Family and Consumer Science

SEWING
EXPRESSIONS
LEVEL 1 – REC.BOOK

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Projects & Materials
Under Construction, Level 1
Record Book Version
Youth Materials:
- National 4-H Curriculum Under Construction, Level 1 (#32081)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Under Construction Skills Checklist

Volunteer Materials:
- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)

Requirements
In the member’s current Manual:
- 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.

Complete the following:
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)
- Under Construction Skills Checklist

Exhibit Requirements
- 4-H Project Record Book (#91950)
- 4-H Involvement Report (#91910)
- Under Construction Skills Checklist
- Display one clothing item including at least three new sewing skills learned in each year of taking this project
  OR
- 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
  OR
- A display or a poster (14” x 22”) illustrating something learned in this project year

The following are examples of items you could make and exhibit in this project:

Clothing:
- 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

Non-Clothing:
- 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.

Note: Avoid fabrics that require more advanced knowledge or techniques.

County Requirements:
Check with your County Extension office for details.

Support Materials:
Idaho 4-H Sewing Expressions page (and to download Under Construction Skills Checklist):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions
To purchase National 4-H Curriculum visit: http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx

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