The 4-H Clothing Project
Skill Level 6

Activities suggested for Skill Level 6 of the 4-H Clothing project are listed on the inside pages, grouped according to the five learning areas which make up the project:

- --Planning and evaluation
- --Individual development and outreach
- --Management, consumership, wardrobe building
- --Textiles
- --Construction

You will likely not want to undertake all of these activities in one year. However, you're encouraged to choose at least one activity from each learning area as you make your personal plan for the year. You may wish to add some activities of your own. Try and think of some which build on your previous knowledge, yet add new experiences for you.

Resource materials for Skill Level 6 are in the process of development. They will be sent to county Extension office as they become available. Materials you've received in previous skill levels will continue to be of use to you as you progress through the project. Reference materials are also available from other sources including books on how to sew, leaflets and catalogs from pattern companies, and written materials from companies which make zippers, thread, and other notions.

Skill Level 6

Planning and evaluation	Individual development, outreach	Management, consumership, wardrobe building
Work with your parent(s) and leader to develop a personal plan of what you will do in the project. Your plan might include: --Skills, knowledge to be learned --Resources available and/or needed --Time when goals are to be accomplished At the end of the project year, evaluate your own progress by thinking through these questions: --What did I learn? --Where do I need improvement? --How do I feel about what I did? --What shall I plan to do or learn next?	**Individual Development** Discuss the influence of personal values on decisions about personal appearance. (To whom do you want to look attractive and why?) List five values or ideas you have about what is important in your life. Discuss relationship of personal values, physical traits, and grooming habits to appearance. **Outreach** Become aware of clothing problems of someone with limited mobility. Activity example: Try and dress yourself while seated in a chair. Talk to a therapist or handicapped person about special clothing considerations. Become aware of the clothing problems of the elderly or others with limited manual dexterity. Activity example: Tape the joints of your fingers to simulate stiffness, then try to use buttons, velcro, zippers, and hangers. This activity might lead to a further outreach--you might make non-slip hangers, replace difficult to manipulate fasteners, or make simple style changes such as moving the zipper from back to front for someone with limited manual dexterity. Become aware of clothing problems of someone with impaired vision. Activity example: Try selecting a coordinated outfit from a variety of garments while blindfolded.	**Management** Learn about spot and stain removal, including what chemicals and procedures to use and when. **Consumership** Learn about consumer rights and responsibilities. Learn how to make a consumer complaint. **Wardrobe Building** Make or update wardrobe plan.

Textiles	Construction
Read labels of fabric bolts and ready-to-wear garments to become aware of at least four of the finishes listed below: --Permanent press --Soil release --Anti-static --Flame retardant --Water repellent --Shrinkage control Learn about care required by the special finishes. Learn about the advantages and disadvantages of various finishes.	NOTE: In this level, try sewing with fabrics such as wool and stretchy knits, which require more advanced skills. Multiple layer coordination should emphasize fabric handling with simplified or dressmaker techniques rather than traditional tailoring. Skills from previous skill levels not yet accomplished or needing improvement can also be explored. Skills　　　　　　　　　　　　　　　　　*Possible articles using the skill Multiple layer coordination (underlining, interfacing, lining, and fashion fabrics): --Wool sewing techniques --Bound buttonholes Multiple layer coordination (underlining, interfacing, lining, and fashion fabrics): --Jackets　　--Skirts --Coats　　　--Dresses --Vests　　　--Jumpers --Pants　　　--Capes --Sports coat Handling of knit and stretchy knit fabrics: --V-neck bands and square-neck bands --Exposed zipper --Banding and grosgrain application for cardigans Handling of knit and stretchy knit fabrics: --Shrink top --Shell blouse --Sweater knits (pullovers, cardigans) * This does not mean that only those garments listed are acceptable. Select garments to make on the basis of your individual skills, knowledge, and preferences.

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