



## LEADER'S GUIDE

Florida 4-H Clothing and Textiles Program





## A Clothing and Textiles Project Guide

**Produced by the Department of 4-H and Other Youth Programs and Department of Home Economics, University of Florida Cooperative Extension, Institute of Food and Agricultural Sciences, June, 1996; reviewed January 2009.**

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# PREFACE

## 4-H Clothing Capers

### A Clothing and Textiles Curriculum for 9-11 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 Clothing Capers is the second level of the 4-H Clothing and Textiles Curricula that is designed to help 9-11 year old youth understand the basics of Clothing and Textiles. Additional curricula packages are designed 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.

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4-H Clothing Capers Certificate

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# About Clothing Capers!...

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 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 9-11. 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 Clothing capers 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.
- ! **Clothing Capers ACTIVITIES** - creative projects, experiments, game boards, and worksheets are just a few of the activities found in the leader's guide.
- ! **4-H Clothing Capers WORKBOOK** - contains activity for youth that correspond to each lesson. A variety of activities including creative projects, exciting experiments and other instructional activities make up this fun booklet.
- ! **TAKE-HOME ACTIVITIES** - several activities focused on application have been designed as take-home for youth to share and involve their families in learning experiences.
- ! **4-H CLOTHING CAPERS CERTIFICATE** - for your convenience a “camera-ready” certificate is designed to be used as appropriate for recognition of completion of the project activities. A family night or club exhibition would be a great place for youth to show and tell of their many learning experiences and a great place for leaders to recognize youth!
- ! **EVALUATION TOOLS** - a leader’s evaluation form is enclosed to allow you to provide us with feedback about activities in this project.

# LESSON PROFILES

A brief description of the eight Clothing Capers Lessons:

## ! **LESSON 1 - CREATIVITY**

Developing personal creativity and learning specialized clothing construction techniques are the foci of Lesson 1. Learning more about a sewing machine or serger in Activities 1-2 “sets the stage” for the remainder of this lesson. Youth are introduced to the steps of clothing construction by making a pair of jams throughout Activities 3-6 resulting in the skills and ability to follow instructions to ‘do their own thing’ in CHOOSE YOUR OWN.

## ! **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. Personal grooming is the key emphasis for youth to discover that this is something they can control in their interactions with others in activities like ACTING THE PART, PORTRAITS OF MYSELF, and ACTIONS COUNT!

## ! **LESSON 3 - CUTTING EDGE**

This Lesson introduces various fibers and their different uses in clothing. Fibers are where our fabrics and apparel begin. WHAT’S MY NAME and THE “INS” AND “OUTS” OF FABRICS introduce different weaves and textures of fabrics and what they mean to our clothing. The science and technology in developing fabrics can be discovered through experiments in FABRIC FUN EXPERIMENTS in Activities 4-5, and their many uses are explored in TEXTILES IN DISGUISE and SPACE-AGE TEXTILES!

## ! **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. More importantly to this age is the impact of peers and clothing trends. These concepts are introduced in FASHION FORECAST and youth are taught the skills to MIX ‘N MATCH and planning to make the most of their clothing wardrobe to get the looks they desire!

## ! **LESSON 5 - CONSUMERISM**

This lesson introduces youth to the rights and responsibilities of being a consumer. This takes them through many “consumer capers” that begin with LABEL LINGO, AROUND THE WORLD WITH JAMS, tests their knowledge in WISE BUYS IN JEANS and SHOPPING WITH A BUDGET! It also includes a few DO’S and DON’TS and a little SHOPPING ETIQUETTE along the way!

## ! **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 influences of clothing and celebrates individual heritage through introductions to several different national styles of clothing.

## ! **LESSON 8 - CAREERS**

This lesson introduces youth to the many occupations that are required to produce our clothing and textiles products that we use daily and those that are related in the Clothing and Textiles Industries.