



4-H FASHION REVUE



4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

In the fashion revue project, young people understand the principles of clothing selection and how to spend their clothing dollar wisely. To promote a sense of confidence and poise that will help youth grow into confident adults. Demonstrate understanding of current fashion trends from writing and editing commentaries.

- Learn how to showcase your fashion sense
- Discover the benefits of being a knowledgeable consumer
- Explore the current fashion trends
- Build self-esteem as members learn how to interview, model and walk the runway

Starting Out *Beginner*

- Learn about the different categories involved in 4-H fashion revue.
- Plan one category to work in that fits you.
- Discover styles and colors that are becoming to your body type.
- Learn to analyze and edit garments in a way that would be appropriate.
- Experience writing commentaries about yourself for a fashion show.

Learning More *Intermediate*

- Discover new ways to plan a wardrobe.
- Learn how to use and care for different types of styles and fabrics.
- Creating an appealing mental picture of your garment with descriptive words for commentary.
- Improve on one's modeling and oral presentation skills.

Exploring Depth *Advanced*

- Apply results of a written wardrobe plan for the current year in order to select an appropriate and useful category on which to focus.
- Explore careers in the fashion industry.
- Develop one's own style of expression to show fashion knowledge.
- Demonstrate understanding of the relationship between clothing and energy conservation.

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



Expand Your Experiences!

Healthy Living

- Learn how to read fabric labels and how to care for various types of garments
- Use repurposed clothing, fabrics, or found objects in current fashion trends.
- Determine your body type and choose clothing that makes you feel good about your self.

Science, Technology, Engineering, and Mathematics

- Use an online or mobile tracking system (ex. [Mint.com](http://www.mint.com)) to track your spending on clothes and accessories for a few months to see how much you spend on fashion.
- Research how fabric is made. Test to determine flammability or wrinkle resistance.
- Design an experiment to test how what we wear can affect how others perceive us.

Citizenship

- Donate gently used or outgrown clothing to a community based organization.
- Organize a gown sharing program in your school to check out prom dresses for those who couldn't otherwise afford one.

Leadership

- Teach younger members how to read clothing care labels and do their own laundry.
- Organize a countrywide modeling workshop so other youths can work on their skills.
- Connect with local homeless shelters and collaborate to collect & recycle clothes.

Resources

- DIY Fashion Tips: www.seventeen.com/fashion/tips/diy-fashion
- Track your spending: www.mint.com
- Teen Vogue: <http://www.teenvogue.com/>
- Clothing conversion table: <http://www.i18nguy.com/clothing.html>
- Colour Lovers: <http://www.Colourlovers.com>
- Color calculator: <http://www.easyrgb.com>

Connections & Events

Presentation Days – Share what you've learned with others through a demonstration on current fashion accessorizing dos and don'ts.

Field Days – During State Fashion Revue, 4-H members may participate in a variety of workshops and judge classes related to their project area, and watch a state wide fashion show of winners.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum

- Louisiana 4-H: http://www.lsuagcenter.com/en/4H/about_4H/programs/science_engineering_technology/textiles_apparel/
- 4-H Resource Library: <http://www.4-h.org/resource-library/curriculum/4-h-sewing/>
- Iowa State Extension: <http://www.extension.iastate.edu/Publications/4H313.pdf>

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their 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 <http://ucanr.edu/orb/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.



University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals