

OKLAHOMA 4-H APPAREL DESIGN & CONSTRUCTION



PROJECT OBJECTIVES

The Apparel Design & Construction project allows youth to gain the skills and knowledge needed to construct, repurpose and modify clothing and accessories. Youth also develop consumer skills to select fabrics, notions and equipment. Youth will:

- Learn proper care of clothing and textiles
- Apply principles of design and function in apparel and accessories
- Build self-confidence by creating clothing and accessories that are flattering and express the member's personality and lifestyle.

GROW IN YOUR APPAREL DESIGN & CONSTRUCTION PROJECT

The activities below are ideas to inspire project development. This is not a complete list.

BEGINNER

- Learn parts of a sewing machine
- Practice how to wind a bobbin and thread a sewing machine
- Assemble a sewing kit
- Learn how to do straight and zig zag stitching
- Learn to sew on a button and snap
- Make a simple bottom and top with elastic casing and hem

INTERMEDIATE

- Learn a variety of seam and hem finishes
- Develop skills in matching plaids and stripes
- Learn about different types of fabric weaves, fiber characteristics and care of different fibers
- Explore construction techniques such as knitting, crocheting and no-sew projects

ADVANCED

- Design a pattern and create a garment
- Practice techniques such as lining and tailoring
- Design or modify a garment for a person with special needs
- Research sewing machines and other equipment
- Explore home-based business opportunities related to design and construction



4-H GROWN

LIFE SKILLS

- Develop decision making skills
- Practice problem solving to design projects
- Develop self-confidence and self-esteem through showcasing project work

LEADERSHIP

- Teach others how to thread a sewing machine
- Serve as an officer in your Apparel Design and Construction club
- Organize a sewing day camp for beginners

COMMUNICATION

- Give a demonstration on the parts of a sewing machine
- Develop an exhibit showcasing types of textile fibers and their characteristics
- Develop written instructions for a pattern you designed

EXPAND YOUR EXPERIENCE

- Tour a textiles mill or clothing construction manufacturer
- Job shadow an employee in a fabric or retail store
- Work with a local clothing resale store to design a window display for the current fashion season or trend



4-H GROWN

CITIZENSHIP

- Make stocking caps to donate to local hospitals
- Organize and conduct a clothing drive
- Make, decorate and fill Christmas stockings to take to local nursing homes

HEALTHY LIVING

- Teach sewing equipment safety to beginner 4-H members

SCIENCE

- Explore computer skills and programs used to design fabric, patterns and clothing
- Study the processes used to create man-made fibers, dyeing fibers, fabric printing, weaving and more
- Learn how to print fabrics using techniques such as tie dyeing, batik and more
- Tour a dry cleaning business to learn proper care of garments and textiles, pressing techniques, stain removal and garment repair

RESOURCES

4-H CURRICULUM

- Oklahoma 4-H: 4h.okstate.edu/literature-links/lit-online/family-consumer-science/fabric/construction
- National 4-H: 4-hmall.org/Product/newitems/sewing-activity-kit-set-of-4-curriculum-4-h-fabric/08064F.aspx
- Purdue University's Sew Much Fun series: <https://mdc.itap.purdue.edu/sub-category.asp?subCatID=394&CatID=16>

OPPORTUNITIES

- Participate in local or county Impressive Dress contest
- Enter the "Make it with Wool" contest
- Construct projects to enter in county fairs
- Participate in Job Readiness to practice appropriate dress for a job interview
- Pair with the Companion Animal project to create non-human attire for family pets

RESOURCES

- Coats and Clark: coatsandclark-sewingsecrets.com/blog/category/sewing/teaching-teens-tweens-sewing-2
- Dharma Trading: [Kwiksew.mccall.com](https://www.kwiksew.com)

Learn more at:
<https://4h.okstate.edu/projects/design-and-construction/index.html> or contact your county Cooperative Extension



OSU EXTENSION
4-H YOUTH DEVELOPMENT

Oklahoma 4-H is the youth development program of the Oklahoma Cooperative Extension Service and Oklahoma State University

Join Our 4-H Community:



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