

UTAH 4-H: Pathway to SEWING

The Utah 4-H Family and Consumer Sciences (FCS) Sewing Project helps youth explore clothing and textile design through hands-on sewing, quilting, and fashion construction experiences. Participants learn to safely use sewing tools and machines, follow patterns, understand fabric and fit, and create garments, accessories, and quilts. Youth gain practical skills, creativity, confidence, and problem solving abilities while expressing their personal style through design and construction.

WHY THIS MATTERS?

Sewing teaches youth self-reliance, creativity, and real-world problem-solving while connecting them to potential careers in fashion, product design, and textile. It builds skills they can use for life, from repairing clothing to launching creative businesses.

What skills will I learn?

- Creativity
- Entrepreneurship
- Design Thinking
- Confidence & Expression
- Persistence
- Problem Solving
- Family & Consumer Sciences (FCS)
- Sewing Machine, Hand Stitching, and Serger Techniques
- Safe Handling of Equipment

HOW TO GET THERE *The 4-H Project Pathway*



EXPLORE

"I might like to do this."



LEARN

"I can do this."



PRACTICE

"I'm interested in this."



EXPERIENCE

"I will be this."

START HERE

- Thread and safely operate a sewing machine
- Identify sewing machines parts and tools
- Learn basic hand stitches and machine sewing
- Sew straight lines, curves, corners, and pivots
- Perform garment care and laundry skills
- Attend a 4-H Sewing Camp
- Try beginning sewing projects like pillows, tote bags, or pajama pants

KEEP LEARNING

- Join a 4-H Sewing club
- Read and follow a commercial pattern
- Construct garments from patterns
- Measure bodies correctly and adjust patterns
- Sew sleeves, pockets, darts, collars, facings, interfacing, and buttonholes
- Insert zippers, elastic casing, and hems
- Use a serger

PRACTICE & APPLICATION

- Start or lead a sewing club
- Alter patterns and modify designs
- Understand fabric, color, and proper fit principles
- Enter items in county fair
- Participate in 4-H County Contests (Fashion Revue, FCS Presentations, FCS Skill-a-thon, FCS Bowl, Consumer Decision Making)

REAL-WORLD EXPERIENCE

- Construct competitive garments and quilts
- Work with difficult fabrics (knits, plaids, stripes, nap fabrics)
- Take leadership roles in 4-H Clubs
- Mentor younger youth
- Serve in County or State leadership role
- Submit a 4-H FCS Portfolio

SERVICE OPPORTUNITIES *Project-based community service or volunteer ideas*

- Make blankets or quilts for hospitals
- Create drawstring bags for humanitarian kits
- Make hygiene kits
- Repair clothing for community members in need



LEADERSHIP OPPORTUNITIES *Ways youth can lead within the project*

- Mentor younger youth in your clubs
- Lead a sewing club or camp
- Be a FCS T.R.Y. Team Member
- Apply for the FCS State Project Ambassadors
- Apply for FCS T.R.Y. Team or to become an FCS County or State Project Ambassador

WORKSHOPS & EVENTS

- Utah State University Clothing & Textile Trainings (for 4-H volunteers)
- County Contests and FCS State Contests
- Sewing and quilting camps
- County Fair and State Fair

CURRICULUM

Available lesson plans, project books, or guides:

- Discover 4-H: extension.usu.edu/utah4h/discover
 - Discover 4-H Sewing Club, Discover 4-H Shirt Club
- Shop 4-H Curriculum: shop4-h.org/collections/quilting-and-sewing-curriculum
 - S.T.E.A.M. Clothing FUNdamentals (set of 5)
 - Sewing Expressions (set of 4)
 - WearTech (set of 8)

OTHER RESOURCES

- extension.usu.edu/sewing
- extension.usu.edu/sewing/quilting

RELATED DEGREES

- Outdoor Product Design and Development
- Agricultural Education
- Fashion Studies
- Family and Consumer Sciences Education
- Human Development and Family Studies
- Art: Graphic Design



Beyond Ready

Utah 4-H sewing programs help youth become Beyond Ready for work, for college, and for life by building real-world skills that transfer far beyond the sewing machine. Through hands-on design, construction, and problem-solving experiences, youth learn to think creatively, manage time, follow complex instructions, and pay attention to detail—all essential skills for success in any career or academic path. As they design and construct projects, they gain confidence, persistence, and real-world experience that prepares them for careers in fashion, product design, education, and other creative fields, as well as for lifelong self-reliance.

