

Owyhee County 4-H Sewing for Fun Checklist

Member's Name: _____ 4-H Club: _____

Current Year: 20 ____ Number of years in Project _____ Age (as of January 1): _____

Age Division (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18)

Project Description: Beginning clothing members learn basic sewing concepts such as using a sewing machine and/or a serger, learning to sew woven or knit fabrics, and basic clothing construction.

All members (regardless of age) should begin with Level 1. Members must check off a minimum of 25 skills each year. This project is suggested as a two-year project. Older youth just entering the project are encouraged to move through levels at an accelerated rate to enhance their overall 4-H career learning experience.

See "Idaho 4-H Project Requirements Handbook" for more information about state requirements for this project. Submit this checklist annually with your project record book. This page will be new each year.

√	Requirement	Details	Date Completed	Leader Initials
	Enroll in 4-H and pay necessary dues.	Enroll at https://4h.zsuite.org/ & pay enrollment fee to your 4-H leader before March 1.		
	Attend six or more club/project meetings.	Each member must attend six or more meetings to be eligible to participate in Fair.		
	Complete a community service project.	The project must be completed in Owyhee County.		
	Complete annual ethics training.	Each member must complete an ethics activity each year.		
	Give an oral presentation related to <u>this</u> project area.	Must be completed at a <input type="checkbox"/> Club or <input type="checkbox"/> County level. Topic: _____		
	Complete an Involvement Report.	Submit via ZSuite before Fair.		
	Complete a Non-Animal Record Book.	Submit via ZSuite before Fair.		
	Submit Fair entries.	Entries are open June 15-July 15. Entries are required to exhibit at Fair. Late entries will not be accepted.		
	Complete this Checklist and submit to your leader before Fair.	Must be signed by member, parent, and leader to be considered complete.		
	Learn to use a sewing machine.	Learn to use a sewing machine and/or a serger.		
	Learn to sew on fabric.	Learn to sew on woven or knit fabric.		
	Develop three basic construction skills.	Develop these three basic construction skills including straight seams, sew square or curved corners, and use plain finish on seams.		

I agree that the above requirements have been satisfactorily completed:

Member Signature _____ Date _____

Parent Signature _____ Date _____

Leader Name _____

Leader Signature _____ Date _____

Sewing Tools, identify, and use:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Scissors and shears				
Marking pens				
Pins and pincushion				
Seam ripper				
Thimble				
Glue stick				
Needles				
Point turner				
Measuring tools, ruler, tape, seam gauge				

Sewing Machine, to be able to:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Care of machine				
Name parts of machine				
Thread machine				
Fill and insert bobbin				
Recognize good stitching				
Control speed				
Control fabric with stitching				
Regular stitch				
Backstitch				
Base stitch				
Zigzag stitch (if your machine does this)				
Use seam guide on machine				
Pivot				
Use of good habits: bright light, good posture, use wastebasket, put away tools				

Hand Sewing:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Tie a knot				
Use a thimble				
Running stitch				
Overhand stitch				
Whip stitch				

Fabric Knowledge, be able to recognize:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Difference between knit, woven, and felt fabric				
Lengthwise grain				
Crosswise grain				
Bias, true bias				
Selvage				
Raw edge				
Folded edge				
Bolt of fabric				

Construction, be able to:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Read & follow instructions				
Pretreat fabric				
Straighten fabric				
Lay out pattern				
Cut accurately				
Press seams				
Final press				

Machine sewing:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Sew straight seams				
Sew square corners				
Sew curved corners				
Use plain finish on seams				
Backstitch at the end				
Trim seams				
Machine hem				

Advanced Skills learned:	Skills to Learn or Improve	Skills I Know	Date Completed	Leader's Initials
Learn to measure				