



## LEADER'S GUIDE

Florida 4-H Clothing and Textiles Program



UNIVERSITY OF  
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences





## **A Clothing and Textiles Project Guide**

**Produced by the Department of Family, Youth and Community Sciences in cooperation with the Florida 4-H Youth Program, University of Florida Cooperative Extension, Institute of Food and Agricultural Sciences, January, 1998; Reviewed June 2002.**

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## CREDITS AND ACKNOWLEDGMENTS

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We wish to acknowledge the contributions, support and encouragement from Elna Inc., Singer Sewing Machine Company, Soap and Detergent Association, and American Home Sewing and Craft Association.

Special acknowledgment of contributions and thanks are extended to the team effort of Johannah Pourciau and Rhonda Waters, student assistants, Nancy O'Neil, Artist, for graphic illustrations and to Eva Oakes and Mary Padgett, Department of Family, Youth and Community Sciences for the word processing and computer graphics.



# PREFACE

## 4-H Clothes That Click!

### A Clothing and Textiles Curriculum for 12-18 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 Clothes that Click!** is the third level of the 4-H Clothing and Textiles Curricula that is designed to help 12-18 year old adolescents understand the basics of Clothing and Textiles. 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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# About **Clothes That Click!**...

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 12-18. 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 **Clothes That Click!** 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.
- ! **Clothes That Click! ACTIVITIES** - creative projects, experiments, game boards, and worksheets are just a few of the activities found in the leader's guide. A series of **FRAME IT!** activity sheets are included to create a reference notebook of samples for the future.
- ! **4-H Clothes That Click! WORKBOOK** - contains activity sheets 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.



## LESSON PROFILES

A brief description of the eight **Clothes That Click!** Lessons:

### ! **LESSON 1 - CREATIVITY**

Developing personal creativity and learning specialized clothing construction techniques are the foci of Lesson 1. Identifying special needles, threads, and feet are used in the personalization of embellishments and the creation of a vest.

### ! **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 clothing selection, good grooming, and poise affect one's self-image. The nonverbal image that one's clothing presents to another is introduced in **CAPTURE THE MESSAGE**.

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

This Lesson introduces various fibers and their different uses in clothing. Fibers are where our fabrics and apparel begin. Lesson 3 will introduce us to fiber content, color fastness, fabric absorbency and breathability, and fabric strength. The dyeing ability of different fabrics is introduced in **DYEING FABRICS**.

### ! **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. Clothing colors that enhance natural features and clothing styles that compliment different figures are presented in **FIGURING YOUR ASSETS!** and **HOCUS-POCUS FLATTERY FOCUS**.

### ! **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 textile laws, the affects of advertising, retail options, as well as comparative pricing and cost-per-wear.

### ! **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 water hardness, proper laundry techniques, the effects of bleach, proper ironing techniques, and proper storage of clothing.

### ! **LESSON 7 - CULTURE**

Lesson 7 helps us explore the cultural influences of clothing and how and why cultures have various clothing styles. This lesson introduces particular clothing customs in **A TRIP AROUND THE WORLD!**

### ! **LESSON 8 - CAREERS**

We all wear different clothes when we work at different jobs. This lesson looks at various clothing careers as well as appropriate and inappropriate dress for a job interview and on the job.