In this project, youth learn about textiles, fashion and personal style. They partner with adults to design and create clothing and accessories. The 4-H clothing and textiles project may include sewing and purchasing clothing, fashion design, wardrobe inventory, clothing repair and more.

- Plan and create an exciting wardrobe on a budget.
- Strengthen self esteem through individual expression.
- Develop skills to purchase, make and care for clothing.
- Learn about the fibers and methods used to create textiles.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Healthy Living
- Create a articles of clothing that keeps people safe. Focus on features such as color, reflective panels, temperature control and more.
- Learn how to take accurate body measurements.
- Determine your body type and choose clothing that makes you feel good about yourself.

Science, Engineering, and Technology
- Use math skills to create a pattern from your own design.
- Create a video highlighting clothing construction techniques or your county fashion revue.
- Use fashion design software to plan and create a garment.
- Design an experiment that tests the durability, stain-resistance, or color-fastness of a material.

Citizenship
- Donate gently used or outgrown clothing to a community-based organization.
- Create bags, pouches and covers that can be used on traditional walkers, seated walkers and wheelchairs. Donate the finished products to a senior center or rehab hospital.
- Organize a clothing closet that provides clothing to those entering the job market.

Leadership
- Teach younger members how to read clothing care labels and do their own laundry.
- Develop judging classes on fabrics, tools, construction methods and clothing care.
- Start your own sewing or tailoring business.
- Organize a field day featuring clothing and textile project skills and service activities.

Connections & Events

Presentation Days – Share what you’ve learned with others through a clothing and textiles-related presentation.

Field Days – During these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a countywide fashion revue, or family and consumer science field day.

Curriculum
- Sewing Expressions (1-3) - www.4-hmall.org/Category/4-hcurriculum-sewing.aspx
- Let’s Sew - learningstore.uwex.edu/Lets-Sew-P924.aspx
- Sewing for Fun - 4h.unl.edu/web/4hcurriculum/4h169
- 4-H Clothing Project Guide - ucanr.org/sites/4-H-Fresno/

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit www.ca4h.org/4hbook.

Resources

- Plants & Textiles - blogs.cornell.edu/garden/get-activities/signature-projects/plants-and-textiles
- Home Sewing Association - www.sewing.org
- The McCall Pattern Company - www.mccall.com
- Sew What’s New - sew-whats-new.com
- Fabric Link - www.fabriclink.com
- MSU 4-H clothing Project Manual - mfg-ext.msstate.edu/sewing/index.html
- In-Touch Science: Fabrics - www.intouch.cornell.edu
- Pendleton Woolen Mills - www.pendleton-usa.com
- Cotton’s Journey - www.cottonsjourney.com
- Cotton Counts - www.cotton.org
- Simplicity - www.simplicity.com

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.
Intellectual experience grows by accumulating different experience, from different highly intellectual people, and learning from their experience to make our expression better. Any experience of anybody can be useful if it becomes a part of our experience. The intellectual expression can be expanded, by going deeper with our experiences at the intellectual level, and collecting the experiences from the highly intellectual souls, so that their experience can serve us to make our expression better. Travelling allows you to expand/extend your experience. Hi Ragneda, neither is idiomatic and neither collocates well with "experience", and we don't know, out of context, whether "experience" is intended as an abstract concept (and we don't quite use it out of context as a single word in that way), or whether it refers to a specific experience. Travel broadens the mind. Translations in context of "EXPAND EXPERIENCE" in english-russian. HERE are many translated example sentences containing "EXPAND EXPERIENCE" - english-russian translations and search engine for english translations. Translation of Expand experience in Russian. Results: 262803 , Time: 0.3488. Expand.