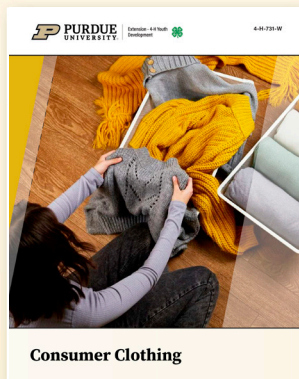




Consumer Clothing

Note to Project Helper



Congratulations on having a young person ask you to be their helper. Your role as a project helper is very important to the young person's total educational experience. Not only will you provide encouragement and recognition; you will also be the key person with whom the young person shares each of the experiences in this 4-H activity guide.

The Consumer Clothing series is designed to help youth have fun and develop positive self-esteem as they learn how they feel about themselves and how that knowledge carries over into selecting and wearing their clothing. These educational materials have been created with a focus on:



Self-esteem and personal grooming



Color, fabric and clothing care



Wardrobe planning, fashion and clothing selection

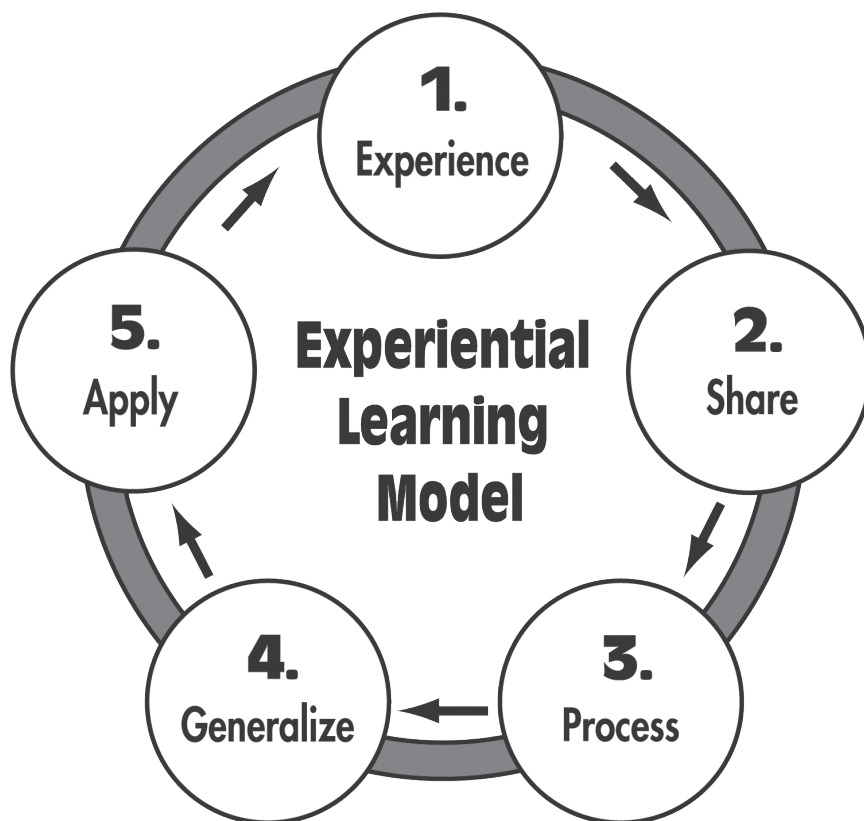


Money and careers

Activities included are designed for youth to complete at home and in stores.

Three activity guides are available in the Consumer Clothing curriculum. These guides have been designed to be developmentally appropriate for grades 3-5 (Beginner), 6-8 (Intermediate) and 9-12 (Advanced), respectively, but may be used by youth in any grade based on their skills and expertise.

Experiential Learning Model



Pfeiffer, J.W., & Jones, J.E., "Reference Guide to Handbooks and Annuals"
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Acknowledgments

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Project Guidelines

The Consumer Clothing series can be used when a young person prepares an exhibit for a fair or other competitive educational event. In addition to preparing a notebook or display describing skills learned, youth might also have the option to model their purchased outfit. Contact your local Extension office or sponsoring event coordinator to learn more about exhibit and modeling requirements.

Having Fun with Consumer Clothing

Are you ready?

Are you ready to learn about yourself while having fun and going on fact-finding missions, then sharing what you have learned with friends and family members? You'll have fun learning about taking care of yourself in addition to planning and making choices about your clothes, how to select and care for them, in addition to developing skills that will help you think about careers in the clothing industry.

Your project helper

Your project helper is important to your having a good experience learning about your clothing and personal care. This person might be your project leader or advisor, neighbor, family member, friend, or anyone willing to work with you to complete your activities. Involve your helper as you work with each activity and answer the questions. This adult is there to back you up and help you be successful.

Demonstrations

A demonstration is a fun way to share what you have learned with others. The key is showing your audience step-by-step instructions and engaging them in what you are doing, not just showing them. You can give a demonstration at a 4-H club meeting or anywhere a lot of people gather, such as your school or a county or state fair.

You can choose almost any topic you find in this Consumer Clothing project guide or another topic of interest to you. Here are some questions to ask when choosing a topic:

- Is it something that can be done in three to five minutes?
- Is it something other people might like to learn about?
- Can someone do this on their own after watching?
- Is there something hands-on for the audience to do?
- Can the supplies for the hands-on activity be used over and over again or do they have to be replaced every time?
Having to replace them adds to the cost.

