



COLORADO STATE UNIVERSITY  
EXTENSION

4-H



## UPCYCLE YOUR STYLE MJ0600

Family Consumer  
Science Projects

The Upcycle Your Style project is for members ages 8-18. In this project, you will learn how to express your individualism and imagination by creating 'one-of-a-kind' garments.

Members will accomplish the following learning experiences:

- Experiment with a variety of textile crafts
- Decorate a garment of your choice, such as a t-shirt, pants, jacket, blouse/shirt, etc.
- Use different ideas and tools to create or modify a design.
- Practice modeling skills.
- Share talents acquired through demonstrations and exhibits.

Exhibit Option--you may exhibit your garment in one of the three classes based on the method used to create the design:

- Applied --Decorations are attached by gluing, fusing or painting. Examples: jewels, puff paints, applique', tie-dyed.
- Stitched --Decorations may be hand or machine stitched. Examples: applique' with satin stitch, embroidery, quilting, beading or knitting or crochet (by self or others).
- Combination --Decorations include a significant amount (minimum of 30 percent each) from the two categories. Example: stitched and applied.

Upcycle Your Style Project Requirements per Unit (be sure to check current State Fair Exhibit Requirements for additional requirements):

You are expected to;

- Decorate (embellish) one to three coordinated garments that illustrate what you learned.
- Exhibit a completed Artistic Clothing e-record.
- Do a demonstration/show and tell.
- Judge/evaluate clothing products, and

Do a clothing -related community service

### Resources

Upcycle Your Style Manual MJ0600 --Available online only

Artistic Clothing Tip Sheet

Artistic Clothing e-record

State Fair Exhibit Requirements

Artistic Clothing Score Sheets --Upcycle Your Style Score Sheet