



Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 3: Refine Design

Approved for 2023-24 Project Year

Project Description: Youth in this project will continue to improve their sewing skills by learning advanced techniques such as lining and underlining, making two-piece sleeves, and embellishing garments.

REQUIRED YOUTH CURRICULUM

[Refine Design - Level 3 Project Guide \(08062\), 2008](#)

[Refine Design \(Sewing Expressions Level 3\) Skills Checklist](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide \(08063\), 2008](#)

[Refine Design Skills Checklist Supplemental Information Sheet](#)

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Refine Design Activity Guide each year. Your project leader must initial and date (MM/YY) each activity in the guide as it is completed.
	Learn 10-12 skills each year from the Fashion Forward (Sewing Expressions Level 2) Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Refine Design Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A garment or outfit that includes at least three (3) new sewing skills learned during the current project year. • One or more non-clothing items that include at least three (3) new sewing skills learned during the current project year. • A display or a poster (14" x 22") illustrating something learned in this project year.