Your demonstration should last about three to five minutes, and you need to be able to do it over and over again with different people in an interactive environment, or once in a competitive situation. You should have a conversation with the people you are demonstrating to. Your goal is to involve the audience. You can do this by having them do what you are doing, play a game, answer questions, or do a hands-on activity. On the right are some examples.



WANT TO INVOLVE AN AUDIENCE?

- Create an activity that will explain the importance of hanging clothes and show examples of a variety of hangers and how they are used.
- Do a demonstration that focuses on explaining the color wheel to others.

Focus: Choosing Clothing: Self-esteem/Fashion

Self-esteem is how we feel about ourselves and our personal characteristics. How we feel about ourselves can range from low to high self-esteem (“I’m worthless” – “I’m worthy”).

As you spend time with friends at school or in other activities, it can sometimes feel like they expect you to think, feel, look or behave like them. It is important to realize the similarities you might have with them, but it’s also important to think about your differences and the strengths you have that make you unique.

Self-esteem is the worth or importance you have about yourself and how important you feel. It’s not only what you say to others that matters, but that you are confident and have the courage to try new things and make safe choices. Youth who generally feel good about themselves are more likely to have success in social interactions with their peers and believe in their ability to learn new things, leading to success in school. As you begin to focus on your grooming, clothing and fashion options, your self-esteem and confidence will help you make healthy and positive choices.

Positive Self-Talk

Positive self-talk, sometimes called positive affirmations, are positive words or statements that we tell ourselves for self-motivation or to help us when we have negative thoughts or feel sad. Building positive self-esteem and confidence is important to each of us as we grow and develop. It helps us become more emotionally strong and cope better with stress and life challenges. How we feel inside is often shown to others by our actions, our words and even what we wear! The following activity will help you learn about positive self-talk and boost your sense of self.

Activity 1

Activity instructions.

- Find a box with a lid—something wide enough for fingers to reach inside.
- Decorate the box with a photo, ribbon, stickers, or other items of your choice. You may want to use art supplies you already have on hand.
- Add a label with the words: "I Believe I ..." on the box.
- Create a list of 15-20 positive thoughts to put inside the box. For example: (am cheerful; am kind to others; like spending time with friends). This would be read as 'I believe I am cheerful!'
- You can print each positive thought on decorative scrapbook paper, handwrite them on blank 3 x 5 cards, or cut strips out of construction or wrapping paper. Place the word cards inside the box when finished.
- Once a day, reach into the box, pull out a card, and say out loud, "I Believe I (the 'I Believe I' thought or word you wrote on the card)."

REFLECT:

How did you feel when you read the cards you pulled out of the box? What was your favorite word or phrase? And why was it your favorite?

APPLY:

What did you learn about yourself from doing this activity that you could share with a friend or family member? Can you think of a time someone you know might have enjoyed or benefited from doing an activity like this?



Good Grooming Habits

Good grooming makes the most of your appearance. Clean hair, skin, and clothes are important for your general well-being, and developing routines will make it easier to make good grooming practices a habit. **Take a shower or bath every day.** Bathing every day removes oil, dirt and perspiration. It's important to **gently** scrub while using soap, followed by rinsing well and thoroughly drying.

Use a deodorant or antiperspirant under your arms every day. As you become a teenager, your body changes in many ways and you may notice that you sweat or perspire more. As you mature, perspiration odor may be a problem. Did you realize that the body gives off about a quart of perspiration every day? We sometimes think we perspire only when running, exercising or when being outside in the sun, but we perspire all the time. Usually, perspiration isn't noticeable because it evaporates from your skin. Perspiration odor occurs where the moisture cannot evaporate, especially in the underarm area.

Regular bathing or showering prevents perspiration odor from becoming noticeable. A deodorant will help eliminate perspiration odor; an antiperspirant checks the flow of perspiration and controls the odor. Perspiration may also be trapped between the body and clothing. You've probably noticed that "locker room" or "sweaty" smell and have realized that clean clothes are necessary.

Keep hair cleaned and groomed. Wash your hair one to two times a week – more often if it's oily or you've been exercising a lot. If you have dry skin or oily hair, you might need to talk with your parents about special shampoo made for these conditions. If your hair is dry (rather than oily), you probably don't want to wash it each time you shower or take a bath as it will just make it more dry. It is important to be sure to keep your brush and comb clean because if they are dirty, they can make clean hair dirty.

Take care of your teeth by brushing them regularly. Teeth should be brushed after meals and before going to bed. Brushing regularly whitens teeth and helps prevent cavities and bad breath. It is also important to see a dentist at least every six months. Learning the correct way to use dental floss and using it daily is important to your dental hygiene. Following these mouth or oral hygiene suggestions can help prevent gum disease in your future.

Washing hands should be a lifelong healthy habit. Handwashing is an easy and important way to prevent the spread of germs and keeps you and your friends and family healthy. The most important times to wash your hands are after using the bathroom, after touching pets or playing outside, after coughing, sneezing, or blowing your nose and before eating.

