

# SEWING Project

Member Name \_\_\_\_\_

Level (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18) Years in Project \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of January 1) \_\_\_\_\_ \* Year \_\_\_\_\_

4-H Club \_\_\_\_\_

Revised: 01/17/2017

\* Please use a new check list each year.

√	State and Owyhee County Requirements	Date Completed	Leader Initials
	Enroll at <a href="http://Idaho.4honline.com">Idaho.4honline.com</a> and pay enrollment fee to your leader before March 1; read and sign the Code of Conduct.	___/___/___	
	Give an oral presentation related to this project. This can be done on the club or county level. Check with your leader – this may be required by your club to be on the county level. Helpful information about giving an oral presentation is on our website.	___/___/___	
	Attend an acceptable safety and ethical practices activity. All youth are <b>REQUIRED</b> to complete an Ethics activity <b>each year</b> .	___/___/___	
	Participate in your club's Community Service Project in Owyhee County.	___/___/___	
	Complete a 4-H Involvement Report (just one combined report for ALL projects) and include with your Project Record Book. You may start a new report or add to your report from previous years. A cumulative Involvement Report can be a useful tool in applying for jobs, scholarships and college.	___/___/___	
	Complete a 4-H Project Record Book. Form available online at <a href="http://owyheecounty.net/extension">owyheecounty.net/extension</a> or at the Extension Office. Information regarding what to include in your Record Book is also on our web site.	___/___/___	
	Complete this Project Check List and include it in your Record Book. It must be signed by Member, Parent, and Leader.	___/___/___	
	Sign up for a time (sign-ups are open June 15-July 15) and bring your completed Record Book to Interview Evaluation Day. It must be signed by Member, Parent, and Leader.	___/___/___	
	Display a garment or outfit completed during this project, OR Display one or more non-clothing item(s) completed during the project, including at least three new skills learned in each year of taking this project, OR Prepare a poster or display (14" x 22") illustrating something you learned in this project this year.	___/___/___	
	Submit your entries for the Owyhee County Fair (entries open June 15 and close July 15). This is <b>REQUIRED</b> for you to participate at the Owyhee County Fair.	___/___/___	
	Complete seven activities for your project:		

Level 1	Notes	Date Completed	Leader Initials
Learn 6 parts of a sewing machine.		___/___/___	
Learn at least 6 tools needed while sewing.		___/___/___	
Learn to use a foot pedal.		___/___/___	
Learn how to change thread.		___/___/___	
Make or purchase a storage unit for sewing tools.		___/___/___	
Learn how to pivot with foot down.		___/___/___	
Learn why you should backstitch.		___/___/___	
Sew a straight seam.		___/___/___	
Learn why safety is important while sewing.		___/___/___	
Learn how to wind and change the bobbin.		___/___/___	
Complete a simple sewing project.		___/___/___	
Learn how to sew on a button by hand.		___/___/___	

	Learn to use the seam guide.		___/___/___	
	Learn a basic hand stitch.		___/___/___	
	Additional activities completed...		___/___/___	
	<b>Level 2</b>	<b>Notes</b>		
	Learn the difference between pressing and ironing.		___/___/___	
	Name 3 items used when following a pattern.		___/___/___	
	Learn 5 reasons why sewing will help you later in life.		___/___/___	
	Name 3 items used when cutting a quilt.		___/___/___	
	Learn how to read a pattern.		___/___/___	
	Learn what "seam allowance" means and the importance of it.		___/___/___	
	Sew using a decorative stitch.		___/___/___	
	Learn at least 5 different types of fabric and when you would use them.		___/___/___	
	Learn how to reduce bulk in seam allowances.		___/___/___	
	Learn what the "Grainline" of fabric is.		___/___/___	
	Complete a sewing project you can wear.		___/___/___	
	Learn 3 new hand stitches and practice them.		___/___/___	
	Practice using different machine stitching.		___/___/___	
	Sew a patchwork project.		___/___/___	
	Learn how to finish the edges of a quilt or other patchwork project.		___/___/___	
	Learn and practice how to sew a buttonhole.		___/___/___	
	Learn 3 different types of thread and when you would use them.		___/___/___	
	Additional activities completed...		___/___/___	
	<b>Level 3</b>	<b>Notes</b>		
	Sew in a zipper.		___/___/___	
	Learn what a Serger is and what its purpose is.		___/___/___	
	Practice creating and designing an intricate pattern for a quilt or other patchwork project.		___/___/___	
	Practice sewing a garment with darts.		___/___/___	
	Practice sewing a garment with pleats.		___/___/___	
	Figure how much you would have to charge for your completed project if you were to sell it.		___/___/___	
	Learn how to sew on a button with a sewing machine.		___/___/___	
	Additional activities completed...		___/___/___	
			___/___/___	

I declare that the information in this book is correct and all 4-H requirements have been completed, to the best of my knowledge.

Member's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_