

Family and Consumer Sciences

SEWING EXPRESSIONS LEVEL 3

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level: Advanced</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum <i>Refine Design, Level 3 (BU-08062)</i> 📖 2008 <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> <i>Refine Design Skills Checklist</i> <i>Supplemental Skills Checklist Sheet</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> National 4-H Curriculum <i>Sewing Expressions Helper's Guide (SKU08063)</i> 📖 2008 <i>Supplemental Skills Checklist Sheet</i> 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> 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 Refine Design 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>Refine Design Skills Checklist</i> 	<ul style="list-style-type: none"> ZSuites 4-H Project Record Book ZSuites 4-H Involvement Report Refine Design Skills Checklist Display a garment or outfit 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) 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"> Pants or skirt with flat felled seam (mock/regular), dress or skirt with lining, garment sewn with special fabric, lingerie, create your own pattern, tailored jacket, lined jacket, outdoor/action wear. <p>Non-clothing:</p> <ul style="list-style-type: none"> Pleated or gathered drapery, bedspread, lined drapery or curtain, furniture slip cover, create your own fabric, embellished household item, purse, or other non-clothing item(s).
<p>County Requirements: Check with your County Extension Office for details.</p>		
<p>Support Materials: Idaho 4-H Sewing Expressions page (and to download the <i>Refine Design Skills Checklist and Supplemental Skills Checklist Sheet</i>): https://www.uidaho.edu/extension/4h/projects/sewing-expressions To order National 4-H Curriculum visit: https://shop4-h.org/products/sewing-expressions-curriculum-set-of-4</p>		