Five easy steps for handwashing are: wet your hands, lather with soap, scrub, rinse and dry. It is also important to regularly trim or file your nails, and doing this after a bath or shower will be easier because your nails will be softer. Short nails stay cleaner and break less often.

Remember your feet. Trim toenails regularly by cutting them straight across to prevent ingrown toenails. Wear clean socks every day. It's also important to let your parents or guardians know if your shoes become too tight or too short. When buying new shoes, it is important to have your foot measured because your foot size and shape can change. If you play a sport, it is recommended to choose a shoe that is designed for that sport.

Activity 2

- Make and complete a grooming chart like the one on this page and follow the routine until it becomes a habit.
- After a month, check your grooming chart and make any changes you realize you should make. Also, write your definition of a well-groomed person.
- Not all good grooming habits are included in this chart. Observe the grooming habits of others in your family and think about how they might differ from you. How are they different? Do they have grooming habits you might add to your chart?

REFLECT:

What did you learn about yourself from keeping a grooming chart? Please explain if you changed any of your routines or added new ones during the month.

APPLY:

How can you use what you learned? What did you learn from this activity that you would like to share with a friend or family member? Do you have other routines or habits that you could track in a chart like the one you used in this activity? Please explain if you do.

My Grooming Schedule Chart - Beginner

	Several times a day	Once a day	Twice a week	Once a week	Once a month
Brush teeth					
Use mouthwash					
Use dental floss					
Take a bath or shower					
Shampoo hair					
Comb/brush hair					
Wash face and hands					
Trim fingernails					
Trim toenails					

Wardrobe planning, fashion and clothing selection

Planning for your wardrobe

So you want to buy some new clothes! A good thing to keep in mind is not buying the first thing you see or the latest fad or an item your friend has. It's important to think about what you will buy, its quality, and how many other items you can wear with it.

You don't need to spend much money building your wardrobe if each purchase goes with clothes you already own. You might buy new pants because they pair with four different shirts or tops. By simply adding one pair of pants to your wardrobe, you now have four different outfits! You might also buy a new sweater or sweatshirt that goes with the four tops, the pants, and another pair of pants, giving you eight to 12 outfits.

It's important to make sure each of the items fits and that you feel and look good in all of the clothes. Remember that adding to your wardrobe doesn't necessarily mean you have to run to the closest store to buy brand new items. You can likely make the money you and your family have available for clothing go further if you can find "like new" items at a thrift or secondhand store, or maybe even at a neighborhood yard or garage sale.

Coordination of items is key to a workable wardrobe. Try to buy clothes that go with at least two other items that you already own. The same goes for accessories, such as jewelry, watchbands, sunglasses or shoes. Make sure that each item goes with several other items in your wardrobe.



Labels – Most clothing you buy is mass-produced in factories where one worker sews only straight seams while another makes pockets. A third sews in zippers, and so on. As a garment moves along the production line, labels with brand names and country where the item is made are sewn into the neckline or printed on the garment inside the neckline. The garment’s care label may also be printed inside the neckline or sewn into the side seam of a top or dress, or waistband of items such as pants and shorts. Reading labels is part of being a good shopper.

Care labels – Almost every garment is required by law to have a “care label.” This label tells how to wash, dry or dry-clean the item. Look for care labels before you buy clothing to be sure you know how you will need to take care of the items you purchase. It will be more expensive to dry-clean garments than to put them in the laundry. If the care label states “hand wash,” the garment may take more time and care than clothes you can machine wash. If an item is labeled for washing, you can assume it can also be ironed unless the label says “do not iron.” Check the care labels when doing the laundry to make sure you are caring for garments the right way. If you do not follow the instructions on the care label, the garment might shrink or fade – or the colors may fade or run onto other items.

Fiber content labels – Textile products are required by law to state fiber content on a label or hang tag. A label listing one fiber tells you that the garment is made only of that fiber. For example, a label that only says “cotton” means the item is made of 100 percent cotton.

If the fabric is made of a blend or combination of fibers, the label should tell you the generic (or family) name of each fiber and the percentage of that fiber. For example, a label might read “80% cotton and 20% Lycra® Spandex.” In this example, the term “spandex” is the generic or family name, and the term “Lycra” is the brand or type of spandex. The ® is a symbol that means a company has created the fiber and has registered the name as its own. Giving brand names on the label is not required by law but many companies do include brand names because they take pride in developing and manufacturing these special fibers.

Country where manufactured – Some ready-to-wear clothing is totally produced in the United States. Other garments are made with both the fabric and sewing being completely or partially done outside of the United States. Items made outside of the United States may be cheaper than those made in the United States, or they may be more expensive because they are different than items made here. Most clothing is labeled so that you can tell where it was made.

Hang tags – Hang tags are larger, more colorful and easier to locate than sewn-in labels. A hang tag usually gives information to help shoppers choose and care for the garment.

Trying on Clothes

The only way to be sure that clothing fits is to try it on. Look at the front, side and back views in a three-way mirror. This is a mirror that will let you see what an item looks like on you from several angles. Check for fit and comfort while you are standing, sitting, and walking. Clothes should not be so tight that they make it uncomfortable to move. Be sure you can swing your arms, bend, and sit. Reach your arm over your head to see if you can touch your opposite ear. Cross your arms and touch your shoulders. Touch your toes, squat, and bend.

