

4-H FASHION REVUE GUIDE

4-H Fashion Revue is a Youth-in-Action project. How a person presents herself/himself through clothing, grooming, facial expressions and body movement is a form of ***communication***. Have you ever thought about what your clothes say about YOU? Clothing and grooming say a great deal about you without a word being spoken. You are “on view” no matter where you go and you send messages about yourself without speaking. This is called ***non-verbal communication***.

GOALS and OBJECTIVES

The goal of Fashion Revue is to develop an understanding of personal presentation in public situations with regard to clothing, accessories and grooming.

1. To plan, select and construct clothing that is becoming and expressive of individual personality.
2. To gain poise in public situations through good posture, ease of movement and confidence in one’s personal appearance.
3. To be able to describe how a garment is cared for.
4. To be able to describe how a garment fits into a wardrobe plan.
5. To understand how fabrics, clothing styles and accessories enhance one’s own physical features or traits.

PERSONAL EXPRESSION

Express your own personality. Many things influence our clothing choices. Which ones are the most important to you?

- ✓ Your own thoughts, feelings, and actions.
- ✓ Lifestyle, the activities you are involved in everyday.
- ✓ The weather or climate in your area.
- ✓ Styles and colors that you and your friends like.
- ✓ Fabrics and clothing that are available to you because of cost or where you shop.
- ✓ Community standards. The styles that your parents and others in your community or school think are acceptable.
- ✓ How you want other people to see you!

CONFIDENCE IN PERSONAL APPEARANCE

Confidence in your personal appearance begins with the **basics**.

- ✓ Frequent or daily bathing and use of deodorant.
- ✓ Clean hair styled to complement your face and shape of your head with a contemporary look.
- ✓ Well-manicured nails. If polish is used, it should be fresh and not chipped or worn off. Open-toe shoes and sandals mean well-manicured toenails too.
- ✓ Good health shows in your face, hair and even your posture. Nutritious foods, exercise and sufficient rest keep you looking fit.
- ✓ Facial expressions and gestures express attitude. Pleasant expressions, smiles and poised gestures send a message of confidence and positive attitude.
- ✓ Comfortable clothing allows you to direct your attention to more important things. Clothing should be the right length and fit well, without being too tight or too loose.
- ✓ Clothing should complement your unique physical features. Use the Elementary and Principles of Design* to help you explore what looks best on you. (*Elements and Principles of Design are discussed on page 3)

ELEMENTS and PRINCIPLES of DESIGN

Elements of Design

Color or hue
Line
Shape & Form
Space
Texture

Principles of Design

Balance
Emphasis
Proportion & Scale
Rhythm
Harmony & Unity

(If you are not familiar with the Elements & Principles of Design, talk to an art teacher, a Family and Consumer Science teacher or an extension educator in your field education unit.)

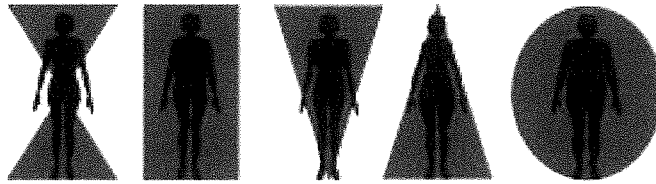
To make the most of your own unique physical features, learn to use the Elements and Principles of Design. Use them to draw attention to your best features and to disguise or “lead the eye away” from figure faults. Consider a few guidelines listed below or find a book on fashion to look for more ideas.

Design elements in clothing that help to draw attention to your best features are:

- ✓ Light or bright colors, especially in warm hues.
- ✓ Applied decoration in that area, for example, embroidery, trims, bows, beading, sequins, etc.
- ✓ Structural design, such as seams, darts, pleats, gathers or different shaped pattern parts.
- ✓ Fabrics that accent, such as shiny, clingy or textured fabrics.
- ✓ Large bold designs or busy printed fabrics.
- ✓ Close fitting garments

Design elements in clothing that draw attention away from figure faults are:

- ✓ Dark muted shades, especially in cool hues.
- ✓ No applied decoration in that area.
- ✓ Very few structural design elements, that is very few seams, darts, gathers or pleats.
- ✓ Flat (not shiny) fabrics and soft draping fabrics.
- ✓ Plain, not patterned, fabrics or very subtle, small repeated designs.
- ✓ Garments that “skim” the figure; loose but not baggy.



BODY TYPES

Figure Analysis

The shape of a female body is called *figure* and the shape of a male body is referred to as *physique*. Body build is a combination of the measurements at the chest, waist and hips and the length between these points on the body. Each individual has a unique figure or physique and he/she can enhance their appearance by drawing attention to their best features.

Common body types

Tall & thin
 Tall & heavy
 Heavy hipline
 Short & thin
 Short & heavy
 Thick waistline

To look taller	To look shorter
Use a single color from shoulders to hem	Upper & lower garments of contrasting colors
Narrow and straight silhouettes	Shoulder, midriff or hip yokes
Longer garments, rather than shorter	Short, wide jackets, boleros
Narrow or straight-legged pants	Wide-legged pants
Shoes with a heel	Short skirts, accents at the waistline
Plain fabrics, soft, muted colors, plain or small prints, not bulky	Large, bold printed fabrics, bulky and textured fabrics.
Shoes/socks/nylons that are color-related to the outfit	Strong horizontal or diagonal lines
To look thinner	To look heavier
Accents near face	Accents on heaviest part of body
Gently fitted styles	Bulky and bouffant styles
Inset or concealed pockets	Patch pockets
Vertical lines, long silhouettes	Curved, horizontal or diagonal lines

Wardrobe Planning

Conduct a wardrobe inventory.

What do you own?

Which items in your closet do you like?

What is worn out and needs to be discarded?

