



COLORADO STATE UNIVERSITY
EXTENSION

MJ0600
Member's Manual



**Upcycle Your
Style**

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Members of the Colorado 4-H clothing curriculum development committee include: Lulu Marie Hatheway, Adams County; Sharon Blackham, Yuma County, volunteer 4-H leaders; Julia Hurdlebrink, Adams County; Stephanie Morsch, Arapahoe County; Jan Nixon, Logan County; and Louise Welsby, Pueblo County, Colorado State University Extension agents; and Sue Cummings, former Extension 4-H Youth Development Specialist.

In 2017, the Curriculum and Projects Work team changed the name to *Upcycle Your Style*.

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Colorado State University Extension programs are available to all without discrimination. To simplify technical terminology, trade names or products and equipment occasionally will be used. No endorsement of products names is intended nor is criticism implied of products not mentioned. 10/17

INTRODUCTION

Welcome to “Upcycle Your Style” formerly known as Decorate Your Duds. In this project, you will have the opportunity to create clothing items that are special and unique. You are encouraged to experiment with colors, texture, fabrics and yarns, and turn your ideas and designs into garments!

WHAT YOU WILL DO IN THIS PROJECT:

- Experiment with a variety of textile crafts.
- Use different ideas and tools to create or modify a design.
- Express your individualism and imagination by creating a “one-of-a-kind” garment.
- Decorate a garment of your choice, such as a t-shirt, pants, jackets, blouse/shirt, etc.

You are encouraged to try a variety of different textile crafts during the year. You may choose to try applique, patchwork, printing, tie-dying, batik, textile painting, embroidery, silk screening, trapunto, smocking, or other techniques during the year. Have fun exploring options available to you and creating your own designs.

Begin with something simple. The more items you make, the more you learn. You can do accessories (hats, shoes, etc.) for practice but they cannot be used as your exhibit item.

Exhibit Options:

Your garment will be exhibited in one of three classes based on the method used to create the design. This determination is made when entering your exhibit day or fair.

1. **Applied** –Decoration is attached by gluing, fusing or painting. Examples include: jewels, puff paint, applique, tie-dyed.
2. **Stitched** –Decoration may be hand or machine stitched. Examples: applique where satin stitch is used, quilting, beading or knitting or crochet (by self or others).
3. **Combination** –Decoration includes a significant amount (minimum of 30 percent each) from the two categories –stitched and applied.

Project Requirements

To complete your project, check the state fair exhibit requirements and your local county Colorado State University Extension office for county or special requirements.

What you are expected to do:

- ✓ Decorate (embellish) one to three coordinated garments that illustrate what you learned.
- ✓ Exhibit a completed e-record.
- ✓ Do a demonstration/show-and-tell related to this project.
- ✓ Judge/evaluate products or techniques.
- ✓ Do a project related community service activity.

Project Evaluation Criteria:

- ❖ **Creativity**
 - Uniqueness of design
 - Appealing and imaginative combination of materials
- ❖ **Quality of Workmanship**
 - Workmanship
 - Secure and durable decorations
 - Garment is properly finished for appearance and stability
- ❖ **Quality of Design**
 - Suitable to garment and materials used
 - Compatibility of colors and textures to product
 - Follows principles of design
- ❖ **Completed e-Record**

Home-Based Business Potential

Many 4-H members have developed a home-based business because of skills learned in the 4-H program. This may be an opportunity for you to use your skills to earn some extra money. However, consider what your product is and who your customer is, how you would advertise, the price you would charge, delivery of the finished product, etc.

Additional information on starting a home-based business is available through your local library, Extension offices and online. Your decision to use your skills and start your own business will not have an impact on how your Upcycle Your Style exhibit is evaluated.

CREATING THE DESIGN

COLOR

Color has three main characteristics: **hue** is the name (red, green, blue, etc.), **value** is how light or dark it is (light blue, navy blue), and **intensity** is how bright or dull it is (4-H green, neon green).



In value contrast, shapes will appear to separate in space and some will stand out from others. If values are close, shapes will seem to flatten out, and seem closely connected in space; none will stand out from the others. This works whether the colors are just black, white and gray or whether hues are involved.

LINE

Line is an element that's found everywhere around us. It is a mark with greater length than width. Lines can be created by a seamline, a hem, a dart, a row of trim, a plaid or stripe. A row of embroidery stitches creates a line, as does a row of macramé knots or a row of studs. Some are thick and sturdy, others fine and delicate. The kind of lines used in a design will affect the character of the design.



SPACE

Space is the area an object or design occupies. In a design you are working within a specific space—so not only must the design itself be well thought out but so must the space around it. That space might be a garment, a belt, or the design might be the entire garment—then the wearer becomes the space around it.



