# SEWING EXPRESSIONS

## LEVEL 3 - PORTFOLIO

### Projects & Materials

<table>
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<tr>
<th>Refine Design, Level 3, Advanced</th>
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<tr>
<td><strong>Portfolio Version</strong></td>
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<td>Youth Materials:</td>
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<tr>
<td>- National 4-H Curriculum Refine Design, (#32083) Level 3 (Order from 4HCCS)</td>
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<tr>
<td>- 4-H Involvement Report (#91910)</td>
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<tr>
<td>- Idaho 4-H Clothing Construction Portfolio</td>
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<td>- Refine Design Skills Checklist</td>
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<td>- Supplemental Skills Checklist Sheet</td>
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| Volunteer Materials: |
| - National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084) |
| - Supplemental Skills Checklist Sheet |

### Requirements

- In the member’s current Manual:
  - Complete at least 7 activities and record findings and put samples in Idaho 4-H Clothing Construction Portfolio
  - 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.

- Complete the following:
  - 4-H Involvement Report (#91910)
  - Idaho 4-H Clothing Construction Portfolio
  - Refine Design Skills Checklist

### Exhibit Requirements

- Idaho 4-H Clothing Construction Portfolio
- 4-H Involvement Report (#91910)
- Refine Design Skills Checklist
- Display a garment or outfit 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:**
- 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.

**Non-clothing:**
- 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).

### Note:
When using the Idaho 4-H Clothing Construction Portfolio, each member is not required to purchase a manual. One manual can be used with multiple members.

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

### Support Materials:
Idaho 4-H Sewing Expressions page (and to download the Refine Design Skills Checklist, the Supplemental Skills Checklist Sheet, and Idaho 4-H Clothing Construction Portfolio):
https://www.uidaho.edu/extension/4h/projects/sewing-expressions

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