

Family and Consumer Science

SEWING EXPRESSIONS LEVEL 1

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Rev. 09-20

| Projects & Materials | Requirements | Exhibit Requirements |
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| <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Under Construction, Level 1 (SKU08060) 📖 2008 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Under Construction Skills Checklist</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum Sewing Expressions Helper's Guide (SKU08063) 📖 2008 | <p>In the member's current Manual:</p> <ul style="list-style-type: none"> • Complete at least 7 required and optional activities each year • Have your project helper date (month/year) and initial each activity when it is finished. • Complete at least 10-12 skills each year from the Under Construction Skills Checklist • Have your project helper date and sign each skill from the skills checklist when completed. • Complete at least 4 "Before and After – What do you know?" statements (Page 3 of manual) each project year. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project each project year. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> • <i>Under Construction Skills Checklist</i> | <ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Under Construction Skills Checklist • Display one clothing item including at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric including at least three new sewing skills learned in each year of taking this project <p>OR</p> <ul style="list-style-type: none"> • A display or a poster (14" x 22") illustrating something learned in this project year <p>The following are examples of items you could make and exhibit in this project:</p> <p>Clothing:</p> <ul style="list-style-type: none"> • 1st year – pants, pajama pants, shorts, skirt • 2nd year – shirt, top, t-shirt • 3rd year – top and pants or skirt, jumper with shirt/top, dress <p>Non-Clothing:</p> <ul style="list-style-type: none"> • 1st year – pillow, 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins • 2nd year – nine patch pillow, sports bag, household items, curtain with casing heading, table cloth with ruffle or decorative hem with napkins • 3rd year – pieced pillow, pieced wall hinging or bag, decorative accessories, household items. <p>Note: Avoid fabrics that require more advanced knowledge or techniques.</p> |
| <p>County Requirements: Check with your County Extension office for details.</p> | | |
| <p>Support Materials: Idaho 4-H Sewing Expressions page (and to download <i>Under Construction Skills Checklist</i>): https://www.uidaho.edu/extension/4h/projects/sewing-expressions To purchase National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4</p> | | |