

4-H Clothing Project Leader Guide

Skill Level 2

The 4-H Clothing Project is designed to give young people opportunities for personal growth and development. The overall project consists of a series of nine progressive skill levels. Each skill level is the same for both boys and girls, although the application of skills and selection of learning activities may differ in terms of individual interests.

This leader's guide is designed to help leaders with Skill Level 2. It includes a series of meeting outlines and suggestions for activities in each of five learning areas: planning and evaluation; individual development and outreach; management, consumer-ship, wardrobe building; textiles; and construction. Skill Level 2 activities include some review and reinforcement of what was learned in Level 1, but with wider variety of basic skills added.

Meeting Outlines: Leaders are encouraged to include activities from each of the five learning areas to provide a change of pace during project meetings, to prepare youth for a variety of adult clothing responsibilities, and to create an awareness of how clothing affects individuals and the way they interact with others.

The meeting outlines on pages 4-8 provide direction and offer assistance to leaders who want help in organizing the learning areas over a period of ten meetings. The outlines also suggest ideas for integrating several learning areas into one meeting, using a variety of teaching techniques. More experienced leaders, and those who wish to do their own planning, are encouraged to do so. The purpose of the meeting outlines is to support leaders, not restrict them. Leaders will need to adapt the meetings to the interests and abilities of the members as well as the facilities and resources available.

Most Skill Level 2 leaders have had some experience either in leading a Skill Level 1 group or working with other youth. Rather than duplicate general publications that are available for working with 4-H - youth groups, this leader's guide only suggests activities which relate to the 4-H clothing program. General activities (such as business meetings, pledges, and group singing) can be integrated into the meeting outlines. New leaders might find *Organizing a 4-H Club* (4-H 0242L) a useful reference for additional background.

Resource Materials: A companion piece to this leader's guide is *4-H Clothing Program Guidelines for Leaders* (4-H 9210L). Be sure you have a copy. It outlines the overall sequence of the nine skill levels with suggested activities listed in each of the five areas.

You might also want to use the *4-H Clothing Advancement Program* which consists of a series of advancement records for each skill level. Members, along with their leader and parent(s), select activities to be completed in each level. As identified activities are accomplished, leaders or parent(s) initial the member's worksheet. After all the activities have been accomplished for a skill level, members receive an "Advancement Certificate" and are eligible to advance to the next skill level. Copies of the advancement program are available at your county office of the OSU Extension Service.

Member handouts for Skill Level 2 are available to distribute at meetings where particular learning activities are included. They are intended as take-home materials to reinforce the content of the meeting. There are also Extension publications on selected topics

that are available to leaders and older members. Materials specific to Skill Level 2 are listed below:

Leader materials:

4-H Clothing Program Guidelines (4-H 9210L)

4-H Clothing Project Leader's Guide— Skill Level II (4-H 9212L)

Pressing (EC 924)

Plain Seams and Seam Finishes (EC 922)

Facings and Enclosed Seams (EC 944)

Hemming (EC 933)

Standards of Quality in Clothing Construction (if not received previously) PNW 197

Member handouts:

The 4-H Clothing Project—Skill Level 2 (4-H 9212)

Pressing Skills (4-H 92122)

Plain Seams and Their Finishes (4-H 93123)

How to Sew Facings and Enclosed Seams (4-H 92124)

Hemming Skills (4-H 92125)

4-H Clothing Record (4-H 921R)

4-H Clothing Advancement Program, Skill Levels 1-3 (4-H 92101)

These publications are referred to throughout the meeting outlines (pages 4-8) wherever learning activities related to their content are suggested. Some of them are in the process of being printed. Any new materials that become available during the year will be distributed to organized clubs by OSU Extension county offices. In addition to materials available through Extension, there are many well-written commercial publications you may wish to use.

4-H 9212L

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Overview

Meeting	Learning Areas	Activities
1	Planning & Evaluation Textiles Planning & Construction	Introduction to Skill Level 2. Textiles activity on "hand of fabric". Plan for an article or garment with a casing.
2	Textiles Construction Management	Review "hand of fabric". Review skills from Skill Level 1. Individualized activity on equipment.
3	Management Construction	Review iron settings and learn about ironing and pressing techniques. Work on casing article or garment.
4	Management Textiles Construction Planning	Review techniques for ironing & pressing. Discuss yarn direction and stretch of fabrics. Complete casing article or garment. Plan for second article or garment.
5	Evaluation Management Construction	Discuss what was learned from the first article. Use a team activity to learn about sorting clothing for laundry. Discuss or review major lessons on pattern envelopes and guides. Check straight yarn direction on fabric for second article. Discuss preparation of fabric.
6	Construction Outreach Construction	Review pattern symbols. Discuss how to help with family clothing. Layout, cut, and mark second article or garment.
7	Individual Development Construction	Activity on factors in personal appearance. Demonstration on staystitching, seams, seam finishes. Work on second article or garment.
8	Outreach Management Construction	Share experiences in family clothing. Problem solving activity on laundry pretreatment. Demonstration on enclosed seams. Work on second article or garment.
9	Management Individual Development Construction	Review laundry pretreatment. Activity on appropriate clothes. Demonstration on hemming. Complete second article.
10	Wardrobe building Evaluation	Describe favorite textures of fabric. Discuss what was learned from second article or garment. What skills were repeated, or new?

