7-12*

#### Chapter 1: Creating

Sleuthing Tools of the Trade  
Combine and Design  
“Out”rageous  
Tailored Treasures  
Embellish Your Ensembles  
Stretchables  
Follow the Weaving Pattern  
Ultimate Makeover—Bedroom Edition

#### Chapter 2: Maintaining

Hold the Color, but Take the Wrinkles

#### Chapter 3: Teching

Click On!  
Print Fabric, Not Paper

#### Chapter 4: Futuring

Designing Your Future

#### Chapter 5: Sharing

Style is on Parade!  
Share Some Warmth

**Helper’s Guide** (40 pages) *Sewing Group Activities*. Youth will learn more about fashion and their unique style as well as technology in sewing and careers in the textile industry. *Grades 3-12*

*Chapter 1: Guide Sheets* (Planning and organizing)

Let’s Make Plans  
Sewing Skillathon Excitement  
Fabric Scavenger Hunt  
Conducting a Sewing Quiz  
Tic Tac Sew

*Chapter 2: Embellishments* (Thinking creatively)

Fiber Bingo  
How Fast Can You Get Wet?  
Fun with Sewing Pyramid

*Chapter 3: Weaving Patterns*

Bust Your Buttons  
Be a Wise Judge  
Experimenting with Textiles  
Clothing Exchange  
The Laundry Game

## Sewing and Textiles Project Online

[www.n4hccs.org](http://www.n4hccs.org) - Sewing

# 4HCCS Products

Available Now

The web page provides ideas and patterns as suggestions for projects to be completed in this area. You'll find a matrix of skills and activities in each of the project levels, along with ideas and patterns to enhance the learning experience.

## Project Online Contents

- Project Objectives and Requirements
- Sewing and Textiles Materials
  - Covers, Contents, Activities
  - Feedback Form
  - Reviews
  - Evaluations
- Sewing and Textiles Resources
  - Activity Resources
  - Web Links
  - Meeting Ideas
- Sewing and Textiles Fun Activities
  - Interactive Activities
  - Field Trip Ideas
- Sewing and Textiles Recognition
  - Achievement Certificate
  - County Medals
  - National Trips
  - Fair Classes, Score Cards
- Club Highlights
- Career Opportunities

## 4HCCS and You

The National 4-H Cooperative Curriculum System, Inc. involves professional educators, volunteers and youth to provide high quality, experientially-based curriculum products to 4-H Clubs, schools and other youth development organizations. By states combining talents and sharing resources and ownership, more competitively priced, higher quality curriculum with a greater potential national impact on youth programs will result.

If you are interested in being a member of a national design team log on to the 4HCCS web site ([www.n4hccs.org](http://www.n4hccs.org)) or contact the 4HCCS office ([4hcurriculum@n4hccs.org](mailto:4hcurriculum@n4hccs.org) or 269-789-3080).

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Citizenship

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[www.n4hccs.org](http://www.n4hccs.org)

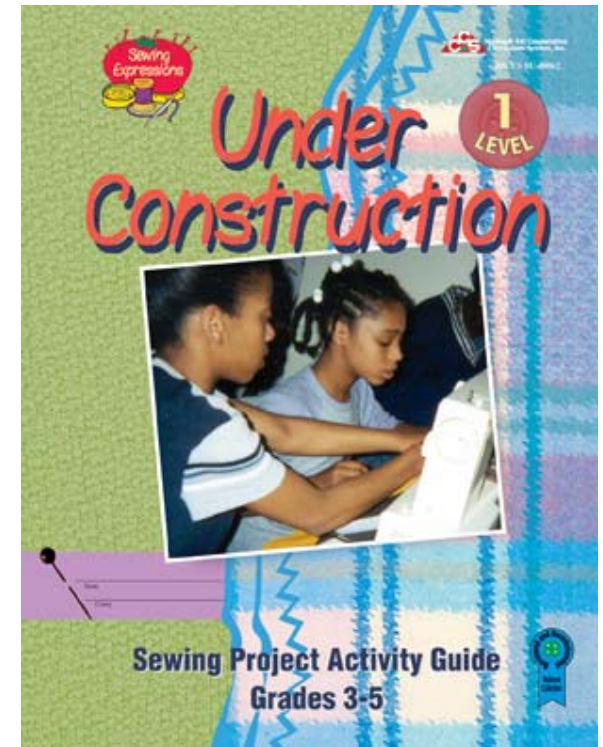
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