



# FAMILY & COMMUNITY HEALTH

## Fashion & Interior Design

**Do you like to be creative in what you wear and the space around you?**

The 4-H Fashion and Interior Design program is perfect for you. You can work on your own or with a group.

You'll learn:

- Machine and hand sewing techniques
- Consumer shopping skills
- To design and construct clothing and home decor
- To create environmentally friendly projects
- Personal style and care

Learning experiences focus on:

- Sewing basics
- Recycle, repurpose and upcycle textiles
- Fabric science
- Elements and principles of design
- Design sketching
- Clothing care
- Wardrobe planning

**TEXAS 4-H IS FOR KIDS OF ALMOST ANY AGE – GRADES K-2 CAN BE IN CLOVER KIDS IF OFFERED IN YOUR AREA. FROM 3RD-12TH GRADES, YOU CAN BE A REGULAR 4-H MEMBER. ALL 4-H MEMBERS MUST BE ENROLLED IN AT LEAST ONE PROJECT. WHEN YOU CHOOSE A PROJECT, YOU WILL PARTICIPATE IN VARIOUS HANDS-ON ACTIVITIES, LEARN NEW SKILLS, DO COMMUNITY SERVICE, OR EVEN MAKE SPEECHES ABOUT YOUR PROJECT.**

**Skills Learned:**

- Responsibility
- Decision Making
- Public Speaking
- Leadership
- Community Service
- Communication
- Teamwork
- Skills used in FID careers

**Project Learning Opportunities:**

- Entrepreneurship
- Workshops
- Industry Professionals
- Tours
- Contests
- Virtual Experiences

**Exploration Opportunities:**

- Attend project meetings
- Complete a clothing or home decor item
- Do online research related to FID
- Organize a service learning event such as a clothing drive
- Give a presentation to a group or develop a video to demonstrate a skill learned
- Experiment with new sewing or sketching technique
- Assemble a portfolio of design sketches

Want to learn more?

Visit | [texas4-h.tamu.edu/projects/fashion-interior-design/](https://texas4-h.tamu.edu/projects/fashion-interior-design/)  
Contact | your County Extension Agent



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### CONTESTS

#### Duds to Dazzle

During Duds to Dazzle, teams of 3 to 5 receive textiles and each team has 60 minutes to create a new product using item from the supply closet. Each team provides their own supply kit. The teams then present their item to a team of judges.

#### Fashion Show

The Fashion Show is designed for individuals to showcase their skills in buying and/or construction. Individuals create a clothing or fashion item, complete paperwork and interview with a panel of judges, and last but not least, model the outfit on the runway. Knowledge of natural fibers such as cotton and wool/mohair may also be showcased in the Natural Fibers Contest portion of the Fashion Show.

#### Educational Presentation

An Educational Presentation is a fun way to share fashion and interior related knowledge through public speaking/presentation experience. 4-H members may do an Educational Presentation by themselves or with a friend.

#### Storyboard

The 4-H Storyboard is an industry-inspired method of displaying original designs. The storyboard “tells the story” of the designer’s idea. The storyboard includes original illustrations, flats, and more to promote the design.

Basic	Intermediate	Advanced
Learn parts of the sewing machine	Create machine top and decorative stitches	Insert zippers, darts and such in sewing projects
Learn basic hand stitches	Learn to hand sew buttons	Create decorative hand stitching
Learn the difference between types of fibers	Learn characteristics of different fibers and fabrics	Complete fabric science experiments
Learn basic seam finishes	Learn new seam finishes like French or clean seams	Complete seam finishes on difficult to work with fabrics
Create basic hand-drawn sketches	Create hand drawn sketches	Create original digital designs.
Learn to read a pattern	Modify patterns	Tailor garments

### EXPLORE GUIDES

Each guide has been developed to support volunteers, County Extension Agents, and even 4-H members, in leading project experiences for youth.

There are six lessons in each book that follow the “do, reflect, apply” model of learning, providing guidance for hands-on exploration and learning about a specific topic.

#### Fashion & Interior Design specific guides are:

- Clothing & Textiles - Duds to Dazzle
- Clothing & Textiles - Sewing Basics
- Housing & Home Environment
- Public Speaking

For more information on Fashion & Interior Design projects visit:  
<https://texas4-h.tamu.edu/projects/fashion-interior-design/>