SHAPE

Shape is one of the basic elements of design. A shape can be used alone or in combination with other shapes or lines. They can convey universal meanings as well as guide the eye or organize information. Basic types of shapes are geometric, natural, and abstract. Geometric shapes are structured, often balanced shapes.

Geometric shapes include squares, circles, and triangles but also octagons, hexagons, and cones.

Natural shapes are found in nature or they can be manmade shapes. A flower or a rock are examples of a natural shape. A button is a manmade shape. Shapes are often changeable or irregular.



Abstract shapes are stylized or simplified versions of natural shapes.



TEXTURE

Texture is the surface characteristic of an object. It may be smooth, fuzzy, soft, pebbly, scratchy, or one of many other textures. You don't have to touch an object to know its texture; you can see the texture. Textures do not always feel the way they look; for example, a drawing of a cactus may look prickly, but if you touch the drawing, it is still smooth.



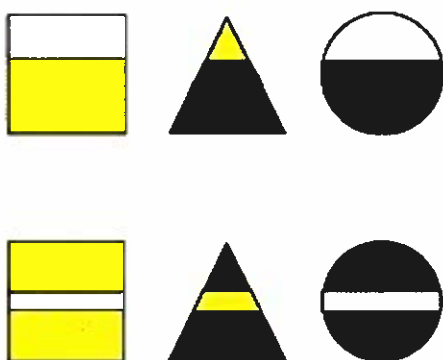
PRINCIPLES OF DESIGN

Look at the materials you have to work with; yarns, fabrics, threads, dyes or whatever materials you are planning on using. What kind of feeling do you want to create with your design? Do the materials create a feeling in the textures and colors? Can you create the kinds of lines and shapes you want with the materials? Will the materials be suitable for the space chosen to create the design? If you can say "yes" to these questions, you are on your way to a well-designed *Upcycle Your Style* creation. It doesn't stop there! Even with all the right materials, designers still need some guidelines on how to use them together. You can think of these guidelines as a recipe for deciding just how much of each ingredient (colors, textures, lines and other elements) to use and where to add them! These guidelines are called **Principles of Design**. Using proportion, balance, emphasis, rhythm, and unity are how to organize a design.

PROPORTION

Proportion is the relationship of all the parts of a design to each other and to the whole garment or article. It is a feeling of unity created when all parts (size, amount, or number) relate well with each other. No part should overpower the others.

Good Proportion



BALANCE

Balance is the feeling of steadiness of everything in the space. It is to arrange the design so that one set of objects equals another. Balance can be formal (each side of the center is identical) or informal (the sides are different or have the same number).



EMPHASIS

Emphasis is the part of the design that catches the viewer's attention. Emphasis in a garment may be a color, waistband, pocket, an embroidery design, a quilted yoke, or some other point of interest. If a garment design is not well planned and is missing emphasis, it may be due to the cluttered effect of too many colors, too many different textures, and too many lines, shapes or sizes.



RHYTHM

Rhythm is created in a design by repeating something throughout the design, such as colors, textures, shapes, or sizes. When we look at a design, the eye follows a certain route around the design. The route the eye follows is known as rhythm. In a well-planned design, the eye is led from one to another point of emphasis. Rhythm makes the design seem to fit together.



UNITY

Unity is the result of all the materials fitting together in a pleasing combination. It is the feeling of harmony between all parts of the design creating a sense of completeness.



EVALUATING THE DESIGN PLAN

4-H Upcycle Your Style

Exhibit Preparation

Evaluating your project before and after completion will help you make decisions about your item. Go through the following checklist to evaluate your product. Under the year in the project, rate each item area using the ratings below. Each year you will evaluate the item you made.

The ratings you use are: G= Good, F=Fair, NI=Needs Improvement

Evaluation Criteria	Year in Project				
	1 st	2 nd	3 rd	4 th	5 th
<i>Before Permanently Applying Design</i>					
Prepare garment according to care instructions (pre-wash or dry clean)					
Appropriate placement of design, considering the elements and principles of design					
Elements of Design					
Line					
Shape					
Space					
Texture					
Color					
Principles of Design					
Proportion					
Balance					
Emphasis					
Rhythm					
Unity					
Find care requirements for the items in the design (ex. Buttons, beads, sequins, fabric trim, etc.)					

