



Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 1: Under Construction
Approved for 2024-25 Project Year

Project Description: In this project, youth will learn about sewing machines, explore creative sewing, learn to care for clothing, and sew to serve others.

REQUIRED YOUTH CURRICULUM

[Under Construction, Level 1](#) (08060), 2008

[Under Construction - Level 1 Sewing Skills Checklist](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Sewing Expressions Helper's Guide](#) (08063), 2008

SUPPLEMENTAL RESOURCES

Note: Youth are encouraged to repeat this project multiple years to build their basic skills before advancing to the next level of the Sewing Expressions series.



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete and document at least seven (7) required and optional activities in the
	Under Construction Activity Guide each year
	Learn a minimum of 10 skills each year from the Under Construction Skills Checklist. Learned skills must be initialed and dated (MM/YY) by the adult project leader.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Under Construction Skills Checklist
	Display one of the following: <ul style="list-style-type: none"> • A clothing item that uses at least three new sewing skills learned in each year of taking this project • One or more non-clothing item(s) using knit or woven cotton/cotton blend fabric that uses at least three new sewing skills learned in each year of taking this project • A display or a poster (14" x 22") illustrating something learned in this project year

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