# Family and Consumer Science

## SEWING EXPRESSIONS

**LEVEL 2 – REC. BOOK**

**Rev. 09-18**

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| **Fashion Forward, Level 2, Intermediate** | In the member’s current Manual:  
- Complete at least 7 required and optional activities each project 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 Fashion Forward Skills Checklist  
- Have 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. | - 4-H Project Record Book (#91950)  
- 4-H Involvement Report (#91910)  
- Fashion Forward Skills Checklist  
- Display a garment or outfit that including at least three new sewing skills learned in each year of taking this project  
**OR**  
- One or more non-clothing item(s) 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:**  
- A skirt with darts/waistband, blouse with buttons/buttonholes, lined vest, vest with collar, blouse with collar and cuffs, dress with zipper or other clothing items.

**Non-clothing:**  
- A sewing or locker organizer, decorative pillow, windsock with decorative stitches, backpacks/duffle bags/fanny pack with zipper, box edge pillow, curtains with scalloped or tab-top heading or other non-clothing item(s).  

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

### Support Materials:
Idaho 4-H Sewing Expressions page (and to download the Fashion Forward Skills Checklist):  
[https://www.uidaho.edu/extension/4h/projects/sewing-expressions](https://www.uidaho.edu/extension/4h/projects/sewing-expressions)  
To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx](http://www.4-hmall.org/Category/4-hcurriculum-sewing.aspx)