Shirts, blouses and other tops should be large enough for you to move your arms freely. The sleeves should feel comfortable and if full length should reach your wrist bone when you touch your opposite ear. Tails on blouses and shirts should be long enough to stay in place when tucked into a waistband, if that is how you plan to wear them.

Pants or skirts should be comfortable when you sit. If they are too tight, they will feel uncomfortable: skirts will wrinkle and pants will pull in the front crotch area. Pants should also fit in the seat area without unsightly creases or bagginess. Long pants will usually brush the top of the shoe, though some of them may be made to be at the ankle or calf of your leg.

Before buying, consider how quickly you are growing and how fast your body is changing. Knit fabrics can be stretched a bit, so garments made of a knit fabric might be comfortable for a longer period of time than those made of woven fabrics.

If you are at the stage where your body is changing rapidly, consider shirts, blouses or tops that are cut full enough to be comfortable and to allow space for growth. A bigger problem while going through growth spurts is keeping garments the right length. Wearing short sleeves and or items that can be rolled at the cuff may be one solution. Garment hems can be “difficult” to let down successfully. A solution may be to purchase clothing items that can be worn to mix and match so that you can make them into different outfits until you outgrow them. Good fit means clothes aren’t so tight they are uncomfortable or limit movement, and they have space for growth.

Activity 3

- The next time you are shopping, try on a garment. See if you can swing your arms, touch your opposite ear, squat, bend, and sit. In what areas does the garment allow you to move? Are there areas where you find it to be uncomfortable?
- While shopping, compare two clothing items – one with limited features for your growth and one with additional features. How would you describe the differences in the fit between the two items?
- Try on a garment you wore last year. Notice how it fits and whether it is still wearable. Describe what you discovered and what this tells you about how your body has changed over the past year.



REFLECT:

What did you learn from trying on new garments and something you wore last year? What surprised you the most? Did you end up purchasing any of the garments you tried on or compared? If so, what helped you make the decision to make the purchase.

APPLY:

How could your experience help a friend or family member who needs to make a new clothing purchase? What did you learn that you could share with others?

Style vs. Comfort

As important as it is to many people to feel stylish, it is just as important to feel comfortable in your clothing choices. Comfortable clothing does not have to mean sweatpants and slippers. With a little planning, your ideas about style will help you feel confident whether you are at school, special activities, or relaxing at home with friends. Learning how to balance between being well-dressed or too casual is key to our personal style plans. Something as easy as knowing the differences between fabric choices is helpful in making your clothing choice for a variety of activities. Knowing your current clothing and accessories will also help you to begin putting items together quickly in an organized way. By choosing a specially chosen accessory, you can take an outfit that is casual and comfortable and make its style seem a bit different.



Activity 4

Head to your closet and accessory area in your room. Check out your current wardrobe and accessories.

- Choose an outfit you consider to be comfortable. Explain why this outfit is comfortable and answer the following questions. Try on the outfit and note the comfort level as you move around. Does the fabric have a relaxed fit? How do you feel in this outfit (i.e., relaxed, sloppy)? Where would you wear this outfit? How could you step up the style level in this outfit?
- Choose an outfit that you consider more stylish as opposed to comfortable. Explain why you feel this way regarding this outfit and answer the following questions. Try the outfit on and note the comfort level as you move around in it. How do you feel in this outfit? Where would you wear this outfit? How could you make this outfit more comfortable to wear?
- Choose a casual, comfortable outfit and add an accessory from something you already have. Explain how this accessory works with the outfit to get a different look. Take a picture of both the original outfit and the accessorized version. When you look at the photo, which outfit do you prefer?



REFLECT:

Think about someone you know who you think looks nice in the clothes they usually wear. Ask this person what they think about when making their clothing choices. Describe or explain what you learned.

Dress for success. Planning is key to a stress-free week. Plan your outfits for the week. Are you going somewhere after school? Do you need to change your outfit during the day? Try to do this planning for 2-3 weeks. Did it end up helping you save time or feel good about being ready to go each day?

APPLY:

How can what you learned help you when you are shopping for an outfit or for a specific event?

How can what you learned help you easily change your outfit from one part of the day to the next? (Such as going from school to an activity after school.)

Fashion on the Screen

We have the chance to see fashion all around us in different places and settings. We often see different fashions on the screen as they are worn by people we watch in movies, our favorite television shows, and even the characters in cartoons we watch. Some shows we watch may have people wearing modern-day fashions, where the actors look just like us, while other shows are about a future that has yet to happen or a past that we have only heard stories about.

We may enjoy looking at the fashions on the screen because they are different from everyday fashion. When thinking about how fashion choices are decided on screen, we must understand that there are many decisions to be made, such as thoughts of fashion in the future, historical trends of the past, or current events.



Activity 5

Pick your favorite television show, movie, or cartoon. Take a few minutes to think about your reasons for deciding this choice is your favorite. Explain the reasons why you chose this as your favorite television show, movie, or cartoon.

