

**Indiana 4-H Sewing Skills and Techniques, 4-H 925-SC-W:** Youth and their mentor/volunteer leader/instructor should use this chart as a guide when deciding appropriate skills to incorporate in a sewing wearable or non-wearable article, garment or outfit for exhibit. While this list is a guide, it is not meant to be an all-inclusive list and youth should demonstrate skills they are most comfortable mastering. For example, some youth in a 4<sup>th</sup> grader might feel comfortable attempting 6<sup>th</sup> grade level skills, but it is unlikely a 4<sup>th</sup> grade level exhibitor will be able to successfully master the 10<sup>th</sup> grade level skills. Exhibited items must demonstrate the minimum skill techniques from their given grade level but may also include higher/lower-level techniques that have been mastered. Any higher/lower-level techniques will not be counted as part of the minimum skills, but nevertheless will be evaluated for quality. Youth are encouraged to utilize a number of resources such as a website, print material, social media, and television shows when learning sewing skills and techniques. Skills learned from these types of resources may be demonstrated provided they are age/grade appropriate.

**Grade 3-7:** Grade 3 and 4 exhibits must demonstrate two (2) of the following skills, Grade 5 three (3) skills, Grade 6 four (4) skills, and Grade 7 five (5) skills.

- Use a simple seam finish
- Insert elastic or a drawstring
- Do a machine-stitched hem
- Do a hand-stitched hem
- Do a machine-blind hem
- Do machine topstitching
- Stitch in the ditch
- Stitch curved seams
- Sew and trim a crotch or curved seam
- Trim or grade seams to reduce bulk
- Staystitch and under stitch
- Apply a facing
- Use interfacing (can be iron-on or sew-in)
- Apply a collar
- Attach cuffs
- Make darts
- Insert a center-placed zipper
- Insert an invisible zipper
- Insert a separating zipper
- Insert a fly-front zipper
- Match fabric design (i.e., match plaids)
- Gather fabric
- Apply ruffles, trim, piping, binding, or ribbing (can be purchased or self-made)
- Sew with knit
- Insert sleeves
- Make/apply patch, inseam, or front-hip pockets
- Use a simple lining
- Hand-sew buttons
- Make machine buttonholes
- Sew tucks or pleats
- Construct with a serger
- Use machine or hand applique
- Do machine quilting
- Use a twin needle
- Insert a lapped zipper
- Any other skill not listed

Any additional skill(s) learned from using the pattern, or others taught by the mentor/instructor that are age and grade appropriate are also acceptable. Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

**Grades 8, 9, 10, 11 and 12:** Demonstrate at least 6 of the following skills

- Make darts or tucks
- Add lining
- Use underlining
- Add facings
- Add a placket
- Add lapels
- Insert sleeves
- Gather fabric
- Apply ruffles, trim, piping, binding, or ribbing (can be purchased or self-made)
- Insert elastic or add a drawstring
- Use shaped or curved seams
- Add a waistband
- Apply a collar and/or neckband
- Add vents (i.e., jacket)
- Hand-sew buttons
- Make machine or hand-bound buttonholes
- Make button loops
- Make self-covered buttons
- Sew with knit or other difficult fabric
- Use twin needle
- Make a reversible article of clothing
- Do hand or machine quilting
- Apply machine or hand applique
- Insert invisible, separating, fly-front, lapped, or hand-picked zipper

- Apply machine topstitching
- Make/apply patch, inseam, front hip, or welt pockets
- Match fabric design (i.e., plaids)
- Make shoulder pads
- Apply machine embroidery
- Do hand or machine beading
- Attach cuffs
- Add boning
- Do a machine topstitched hem
- Do a hand-stitched hem
- Do a machine blind hem
- Use specialty threads (i.e., embroidery)
- Make French/self-enclosed, flat-felled/lapped, or Hong Kong/bound seams
- Use/apply lace work, smocking, or ruching
- Make pleats
- Any other skill not listed

Seam finishes are recommended on all exposed seams (except knits). Interfacing, understitching and trimming should be used when appropriate.

**Non-Wearable Sewn Item Skills:** Non-wearable exhibits may utilize wearable sewn garment skills above, or any other skill that is age and grade appropriate. 4-H members should learn and demonstrate skills following pattern instructions or those provided by their mentor/instructor.

- Any junior or senior wearable sewing skill
- Non-observable skills such as basting, adjusting or designing pattern, using an AccuQuilt, or Cricut
- Using decorative hem finish
- Hand or machine quilting
- Accurate piecing of quilted item (i.e., seam crosses match, etc.)
- Internal and external pockets (i.e., those used in a bag)
- Insert a zipper in a bag or other non-wearable item
- Coordination of fabric for a quilted item including using fat quarters, charm packs, layer cakes, jelly rolls
- Use fiberfill and/or batting or foam (can be fusible)
- Use specialty scissors
- Use Prairie Points as a trim
- Use mitered corners
- Use safety eyes and ball joints for stuffed animals
- Apply machine embroidery
- Quilt in the hoop
- And other age and grade-appropriate skills not listed