



CLOTHING PROJECT AREA



This 4-H project is designed to help you explore the world of clothing. Fashions fade – learn to make your style your own and timeless in the clothing project. Discover what looks best on your body, how to make it, where to buy it, and how to care for it.

Ideas for Project Area Learning

- Learn sewing machine parts, sewing tools, and how to sew on buttons.
- Examine the cost savings of buying new versus used clothing and accessories.
- Understand how fabrics are made from fibers
- Learn how to sew garments using patterns and elements of design.
- Discover your personal image through clothing and accessories.
- Compare different fabrics, yarns, and finishes
- Discover how to sew garments integrating the principles of design.
- Learn the pros and cons of different types of retail sales, various methods to pay for clothing, and techniques for assessing product advertisements.
- Understand the differences between natural and man-made fibers.
- Examine the effects of stage lighting on various colors and materials for the purpose of costume design.
- Create a capsule wardrobe for a specific occasion, vacation or time of year.
- Discover how to take part in a fashion show.
- Review and evaluate personal care products or tools for skin and hair.
- Discover your own style with color and line.
- Design an outfit on paper for a specific event or activity.
- Create an efficient system for doing your own laundry.
- Learn how different types of fabrics are made.
- Learn how to take great photographs of clothing for online sales or fashion blogs.
- Learn about the fashion of a particular decade or era in history.

APPLY WHAT YOU'VE LEARNED

Communication

- Design a poster identifying sewing machine parts
- Create a 4-H video demonstrating how to sew on a button
- Teach others how to use a sewing machine

Civic Engagement

- Collect teen-sized jeans and donate to a local shelter
- Volunteer to sort donated clothing at second-hand stores
- Organize a community clothing drive.
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Leadership

- Make a stain removal chart and kit for your family's laundry area.
- Assist family members in going through their closets to recycle unused clothing
- Bring your family or club together to organize a clothing garage sale

Entrepreneurship

- Design and build costumes or accessories to sell.
- Write a business plan for organizing services or personal shopping.
- Provide sewing alterations for casual wear or for special occasion apparel.



Iowa 4-H Event Opportunities

- The **Awardrobe Clothing Event** is the Iowa 4-H State Fair event for runway clothing classes. Youth grades 9-12 can qualify to represent their county in this competitive event.
- Meet young people from around the state who have completed grades 8-12 who share your interests at the **Iowa 4-H Youth Conference**, held at Iowa State University in late June.
- Participate in **county and state fair** clothing exhibit classes.
- Check with your local county 4-H youth development staff to see if there are special events or **workshops** in your county that you want to attend to learn more about your project areas.
- Iowa 4-H members in grades 9-12 can apply for **State Project Area Awards** at State Recognition Day. Applications are open December 1 through February 1.

Share Your Learning With an Exhibit

- Select multiple fabrics and compare what the fabrics are made of, durability, wrinkle resistance, absorbency, colorfastness, and proper care.
- Show how to make basic clothing repairs with a needle and thread.
- Illustrate how integrating design elements and principles can flatter body shapes and positively impact peoples' first impressions.
- Create a poster identifying fabrics based on type of fibers, construction, finish, and coloring methods.
- Describe process of sorting laundry and the effects of water temperature, or detergent on fabrics.

Goal Setting and Record Keeping

Goal setting is an ongoing process that guides your project area learning. Having goals is like having a road map to show you how to get you to where you want to go. Record keeping is also an ongoing process, and another important life skill. In 4-H, you are encouraged to select from a variety of record keeping formats to meet your own personal needs and your preferred learning style. Keeping records of your learning experiences helps you determine how well you met your goals. Goal setting and record keeping are a great way to improve your skills in organization, communication, planning, and evaluating.

CAREER CONNECTIONS

- **Costume designers** work with a production team to design, create and care for theatrical costumes.
- **Garment technologist** works on the design and development of new materials.
- **Fashion designers** work in any area of specialty, designing clothes for large brands, boutique labels or do freelance work.
- **Retail buyers** source and stock items for retail outlets in advance of each coming season.
- **Textile designers** create two-dimensional patterns for interior fabrics or garment fabrics.

EDUCATION CONNECTIONS

- Learn **apparel merchandising** if you're interested in how to apply marketing strategies and entrepreneurial practices for buying, displaying and promoting fashion items.
- If you enjoy sketching and envisioning garments prior to them being made, studying **technical and creative design** may interest you.
- Students in **product development** learn about trends and business aspects of planning, creating and presenting products to fill niches in the clothing markets.