1. Choose three characters from your favorite television show, movie, or cartoon. For each character you choose, answer the following questions:
2. How does the character's outfit fit them? Think about the character's personality, age and the setting for the show.
3. What are your personal thoughts on the character's outfit? Explain the positive and negative feelings you feel toward the fashion decision made for the character to wear that outfit.
4. Would you wear this outfit? Explain why, or why not. If you would choose to wear the outfit, where would you wear it? Do you already have pieces like this in your wardrobe? If you do, explain where you like to wear them and how you feel when you wear them.

An Outfit for Every Occasion

As we grow older we accumulate many different items of clothing and accessories. Some of these options are more appropriate for playtime or relaxing, while others are better worn at special events. A pair of jeans with a fun T-shirt is perfect for a trip to the park. A nice dress is a good option to attend a wedding. Wearing appropriate clothing to activities shows respect for those around us and lets us be comfortable in the space we are in. Good resources for information are parents, older siblings, or even online. If you are attending a special occasion, such as a wedding, look at the invitation for clues on the dress code.

REFLECT:

Why is it important to think about fashion choices you see on screen and how that can help you make your own personal style choices? What are some positive and negative ideas you have about observing fashion choices on screen?

APPLY:

Explain how your own feelings have changed after thinking about and paying special attention to what characters on screen were wearing. Share a favorite style you have seen on a TV show, cartoon, or in the movies that you feel mimics your personal style. Explain how they are the same.

Activity 6

1. Choose three or four different occasions (i.e., school, grocery store, art show, etc.). Have fun choosing your occasions and try to come up with a variety. Answer the following questions about each occasion you chose.
2. What is an appropriate outfit to wear for this occasion? What is an inappropriate outfit to wear to this occasion? How did you make these choices about your outfits? What resources did you use?

REFLECT:

What was the most challenging part of this activity? Why? What was the easiest part of this activity? Why? Do you feel there are times you should wear different clothing depending on the occasion? Please give an example.

APPLY:

After doing this activity, can you describe a time when you might have made a different or better clothing choice for an activity? Who could you share this knowledge with, and why (i.e., a younger sibling or a good friend.)



Color, fabric and clothing care

Understanding the color wheel

A color wheel (or color circle) is a tool used for many purposes. It shows the relationship of colors to one another. It is made up of:

- Three primary colors (red, yellow and blue);
- Three secondary colors (orange, purple and green), which are made by mixing equal amounts of two primary colors together; and
- Tertiary colors, sometimes called intermediate colors. They are made by mixing one primary color with one secondary color. They are named after the two colors that are mixed together, such as blue-green or red-orange. There are six tertiary colors that are sometimes called by their own name: vermilion (red-orange), magenta (red-purple), violet (blue-purple), teal (blue-green), chartreuse (yellow-green), and amber (yellow-orange). The 12 main colors you find on a color wheel are often referred to as variations. Colors that have not been mixed with white or black are called pure colors.

Fashion businesses often use the terms warm colors, cool colors and neutral colors in the garments they design. Warm colors are red, orange and yellow; cool colors include green, blue and violet.



Activities 7-9

(Refer to the color wheel located on the inside back cover of this project manual for the next three activities.)

Activity 7

Colors can affect your mood or feelings. Look at the color wheel and list which colors are warm and which are cool.

Activity 8

Choose one color, such as blue, that is found in your home or wardrobe and answer the reflection and application questions to the right.

REFLECT:

What do you think of when seeing the warm colors? How do they make you feel? What items do you think of when seeing the cool colors? How do they make you feel? How can a warm or cool color be used to sway your feelings or thoughts?

APPLY:

When you look at the clothes in your wardrobe, how can you use what you learned about warm and cool colors?

REFLECT:

Make a list of at least four variations of your chosen color and describe the color. Tell how they are different. Is the color you selected a pure color, as pictured on a color wheel? If not, how has the color been changed from the pure color? How is each of the colors you described used in your home or wardrobe?

APPLY:

Think about the items you looked at as you described them. If you bought them again, would you change the color? If not, explain why. If you would make a color change, why would you make the change?

Activity 9

For this activity you will need to interview four people and ask each of them five questions about color. Create a chart you can use to record the answers you are given. You will also answer the questions so your chart will need room for answers from five people. Put the answers from your interviews into the chart so that you can see how answers compare to one another.

What is your favorite color?

Has this always been your favorite color? _____

What is your least favorite color?

Please estimate how many color names you know. _____

Add another question that you would like to ask each person.

REFLECT:

Do you see any patterns in the answers? How many people told you they changed their favorite colors? What have you learned from the answers they gave you? What makes your favorite color “your favorite”? Do you think your favorite color will ever change?

APPLY:

Please give an example of something you’re curious about where others’ ideas and opinions might be important to you. What questions might you ask people if you were doing another survey on a topic other than color?

Understanding fabric and fabric care

To understand how to care for your clothing, it is important to know a little bit about how it is made. All clothing is made from fabric, and fabric is made from fibers. The fibers used in clothing are either natural fibers, manufactured fibers, and/or blended fibers. Natural fibers are those that come from animals or plants. The most common animal fibers used in clothing are wool and silk. The most common plant fibers used in clothing are cotton and linen.

