

Owyhee County 4-H Sewing Expressions Level 1 – Under Construction 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: In this project, youth will learn about sewing machines, explore creative sewing, learn to care for clothing, and sew to serve others.

All members (regardless of age) should begin with Level 1. Each level may take more than one year to complete. Members must complete Level 1 before beginning Level 2 and complete Level 2 before beginning Level 3 or have a club leader and/or 4-H Professional approval to advance to the next level.

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 this 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.		
	Complete Activity Guide activities.	Complete and document at least seven required and optional activities in the Under Construction Activity Guide each year.		
	Learn new skills.	Learn a minimum of 10 skills each year from the Skills checklist.		
	Complete Before and After statements.	Complete at least four "Before and After – What do you know?" statements (page 3 of the manual) each year.		

I agree that the above requirements have been satisfactorily completed:

Member Signature _____ Date _____

Parent Signature _____ Date _____

Leader Name _____

Leader Signature _____ Date _____

LEVEL 1 SKILLS	Date Completed	Leader's Initials
Develop a storage unit for sewing tools		
Name six parts of the sewing machine		
Fill and insert a bobbin		
Change a sewing machine needle		
Experiment with stitch width regulator and make a sample showing straight stitching to zigzag stitching		
Experiment with stitch length regulator and make a sample stitching from 1 to 4		
Learn to control speed on the foot pedal		
Learn what basting is and how to baste		
Learn what under stitching is and how to under stitch		
Use the seam guide on the sewing machine		
Learn how to pivot with the needle down		
Learn the difference between a knit and woven fabric		
Learn to read the back of a pattern envelope and know the recommended fabric, notions, and how much yardage to purchase		
Learn to read a pattern guide for sewing instructions and pattern layout		
Learn to recognize pattern symbols and properly mark them on fabric		
Learn the difference between pressing and ironing		
Learn to backstitch at end of seams		
Sew a straight seam		
Sew a curved seam		
Learn to grade seam allowances		
Sew an edgestitch finish on seams		
Sew a zigzag finish on seams		
Sew casing for elastic		
Machine stitch a hem		
Thread a hand needle		
Tie a knot in a single or double strand of thread		
Learn the straight of grain of fabric		
Learn to read the end of bolt of fabric for width of fabric, fiber content, and care instructions		
Use on type of interfacing		
Apply hooks & eyes		
Stitch in the ditch		