



# Sewing and Textile Design



The Kansas 4-H Sewing and Textile Design project prepares youth to become Beyond Ready by exploring the creative and practical world of clothing, fashion, and textile design through hands-on learning experiences. Members develop essential life skills such as selecting fabrics, sewing garments, building wardrobes, and making informed clothing purchases while exploring personal style, design, and self-expression. Youth strengthen creativity, problem-solving, decision-making, and financial management skills as they learn construction techniques, clothing care, proper fit, color, and function. As members advance, they can customize and design projects that reflect their interests while discovering career pathways in fashion, textiles, merchandising, entrepreneurship, and related industries.

## Beyond Ready

### Ready to Lead

Youth involved in 4-H are **two times more likely to have the goal of becoming a leader**. Through real-world experiences and the guidance of caring mentors, they develop the confidence, communication, and decision-making skills needed to lead in today's changing world.

### Ready to Serve

Youth who participate in 4-H are **three times more likely to engage in community service**. Service learning provides them with purpose and connection at a time when **more than 53% of Gen Z report feeling lonely**. Through 4-H, youth are empowered to serve with compassion and make a meaningful impact.

### Ready to Build

With nearly **10 million unfilled jobs and 77% of employers seeking real-world skills**, 4-H helps youth build what matters. Through hands-on projects and career exploration, youth gain adaptability, problem-solving, and workforce readiness.

### Ready to Conquer

**While 52% of young people feel like they're failing at life goals**, 4-H youth rise with resilience. Backed by research and supported by caring adults, they learn to overcome challenges, set goals, and take charge of their future with confidence.

**Building a Ready Generation in a World of Change!**

### Starting Out Beginner:

- Learn how to select colors, styles, fabrics, and patterns.
- Sew or serge a simple clothing item.
- Plan a basic wardrobe and clothing budget.
- Explore introductory sewing tools and techniques.
- Practice measuring, cutting, pinning, and simple stitching skills.
- Explore care labels and proper techniques.

### Learning More Intermediate:

- Sew garments using patterns and different fabrics.
- Work with knits and woven materials.
- Take body measurements and determine correct sizing.
- Conduct a clothing inventory and evaluate wardrobe needs.
- Learn color theory.
- Practice altering, hemming, and repairing clothing.

### Expanding Horizons Advanced:

- Customize garments for proper fit, design, and function.
- Update or repurpose existing clothing items.
- Analyze fabric quality, cost, and brand differences.
- Explore careers in textile and fashion industries.
- Use specialized techniques and equipment.
- Demonstrate creativity and personal style.

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## Explain Your Experiences!

### Healthy Living:

- Build confidence and self-expression through personal style, creativity, and clothing choices.
- Develop budgeting and financial decision-making skills for responsible clothing purchases and spending.
- Promote positive self-image, comfort, and confidence through appropriate fit, style, and personal appearance choices.

### Science and Agriculture:

- Learn about natural and synthetic fiber types and how textiles are produced and manufactured.
- Understand fabric properties, durability, performance, and how different materials are used for specific purposes.
- Investigate sustainability, recycling, and textile waste reduction practices that support environmental stewardship.

### Community Vitality:

- Share sewing and textile skills through teaching, mentoring, demonstrations, or leadership opportunities.
- Contribute to community service projects by creating, repairing, or donating clothing and textile items for others.
- Make a positive impact by volunteering your service at the local thrift shop.

### Communication and the Arts:

- Express creativity and artistic design through clothing construction, fashion styling, and textile projects.
- Develop visual storytelling skills by creating garments and projects that reflect personal style, purpose, and creativity.
- Create a visual display for your local library or clothing store explaining design choices, construction techniques, and sewing and textile history.

## Career Exploration:

- Explore careers in fashion design, merchandising, and product development.
- Visit colleges with sewing and textile career pathways.
- Job shadow a professional seamstress.
- Tour a fabric or pattern manufacturing company.
- Attend a marketing fashion show.
- Create a real/conceptual sewing and textiles product or service business and participate in a YEC (Youth Entrepreneurship Challenge) competition.
- Explore cybersecurity jobs in the sewing and textiles career field.

## Contact Information

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## Resources & Events:

- Build confidence, resilience and real-world skills through hands-on activities.
- Club Day Presentation
- Kansas 4-H Discovery Days
- 4-H Camps and Events
- County and State Fair Fashion Revue events
- Family & Consumer Science Judging events

## Curriculum & Resources:

Contact your local Extension office.

- [Kansas 4-H Sewing and Textile Design Project](#)
- [National 4-H Curriculum](#)
- [Tennessee 4-H Youth Development](#)
- [Texas 4-H Fashion & Interior Design](#)
- [Oklahoma Construction Techniques and Patterns](#)

## 4-H Record Keeping:

Learning to keep accurate records is a life skill.

- [Setting 4-H Project Goals \(4H1100\)](#)
- [Kansas 4-H Record Keeping](#)
- Complete a Sewing Journal that tracks:
  - Sewing projects and progress
  - Expenses, materials, and budgeting decisions
  - Skills gained and challenges overcome

## Project Exhibit Ideas:

- Constructed garments or items.
- Upcycled or redesigned garments.
- Wardrobe planning or clothing inventory displays.
- Fabric samples display with explanations of use.
- Fashion Revue participation or presentation boards.
- Notebook of sewing journey.
- Poster or display of sewing techniques, color theory, pattern selection.