Manufactured fibers are made from chemicals. Common examples of manufactured fibers used in our clothing are polyester, nylon, spandex, and acrylic. Blended fibers are a combination of two types of fibers that change or improve the texture of the fiber. Most blended fibers in use today are the result of combining manufactured materials and natural materials. Examples of blended fibers are polyester/cotton (called polycotton), polyester/wool, nylon/wool, and rayon/acetate.

Fibers determine how you will need to care for the garment, so it is important to know the fiber names and the amount of each fiber type in a garment you may purchase. Plant-based natural fibers are usually very dense and absorb moisture. Garments made with natural fibers are easy to launder and press. Those same items may dry quickly but have a weakness because they tend to mildew if a garment is left damp for too long or is stored in a humid or poorly ventilated area.

Fibers that come from animals (silk, wool or hair fibers, such as alpaca or angora) also absorb moisture without feeling wet but are naturally elastic and resist wrinkling. The downfall of these fibers is that they require special cleaning, such as dry cleaning, in addition to needing protection from moths or carpet beetles. Human-made fibers are often created so that they copy or improve the properties of other fibers. They are used in clothing manufacturing because of their qualities, such as stretching easily while being strong, in addition to usually being colorfast. Garments made with human-made fibers are often purchased because of the ease of care in addition to being comfortable to wear. It should be noted that there are sometimes concerns about human-made fibers because of the chemicals that are used in the manufacturing process.

The fabric that is used in the clothing we wear is broken into three types (knit, woven and nonwoven.) All fabric is either knitted or woven from yarns. Knitted fabric is made on a knitting machine that forms rows of loops that are drawn through another row of loops. This is done over and over and is like how hand knitting is done – only it is much faster. The beauty of knit fabric is that it can stretch and go back to its original shape. Some fabrics are made of fibers that are glued together by heat, mechanical or chemical treatment.

Activity 10

Find three clothing items that have clothing tags. You may have these items at home or you may visit a store to look at items with tags on them. Using the three clothing items and clothing tags, complete the table below:

Clothing item name	Fiber content	Care instructions



REFLECT:

What fiber contents were listed on the clothing labels of the clothes you selected? Why should we know the fiber content of our clothes?

APPLY:

How does learning about fibers help you care for your clothing? How do the care requirements affect your decision about whether you would purchase this item?

Caring for Clothing

As you learn about and practice good clothing care, you'll build useful skills for your lifetime. You will also improve your appearance and save time. It's no fun to get ready to go somewhere, then discover that what you want to wear isn't where you thought it should be or isn't clean. How many times have you heard, "Pick up your clothes"? Picking up your clothes not only keeps your room clean, but it also helps your clothes last longer and look better.

A good place to begin good clothing care habits is by hanging up your clothes. Do this daily. Hanging up clothes keeps wrinkles from forming and helps the garments keep their shape. Hanging clothes outside the closet for a few hours to air will make wrinkles, moisture and odor disappear. Make sure garments are hanging straight on the hanger and that they're not crowded in your closet.



Activity 11

Look for different types of hangers in your house and in a store. If you are going to a store to find hangers, you may want to take a photo of types that are different from what you have at home.

Activity 12

Conduct an experiment on the effect that storage makes on a garment. We recommend using garments made of the same type of fabric for this experiment. Carefully fold a shirt or top and put it in a drawer. Throw another one carelessly into a drawer. Lightly dampen a third garment, crumple it into a ball and let it dry. (The damp garment will react similarly to garments with perspiration left in them).

Activity 13

Look at and study different closet storage systems in magazines, catalogs, and books. If your family has a computer that you are allowed to use, you may also search the internet for closet storage systems. Plan or arrange your closet to make the best use of space.

REFLECT:

Describe the differences you find between the hangers you looked at and the purpose of the different hanger types.

APPLY:

How can you use what you learned about the different types of hangers?

REFLECT:

After one week, check the three garments and describe the differences you notice between the three. How would what you have discovered change the way you will care for your clothing in the future?

APPLY: How could you share these results with family members or friends to help them learn what you have discovered?

REFLECT:

Make a list or drawing of some of the items you might use to plan or arrange your closet. Why did you choose this/these items. What do you like about this arrangement?

APPLY:

What did you learn that you could apply to other storage areas in your home? Why did you choose this/these areas? Who could you share this information with?

Sorting and doing the laundry

Many of your clothes can be washed. The first step in learning about laundry is sorting. Careful sorting is important for a clean, lint-free wash. Incorrect sorting can cause clothing to become gray or stained. These problems require more work and energy to solve. Combine items of similar color, construction and soil level into loads of the proper size for the washer you're using. Sorting makes it easier to select the right laundry products, water temperature and wash cycle. While you're sorting clothes, check for items left in pockets, such as loose change, pens or tissues.

Sorting by color – Wash whites with whites. Wash light colors with light colors. Wash dark colors with dark colors.

Sorting by amount of soil – Wash lightly soiled clothes together. Wash heavily soiled clothes together.

Sorting by fabric type – Follow recommended laundry procedures described on the care label, such as washing in cold water or laying an item flat to dry. It is important to note if a care label says an item is dry clean only. Laundering it can cause damage.

Activity 14

Sort your family's laundry. Ask an older person to check if you sorted it correctly. Then, complete the following sentences:

- The dirtiest garment was:

- The darkest garment was:

- The lightest garment was:

A garment that needed to be washed on the gentle cycle was (what kind of garment)?