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Meeting Outlines

Meeting	Learning Areas	Activities
1	Planning & Evaluation	<p>Roll call activity: Suggest that members write down and then share with the group what they hope to learn. Discuss purposes, benefits and objectives of membership in the project: for the group, through participation and sharing of responsibilities; for the individual, through knowledge and skill development in the various learning areas.</p> <p>Discuss what was learned in Skill Level 1, what will be learned in Skill Level 2, and give a brief overview of additional skill levels so that members will be comfortable, but not overwhelmed. Members should have a feeling for the building and cumulative nature of the skill levels. Discuss the Advancement Program, if used.</p>
	Textiles	<p>Activity on "hand of fabric": Before the meeting, prepare paper sacks containing scraps of fabrics to demonstrate the characteristics of weight, hand, aesthetic appearance, and stretchiness. At the meeting distribute the sacks of fabric scraps to individuals or teams. Ask the members to reach in, feel the fabric, then select ones according to certain characteristics such as: lightweight, heavyweight, soft, crisp, smooth, rough, stretchy, and firm.</p> <p>Discuss some of the "touch" or "hand" qualities of fabrics and how they affect the wear of garments. For example: lightweight fabrics are comfortable in summer but not in winter; soft fabrics like flannel trap air and provide insulation; smooth fabrics like satin show spots easily; and stretch single knits are good for T-shirts but not slacks. (Save sacks for use in meeting 4.)</p>
	Planning & Construction	<p>Plan for a beginning article or garment. Making an article or garment with a simple casing involves some skills from Level 1, such as straight seams, corners, and measuring, and adds pressing skills and elastic insertion. Encourage the group to select similar types of articles such as bags (tote, marble, shoe, rockhound, etc.) or garments (skirts, aprons, or halter tops). Review from Skill Level 1 the equipment needed.</p> <p>Discuss appropriate fabrics and supplies such as thread, elastic, cording, etc.</p>
	Resources	<p><i>The 4-H Clothing Project - Skill Level 2</i> (4-H 9212)</p> <p><i>4-H Clothing Advancement Program, Skill Levels 1-3</i> (4-H 92101), pages 1-4</p> <p><i>4-H Clothing Program Guidelines for Leaders</i> (4-H 9210L), pages 2-5</p>
	Textiles	<p>Roll call activity: Describe the feel (hand) of a fabric you are wearing.</p>
	Management	<p>Use an individualized activity about equipment terms so that the group can be divided for individual help in beginning the article. An example might be a crossword puzzle or word scramble game.</p>
	Construction	<p>Review construction skills from Skill Level 1 (measuring, pinning, cutting, use of machine and stitching). Begin casing article or garment.</p>
	Resources	<p>Appropriate materials from Skill Level 1 as needed.</p>

Meeting	Learning Areas	Activities
3	Construction	Roll call activity: Draw slips of paper, then briefly describe how to machine stitch a square corner; use the throat plate as a guide for straight seams; measure the plain 5/8" seam; hold the scissors when cutting, etc.
	Management	Review how to select iron temperature setting. On scraps of acetate, nylon, permanent press cotton and unfinished cotton such as muslin, experiment with various iron settings. How is the heat sensitivity of various fibers and finishes affected by the iron temperature? (Have on hand some iron cleaner for the bottom of the iron before you start this.) Demonstrate and compare ironing (forward and back smoothing) with pressing (up and down shaping). Demonstrate use of seam gauge, ruled cardboard, or commercial devices for turning and pressing casings or hems evenly.
	Construction	Work on casing article or garment.
	Resources	<i>Pressing Skills</i> (4-H 92122) and <i>Pressing</i> (EC 924)
4	Management	Roll call activity: Briefly describe or pantomime a technique for ironing or pressing.
	Textiles	From sacks of fabric scraps saved from Meeting 1, have individuals or teams sort the fabrics into wovens, knits, or non-wovens. Use pins to attach arrows labeled "lengthwise," "crosswise," "bias" for each of the fabrics. Discuss yarn direction so that members are aware of the differences. Use pins to attach a second set of arrows labeled "most stretch," "moderate stretch," and "least stretch" to each of the fabrics. Point out to the members that woven fabric stretches most on bias, least on the lengthwise and moderately on the crosswise. The stretch of knits differs with the type of knit. Woven knits such as single knits stretch most on the crosswise, least in the lengthwise and moderately on the bias. Measure and mark 2" length, stretch and measure, then compare stretchiness of various knits.
	Construction	Complete casing article or garment.
	Planning	Plan for a second article or garment. Encourage members to select a simple article or garment that will integrate new skills with skills previously learned. New skills might be stay stitching, seam finishes, facings, and/or hems.
	Resources	Review materials from Skill Level 1: <i>Woven, Knitted and Other Fabrics</i> (4-H 92114) and <i>The Structure of Woven, Knitted, and Other Fabrics</i> (EC 897)

