# Family and Consumer Sciences

## SEWING EXPRESSIONS

**LEVEL 3 – REC. BOOK**

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| **Refine Design, Level 3, Advanced** | 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 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. |  
  - 4-H Project Record Book (#91950)  
  - 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  
  - One or more non-clothing item(s) including at least three new sewing skills learned in each year of taking this project  
  - A display or a poster (14” x 22”) illustrating something learned in this project year. |

**Youth Materials:**

- National 4-H Curriculum Refine Design, (#32083) Level 3 (Order from 4HCCS)  
- 4-H Involvement Report (#91910)  
- 4-H Project Record Book (#91950)  
- Refine Design Skills Checklist  
- Supplemental Skills Checklist Sheet  

**Volunteer Materials:**

- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)  
- Supplemental Skills Checklist Sheet  

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- National 4-H Curriculum Sewing Expressions Helper’s Guide (#32084)  
- Supplemental Skills Checklist Sheet  

**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 and Supplemental Skills Checklist Sheet): [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)

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