- A garment that ...

REFLECT:

How did you do? Did the person who checked your sorting have any suggestions? What did you learn from the process of sorting?

APPLY:

Why is learning to sort laundry an important skill to know? How can you use what you learned?

Activity 15

Find three garments in your wardrobe with different instructions on the care labels. Can all of the garments be washed in the washing machine? Describe each of these garments and tell how each of them should be cleaned.



Activity 16

Ask a family member or another adult for a scrap of white fabric. Choose a dark or bright-colored garment, such as dark blue jeans, red sweatshirt, or bright green T-shirt that has never been laundered. Rub the white cloth against the colored garment. Check for any tinge of color on the white cloth. The transfer of color (dye) to white cloth is called “crocking.” Not all dyes will crock. Next, wet the white cloth with water. Rub it again to check for wet color transfer. Record the results.

Activity 17

It is important to keep your clothes repaired. Find a family member or friend who can teach you to sew on a button or snap (this will require a needle and thread). If you can't find someone who knows how to do this, ask an adult to help you with an internet search: “sewing on a button.” Find a family member's garment that is missing a button or snap and sew it back on. This may require practice and patience.

REFLECT:

Why is it important to read and understand the care labels on garments? What is the most important thing you learned from studying the care labels?

APPLY:

What did you learn from the care label that you want to be sure to share with someone else in your home? Why is that important to share? Do you have a friend who would benefit from what you learned about care labels? How would your friend benefit?

REFLECT:

Why is it especially important to know about “crocking” BEFORE doing the laundry? What problems could wet color transfer cause when you wear and care for the garment? What does this experiment tell you about dark or bright colored garments that you might purchase?

APPLY:

How can you use what you learned in this activity? Who might benefit from knowing what you learned?

REFLECT:

What did you learn from sewing on a button? Was it difficult? Or was it easy? Please explain.

APPLY:

Why is it important to know how to make a basic repair on a garment (such as sewing on a button)?

Money and Careers

Prices for clothing

Prices for items of clothing vary from store to store. So does the quality of the items you may wish to buy. Retailers set the price for the items they keep in stock to sell to consumers. Sometimes when those items do not sell in the time period that a retailer predicts, the retailer needs to make room for the next season's items before the items become undesirable. As a result, the items are sold at a discounted price, often labeled as "sale" or "clearance" items. You can sometimes make a great buy if your timing is right (such as close to the end of a retail season) and a retailer has the size you're looking for.



Activity 18

For this activity, visit a local retailer that sells clothing. Find articles of clothing, shoes, or accessories at full price (within the price ranges below) that you would like to wear. If you cannot locate an item within the given price range, indicate that below.

The store(s) I visited:

Price range	Article of clothing, shoes or accessory	Price
Up to \$10.00		\$
\$10.00-\$25.00		\$
\$25.00-\$50.00		\$
Over \$50.00		\$

Now explore the store for sale or discounted items.

Price range	Article of clothing	Original price	Sale/discounted price
Up to \$10.00		\$	\$
\$10.00-\$25.00		\$	\$
\$25.00-\$50.00		\$	\$
Over \$50.00		\$	\$

REFLECT:

What surprised you about your clothing, shoes, or accessory finds? If you were to purchase all of the items you found at full price, what would you have spent? If you purchased all of the sale items you found, how much would you have saved versus paying full price for those same items?

APPLY:

When might be the best time of the year to purchase seasonal items (winter coats, scarves, mittens, bathing suits, T-shirts, etc.)? Your answer will likely not be the same for all items.

Purchasing clothing, accessories, and shoes takes money. It is important to understand some of the financial aspects that relate to shopping for these items.

Let's do a little financial research

It's important to learn and develop an understanding of money as you begin to think about and make your own clothing choices for your wardrobe. Maybe you've already heard an adult tell you that "money doesn't grow on trees." The following activity was written to help you explore and learn financial terms that are important in helping you begin to understand how choices and decisions are made in your household.

Activity 19

Using the internet, books from a library, or a trusted individual, explore and define the following terms. Indicate if you think each item is a benefit, disadvantage, or neutral in terms of an individual's financial situation.

- Income
- Expense
- Budget
- Coupon
- Discount code
- Credit card
- Debit card
- Thrift
- Consign
- Secondhand
- Back order

Practice listening and communication skills

The ability to listen and communicate with others is important at home, at school and with teams of people. These skills are also important in the workplace. To be a good listener and communicator, we need to practice these skills. One way to do this is by interviewing someone you know.

REFLECT:

What terms listed to the left are used or put into practice in your household? Why is it important to think about finances before shopping?

APPLY:

Many individuals struggle with managing their money. What two or three financial skills would help individuals in your community do a better job of managing their resources?

How will what you are learning in your 4-H Consumer Clothing project help you in the future?

Activity 20

Find a person to interview. Get a notebook or piece of paper you can write on – and don't forget to have a pen or pencil to write with. The person you will interview can be a family member, friend or trusted adult. Let the person know that you need to write down the answers they give you.

