

FUN WITH CLOTHES



LEADER'S GUIDE



Florida 4-H Clothing and Textiles Program

Our
Personal
World

UF UNIVERSITY of
FLORIDA
IFAS Extension

PREFACE

4-H FUN with CLOTHES

A Clothing and Textiles Curriculum for 5-8 Year Olds

The new Florida 4-H Individual and Family Resources curriculum, OUR PERSONAL WORLD, recognizes that the social and psychological impacts of clothing and textiles are a prevailing undercurrent in many of the actions and in the development of young people. The 4-H Clothing and Textiles program provides an opportunity for young people to practice a variety of life skills while learning subject-matter, including: improving their personal appearance; how to be good consumers; clothing selection, care and construction skills; learning about textiles; becoming aware of cultural diversity; and decision-making skills in relation to careers and job seeking.

4-H FUN with CLOTHES is the first level of the 4-H Clothing and Textiles Curricula that is designed to help 5-8 year old children understand the basics of Clothing and Textiles. Additional curriculum packages are being designed for youth in other age ranges and for sequential advancement in the clothing program. The Florida 4-H Clothing and Textiles curriculum has eight major foci:

- **Creativity:** personal creativity and basic sewing skills.
- **Communication of Self:** personal grooming, appearance and self-concept development.
- **Cutting Edge:** knowledge of fabrics, textile science and technology
- **Choices:** clothing selection...color, line and design.
- **Consumerism:** wise shopping practices.
- **Care:** daily care of personal clothing.
- **Culture:** cultural influences of clothing apparel and design.
- **Careers:** clothing associated with many careers and career choices in the clothing and textile industries.

To the informed Florida citizen, it is not surprising that clothing and textiles are a priority within the total 4-H Individual and Family Resources curriculum. An investment in young people's knowledge, understanding and attitudes about clothing affects their self-esteem and can not be ignored now or in the future.

TABLE OF CONTENTS

I. INTRODUCTION

Credits
Preface 1
Table of Contents 2-4
About FUN with CLOTHES 5-12
 Lesson Profiles 6
 Instructional Materials Needed 7-10
About Teaching Clothing to Preschoolers 11-12
About Experiential Education 13-15

II. 4-H FUN with CLOTHES

LESSON 1: CREATIVITY L1-1
 Teaching Outline L1-1
 Background Basics L1-3
 Activities
 1. Tools of the Trade L1-9
 2. Tool Boxes L1-11
 3. Slides and Ladders L1-13
 4. Stitch it L1-15
 5. A Book of Needles L1-17
 6. Pin Pillows L1-18
 7. Loop-to-Loop L1-19
 8. License to Drive L1-22
 9. Recycling and Sharing L1-24
 10. Stuff and Hug L1-26
 11. Bag It! L1-28
 12. A Puppet Party L1-30
 13. Collage Banner L1-32
 Take Home Activities
 Make A Pin Cushion

LESSON 2: COMMUNICATION OF SELF L2-1
 Teaching Outline L2-1
 Background Basics L2-4
 Activities
 1. Picture Myself L2-7
 2. "I Feel Like...." L2-9
 3. Color Chemists! L2-11
 4. Walk a Rainbow L2-13
 5. Are My Hands Clean? L2-15
 6. Hold That Posture L2-17
 7. Soap Balls! L2-19

LESSON 3: CUTTING EDGE L3-1
 Teaching Outline L3-1
 Background Basics L3-3
 Activities
 1. Make a Checker Board! L3-5

TABLE OF CONTENTS (continued)

II.

2. A Modern Loom	L3-8
3. Magic Bracelets!	L3-10
4. Fabric "Feelings"	L3-12
5. Colorful Cut-Outs!	L3-14
6. What a Mesh!	L3-16
Take-Home Activities	
Fabric "Feelings"	
LESSON 4: CHOICES	L4-1
Teaching Outline	L4-1
Background Basics	L4-4
Activities	
1. My Favorite Outfit	L4-8
2. Seasonal Collage	L4-9
3. Suitcase Relay	L4-11
4. "All Mixed Up"	L4-13
5. Pass It Around Song	L4-15
6. Color Match	L4-17
7. Talking Colors	L4-19
8. Cool Carl and Warm Wanda	L4-21
9. What's My Line	L4-23
10. Match Me!	L4-25
Take Home Activities	
My Suitcase	
LESSON 5: CONSUMERISM	L5-1
Teaching Outline	L5-1
Background Basics	L5-3
Activities	
1. Label Hunt Relay	L5-6
2. What's on a Label?	L5-8
3. What's My Source?	L5-10
4. Lance Goes Shopping	L5-12
5. Let's Go Shopping	L5-16
Take-Home Activities	
Label Hunt	
LESSON 6: CARE	L6-1
Teaching Outline	L6-1
Background Basics	L6-4
Activities	
1. Folding Relay	L6-7
2. Clothing Pin-Ups	L6-9
3. Care Patrol!	L6-11
4. Living Sort	L6-13
5. A Place for Everything	L6-15
6. Windy Laundry	L6-17
7. Spot Alert	L6-19
8. Button Up!	L6-22
Take-Home Activities	
Care Chart	
Button Up	