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Meeting	Learning Areas	Activities
5	Evaluation	Roll call activity: Answer one of three questions about the casing article or garment: 1) What did I learn? 2) Where do I need improvement? 3) How do I feel about what I did? Remember that the purpose of 4-H is to develop decision-making ability, express yourself creatively, and gain knowledge and skills. Praise these types of accomplishments.
	Management	Use a team or group activity to learn about sorting clothing for laundry. A suggested activity might be to have each member list items of clothing that get laundered during a week, including information such as type of garment, fiber content, color, and degree of soil. Cut lists apart, then pool items, trade laundry lists with another team and sort according to: color: whites, light colors, dark colors, non-colorfast garments labeled "wash separately" fiber type: cottons, manufactured fibers amount of soil: not very soiled, moderately soiled, very heavily soiled
	Construction	Discuss or review major lessons on pattern envelopes and guides. Discuss preparing fabric for construction including laundering it, checking straight yard direction, and straightening yard direction if the fabric is not durable press finished. Members should begin fabric preparation for second article.
6	Construction	Roll call activity: Have prepared pattern symbols traced or cut from an old pattern. Members pull symbols from a hat and define or describe the symbol.
	Outreach	Discuss how members can help with family clothing, either laundry or simple repairs. Is there someone in the neighborhood the members can adopt to do repairs for? Consider someone who can't see well or has difficulty threading a needle. Plan to report results at Meeting 8.
	Construction	Lay out, cut and mark second article or garment.

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Meeting	Learning Areas	Activities
7	Individual Development	<p>Roll call activity - Prepare pictures of people cut from magazines. Have members randomly pick up a picture and tell what they first notice about the person; smile, attractive clothes, etc. After roll call have members list in 2 columns those aspects of personal appearance which they can't change and those which they can change. Here's an example:</p> <p>Can't Change Height Type of hair Color of skin Features such as cute nose, freckles, expressive eyes, etc.</p> <p>Can Change Weight-gain or loss Length, cleanliness, style of hair Cleanliness of skin Clothes to make most of best features</p> <p>Discuss how clothing is used to make the most of one's best features. Examples might include: short individuals appear taller by wearing all one color; tall individuals appear shorter by dividing the body with contrasting shirt or blouse and pants or skirt. Another example is neckline selection (wide or long) based on hair style and face shape. (This activity is suggested to increase awareness; it is not intended to be a lengthy lesson.)</p> <p>Construction Demonstrate stay stitching, seams, seam finishes and other skills as needed. Continue work on article or garment.</p> <p>Resources <i>Plain Seams and Their Finishes</i> (4-H 93123) and <i>Plain Seams and Seam Finishes</i> (EC 922)</p>
8	Outreach Management	<p>Ask members to share successes and accomplishments in helping family or friends with some aspect of clothing. Discuss additional ways of sharing what has been learned in 4-H program.</p> <p>Simple problem solving activity on laundry pretreatment. On slips of paper write laundry problems that can be prevented by pretreatment such as snags, pilling, bleeding of colors, tears, stains, oil spreads, etc. On a second set of paper slips write solutions to problems such as "zip up zippers" (to prevent snags), "hook all hooks and eyes" (to prevent tears), "turn permanent press garments wrong side out" (to reduce pilling and surface damage), "sort garments of like colors" (to prevent bleeding of colors), "pre-treat stains" (so water and detergent won't set them), "rub liquid dish detergent" (to remove oil stains and prevent them from spreading). Have teams race to match problems with appropriate solutions. (Save for meeting 9.)</p> <p>Construction Demonstrate and apply skills required for enclosed seams such as facings. Continue work on article or garment.</p> <p>Resources <i>How to Sew Facings and Enclosed Seams</i> (4-H 92124) and <i>Facings and Enclosed Seams</i> (EC 944)</p>

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Meeting	Learning Areas	Activities
9	Management	Roll call activity: From slips of paper with laundry problems, have members draw a problem and describe how to solve it. Individual Activity similar to charades on appropriate Development clothing. On slips of paper write the names of occasions which might require special clothing. Examples might include skiing, hiking, swimming, wedding, tennis, horseback riding, church, school, funeral, etc. Divide members into 2 teams and have one member of a team draw a slip of paper and describe the appropriate clothing including style, fabric, colors, etc. without naming the activity. Record the time required by the teams to guess the occasion. Discuss some of the features of clothing that make it appropriate for various activities - warmth, coolness, freedom of movement, protection, custom, etc.
	Construction	Demonstrate hemming by various techniques. Discuss how to decide which hemming technique to use according to fabric, style, and durability needed. Complete second article or garment.
	Resources	<i>Hemming Skills</i> (4-H 92125) <i>Hems</i> (EC 33)
10	Wardrobe Building	Roll call activity: Have members describe favorite textures of fabrics and tell why they are favorites.
	Evaluation	Have members share what they learned from making the second article or garment and how they feel about it. Which skills were new, which were repeated from a previous article or skill level? Discuss application of these skills to additional items and ways to repeat an item, yet make it a new learning experience by changing fabric, adding trim, etc.

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