- Ask the questions below and focus on listening to what the person says. Be sure to write down the answers the person you interview gives you before going to the next question.
 - What is your favorite color, and why?
 - Do you have a favorite piece of clothing? If so, what is it?
 - What are some clothes or accessories you would like to add to your closet?
- When you have finished asking questions and listening to responses, read the responses you wrote down to the person you interviewed. Ask them if you recorded the answers correctly, and thank them for doing the interview.

REFLECT:

What skills did you practice while conducting the interview? Was this activity hard? If so, why?

APPLY:

How can you practice good listening and communication skills in your daily life? How do you think good listening and communication skills will help you as an adult?



Glossary

Accessory – an item that can be added to what you’re wearing to make an outfit more complete.

Blended fibers – a combination of two types of fibers to change or improve the texture of the fiber.

Care label – this label tells how to wash and dry the garment – or whether it should be dry-cleaned.

Fabric – cloth or material made by weaving or knitting.

Fiber – a thin thread of natural or artificial material that can be used to make cloth.

Grooming – the practice of keeping a neat and tidy appearance.

Knitting – forming fabric by looping a continuous yarn or thread.

Manufactured fibers – fibers that are made from chemicals.

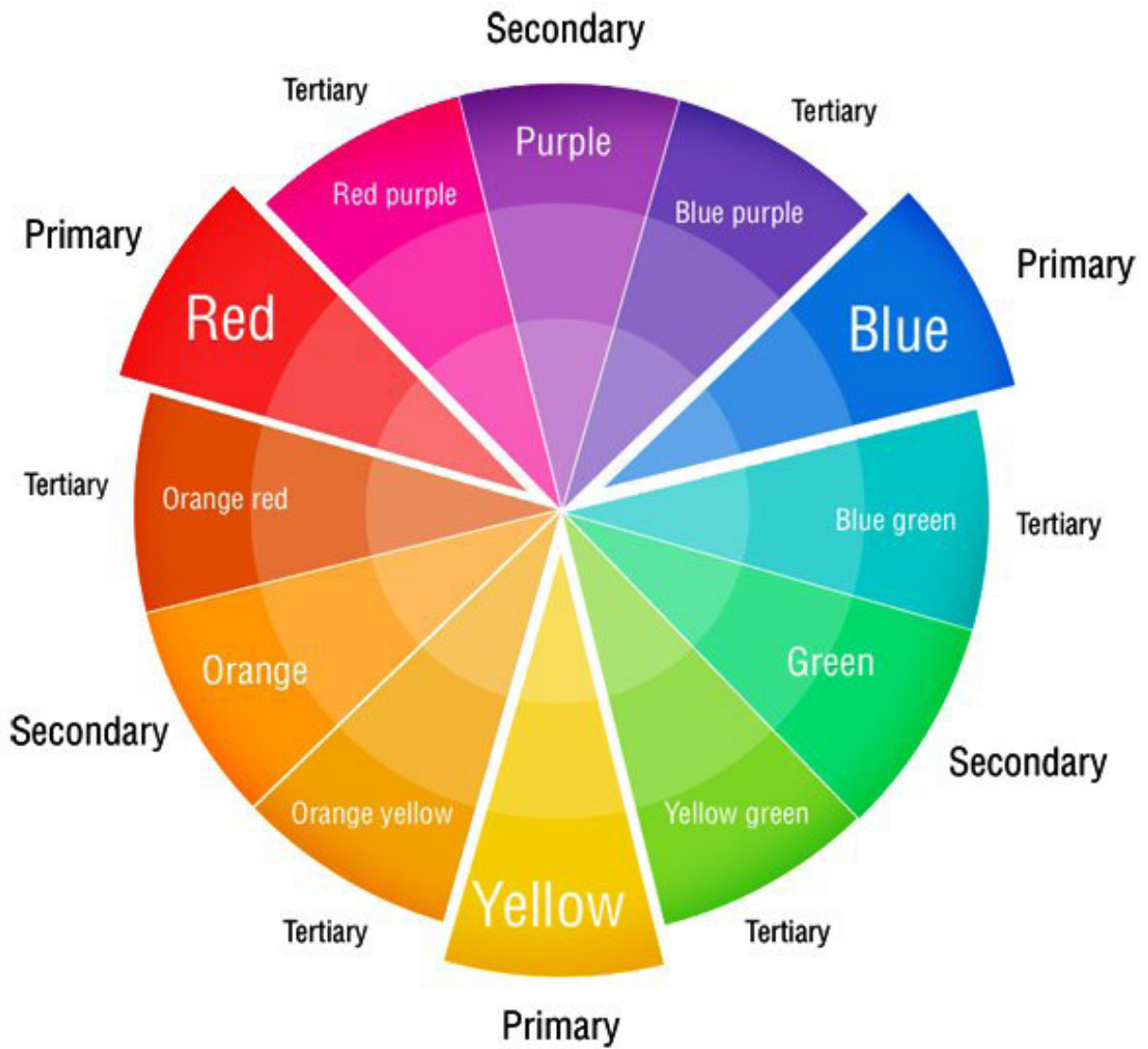
Natural fibers – fibers that come from plants or animals.

Secondhand – items that are not new but were owned by someone else.

Thrift store – a store selling secondhand clothing and household items.

Weaving – the action of forming fabric by interlacing threads.

Color Wheel





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