



Enroll in ZSuite Under this Project Name: CTD-SEWING EXPRESSIONS-Lv 1: Under Construction
Approved for 2023-24 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 | |
|-------------------------------|--|
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| 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 |