Evaluating Your Exhibit

Evaluation Criteria	Year in Project				
	1 st	2 nd	3 rd	4 th	5 th
<i>Preparing Your Exhibit</i>					
Check the 4-H website for Exhibit requirements at: http://colorado4h.org/events_opportunities/state_fair/index.php Check for additional county requirements					
Design is securely attached					
Garment is clean and pressed					
Name label has been securely attached					
Care label is attached, if needed					
e-record is complete					
Cover is complete –all signatures are completed					
4-H projects that you are taking this year are completed					
Activities that helped you learn the skills for the project completed.					
Leadership development experiences completed					
Citizenship/Community service completed					
Demonstrations/Presentations/Speeches -completed					
Expense record completed					
Project photos					
Story					
List of garments made					
Descriptions of steps in order of application					

RESOURCES

MJ0504 –STEAM Activity Manual (“Beyond the Needle”) –this manual has great ideas and techniques to help the member with this project.

The references listed below are for informational purposes only and you may find more resources by googling key words on the Internet (ex. Fabric painting, ribbons, texture, embellishments, etc.)



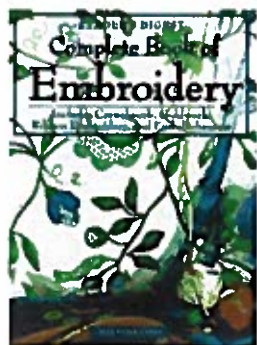
The Art of Manipulating Fabric. Colette Wolff.

This book is available through Amazon and other book stores. This book shows the possibilities for three-dimensional manipulation of fabric. Colette Wolff works from the simplest possible form –a flat piece of cloth and a threaded needle to more difficult techniques.



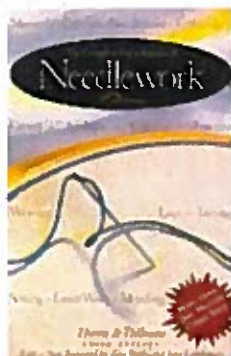
Beads to Buckskins. Vol. 4. Peggy Sue Henry.

This book can also be found on Amazon.



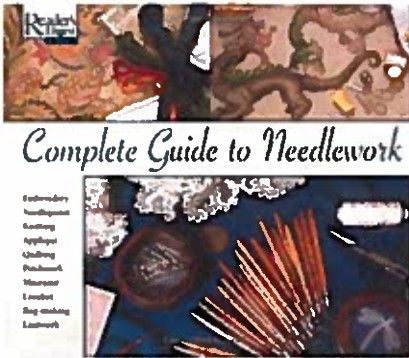
Complete Book of Embroidery. Melinda Coss

This book can also be found on Amazon. This book is written for beginner and expert needlework alike. Complete Book of Embroidery describes in detail more than 100 embroidery stitches and presents creative designs for perfecting them in projects ranging from a simple child's bib to a tablecloth adorned with beautiful butterflies.



The Complete Encyclopedia of Needlework. Therese de Dillmont

This book is an authoritative reference guide to the art of needlecraft.



The Complete Guide to Needlework. Reader's Digest Association.

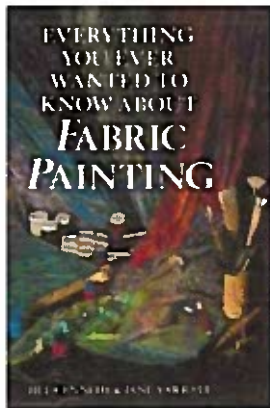
This book can be found on Amazon. Embroidery, needlepoint, knitting, quilting, patchwork, crochet, rug-making, macramé, and lacework—all taught through step-by-step instructions and photographs and drawings. A reference for the beginner and expert alike.



Elegant Beading for Sewing Machines and Serger. Susan Parker Beck and Pat Jennings.

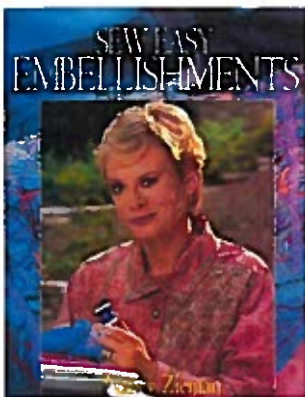
This book can be found on Amazon.

Learn the techniques for free-motion application with individual beads for the sewing machine, and the innovative use of the serger using strung beads. All 17 projects include patterns and instructions detailed enough to make this unconventional method completely accessible.



Everything You Ever Wanted to Know About Fabric Painting. Jill Kennedy and Jane Varrall

This illustrated book is packed with new ideas on the art of painting on fabric and is likely to become an invaluable addition to any fabric painter's bookshelf.



Sew Easy Embellishments. Nancy Zieman

This book can be found on Amazon.

Using full-color photos and clear diagrams, Nancy Zieman leads readers step-by-step through a variety of embellishments, offering her signature Notes from Nancy to teach shortcuts and time-saving methods.