TABLE OF CONTENTS (continued)

LESSON 7: CULTURE	L7-1
Teaching Outline	L7-1
Background Basics	L7-3
Activities	
1. Culture Concentration	L7-9
2. Hats Around the World	L7-11
 LESSON 8: CAREERS	 L8-1
Teaching Outline	L8-1
Background Basics	L8-3
Activities	
1. What's My Job?	L8-5
2. Career Toss Up	L8-7

III. TAKE HOME

4-H FUN with CLOTHES Workbook

IV. EVALUATION

1. Teacher / Instructor Evaluation
2. Youth Evaluation Tools

V. RECOGNITION MATERIALS

4-H FUN with CLOTHES Certificate

VI. SUPPLEMENTAL ACTIVITIES

- 1.
- 2.

About FUN with CLOTHES...

The development of this 4-H Clothing and Textiles Project was driven by two basic principles:

1. Learning about Clothing and Textiles can be fun! The project guide provides simple and inexpensive, yet fun activities that teach youth about major clothing concepts, including construction, self concept, textiles/fabrics, selection, personal care, culture and careers.
2. 4-H volunteer teaching activities must be ready-to-use. This project includes storybooks, flashcards, games and, activity sheets needed to conduct clothing and textiles activities in an easy-to-use format. It was designed to be teacher friendly and takes much of the guesswork out of teaching this subject.

AGE OR GRADE LEVELS

This project was developed for youth ages 5-8. Both group and individual activities encourage participation and action in all aspects of this program. Teachers and volunteers are encouraged to select learning activities that are most suitable to their youth. The overall intent is to facilitate learning and to spark creativity in both teachers and youth.

CONTENTS

The following are components of the FUN with CLOTHES project:

- **LEADER'S GUIDE** - This three-ring notebook contains a complete, easy-to-read outline for lessons. Each lesson provides a variety of activities that can be conducted depending upon the time frame devoted to this project. Each lesson is prefaced with a lesson outline and the **BACKGROUND BASICS** that help you focus on the overall concepts and desired outcomes. Each lesson concludes with discussion questions for youth to **REFLECT** and **APPLY** the knowledge and skills they have gained.
- **FUN with CLOTHES ACTIVITIES** - creative projects, experiments, flashcards, gameboards, and coloring sheets are just a few of the activities found in the leader's guide.
- **4-H FUN with CLOTHES WORKBOOK** - contains activity sheets for youth that correspond to each lesson. A variety of activities including simple projects, puzzles, word searches, connect-the-dots, and other instructional activities make up this fun booklet.

LESSON PROFILES

A brief description of the eight **FUN with CLOTHES** Lessons:

- **LESSON 1 - CREATIVITY**
Developing personal creativity and learning basic clothing construction skills are the foci of Lesson 1. Identifying simple sewing equipment and its use and care provides a foundation for Lessons 2-8 to expand on. Basic hand stitches are introduced in **STITCH IT** as a foundation for activities that follow.
- **LESSON 2 - COMMUNICATION OF SELF**
How do we communicate through the clothes we wear? We all wear clothes that make us feel good. What we wear presents a certain personality or image. Lesson 2 focuses on how and why our image is affected by clothing choices. In **COLOR CHEMISTS**, primary and secondary colors are introduced.
- **LESSON 3 - CUTTING EDGE**
This Lesson introduces different fabrics and how they are made. Fibers are where our fabrics and apparel begin. Lesson 3 will introduce us to different weaves and textures of fabrics and what they mean to our clothing. How fabrics are made is introduced in **MAKE A CHECKERBOARD** and **A MODERN LOOM**, as a foundation to the process of turning fibers into fabric.
- **LESSON 4 - CHOICES**
Clothes are important; when you look good, you feel good. This lesson looks at how we use clothes to express ourselves. Seasonal influences, color, line, and texture are all components we take into consideration when choosing what we will wear.
- **LESSON 5 - CONSUMERISM**
A garment label contains written information including the fiber content, care, country of origin, and registered identification number, and is attached to the garment. This lesson looks at different types of fibers and their sources, as well as clothing sources of these fibers and where to obtain them.
- **LESSON 6 - CARE**
Caring for our clothes is important because they will last longer. Care involves folding or hanging your clothes, the steps of the washing and drying process, and identifying clothes with stains. This lesson introduces sorting your clothes before you wash them and the importance of following label care instructions.
- **LESSON 7 - CULTURE**
Lesson 7 helps us explore the cultural influence of clothing and celebrates individual heritage through the use of national costumes.
- **LESSON 8 - CAREERS**
We all wear different clothes when we work at different jobs. This lesson looks at occupations that require special clothes and those that let you wear your own clothes.