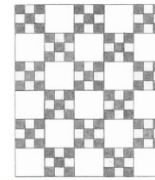
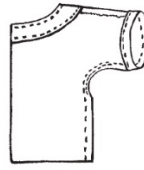




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Extension 4-H Youth Development

# Home Economics

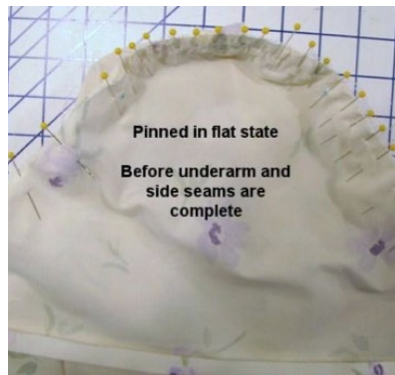


## 4-H Lets Make a T-Shirt – Greentop

400.C-16(R-18)



SET IN SLEEVE



In this project youth learn to construct a t-shirt with a rounded neck, set in sleeves, and finished hem. Youth learn to select a pattern, select and prepare fabric, and sew and finish seams.

### In this project, 4-H members will learn:

- To select an appropriate pattern.
- About sewing tools and equipment required for this project.
- About your sewing machine and how to use it.
- To select appropriate fabric and notions.
- To prepare fabric and notions for use.
- To complete basic sewing procedures.

### During the project, 4-H members will:

- Select a pattern.
- Select the appropriate fabric to complete the project.
- Select tools and supplies carefully and follow the sewing instructions closely to obtain the best quality possible.
- Keep records of your expenses, activities, and leadership.
- Exhibit a simple T-shirt.

### Resources:

Let's Make a T-Shirt Project Book – 100.C-16

4-H Project Record – 300.A-7 (R-18)

### Requirements:

- Review your project book, record sheet and greentop to become familiar with the project before your first Project meeting or practice
- Complete the General Project Guidelines
- Participate in club and county, district or state contests, or county and state fairs
- For completion of the Let's Make a T-shirt Project, complete the record sheet and turn in a county record book to your local Extension Agent
- Project requirements vary according to Junior and Senior status

### Citizenship and Leadership

#### Activities:

- Give a talk or demonstration about your sewing project at your club or county contest.
- Assist with fairs or Achievement Day in your county.
- Teach another person one of your skills you've learned through the Let's Make a T-Shirt project.
- Donating what you have created to a local Senior Center during the holidays or any other opportunity that presents itself.
- Donate items created for a 4-H fundraiser.

Cardenas, 2005