Compare your lifestyle (everyday activities) with your current wardrobe.

Do you need to add things to your wardrobe?

What do you need to fill in the missing parts?

When you are ready to add garments to your wardrobe, consider the following ways to increase the usefulness of the clothing you buy/make and the existing items in your closet.

- ❖ Basic or classic styles last for several years.
- ❖ Accessories harmonize better with simple classic lines and versatile textures in “quiet” colors.
- ❖ Accessories are often less expensive and can be changed to make the outfit look different or new.
- ❖ Choose separates that can be mixed or matched based on the same color scheme to create different outfits and greater variety.
- ❖ Spend less money on fad clothing, more on classic pieces that will last for several years. Fad clothing is fun and everyone enjoys wearing the current fad but carefully consider cost when selecting clothing styles that will only last one season.
- ❖ Check out many different resources when purchasing clothing: department stores, discount stores, catalogs, consignment shops, garage sales, and second hand stores. Don’t forget about that older brother/sister or cousin when looking for hand-me-downs to increase your wardrobe power.

*A good resource for evaluating clothing decisions is “**A Style of Your Own.**” This 4-H CCS curriculum offers two activity books: “Discovering Choice” for young teens and “Managing Choice” for older teens. Ask your Extension Educator about these publications.

MODELING

Good posture is the first step in effective modeling. Good posture helps distribute body weight so that the figure looks well proportioned. Use a full-length mirror to check posture and body alignment. Stand sideways and have a friend help you check your “image.” Standing with good posture, you should be able to “see” an imaginary straight line from the bottom of your ear down to your ankle.

Modeling for the Judges

Walk

Your walk tells a great deal about you. It reveals shyness or confidence, carelessness or pride in appearance. The art of walking is the foundation for good modeling. Once learned, a graceful walk becomes a habit, requiring no thought because it is part of you.

Practice with the shoes that you will wear for Fashion Revue.

Practice walking toward a full-length mirror and see what you look like to others. A friend can check your appearance from the back and side.

Walk with poise. Reach with your front foot; push with your back foot. Imagine a faint breeze propelling you along.

Arms

The arms should not detract from the clothes being modeled, therefore they should not swing out more than the width of the body. Keep arms loose and easy, hanging close to the body. To give an uncluttered view of the garment, keep your hands away from the front and back of your body.

Sitting

There will be chairs for you to sit on during the 4-H Fashion Revue contest. When sitting, go to the chair and turn so that your back is toward the chair. Back up so that you feel the chair at the back of your legs. Be sure to sit properly. Don't cross legs at the knee; cross them at the ankle with your knees turned to one side. Keep your hands placed in your lap.

Turns/Pivots

There are many turns and ways to move as you are modeling a garment. When modeling, turn so the audience can see all angles of the outfit. Any type of turn will be easier if you let your body naturally follow your feet. Make the turn in the way that seems most natural to you.

“T” POSITION



Back Foot

Forward Foot

Half Turn – begin with your feet in a “T” position, lift heels slightly, pivot in the direction of the back foot. Pause. Pivot back to the original position. Toes never leave the floor. By sliding the forward foot behind the other foot, you may reverse the position of the “T.” By turning halfway and walking from there, you can also change the direction of movement.

Full Turn – begin with feet in the “T” position. (1) Lead with the forward foot, and take a small step placing one foot in front of the other and lifting heels slightly; (2) pivot around on the balls of the feet in the direction of the back foot; (3) pull the heel of the front foot into the other foot, resuming your stance. (4) Pause. (5) To complete the turn, take a small step with the front foot, step around the back foot and pivot so you again face the audience. Pull heel in. when stepping out to starting walking; lead with the front foot.

Interviewing with the Judge(s)

Stand far enough away from the judges' table so that they can see your total look. Let your hands rest at your side when talking to the judges. Hands in pockets or folded in front or back may cause the garment to hang unevenly. Let them see a smiling but dignified model. Be confident. Look as though you believe that your outfit is the world's finest. Model for every judge. Show the front, back and sides of the outfit. Keep moving – not fast, not slow – but with a natural rhythm.

Modeling for the Public

Listen to the commentator for your cue to start movement.

Listen to what the commentator says about your outfit. When he/she describes your outfit, turn slightly to each side so the audience can see the details. Keep eye contact with at least some of the audience.

Listen for the cue to leave the stage – but don't rush. Walk to the exit and pause. Turn and smile at the audience, then exit. Never rush the last few steps of the exit.

At State Fair Fashion Revue, escorts will be available at the bottom of the steps. Please accept their assistance, as sometimes the steps are slippery.

Reminder: Due to stage lighting, there may be a need for more make-up. Guys too! Harsh lights make the skin appear pale. Lights also show through clothing. Be sure to choose appropriate undergarments.

Highlighting Fashion Details

Hand gestures may be used to highlight features.

- ✓ Accent a pretty sleeve by placing your hand on your hip.
- ✓ Emphasize a pocket by placing your fingertips in it, thumb out, keeping your hand flat. Do not push your hand into the pocket.
- ✓ Show off garment lining, if it is interesting, by holding open the front edge of the garment.
- ✓ Practice these gestures until they are natural and casual looking; otherwise, it is better not to use them.

Shoes

- ✓ Wear shoes that are comfortable, appropriate to the outfit and in which you feel at ease.
- ✓ Wear your shoes on a rough surface before you model. Scuffing up the soles will help them from being slippery. Slick soles may cause slipping.
- ✓ Shoes should be polished and in good condition. They do not need to be new shoes.

Coats/Jackets

When taking off a coat or jacket:

- ✓ Unbutton from the bottom up.
- ✓ Grab a lapel with each hand and slide coat or jacket off your shoulders.
- ✓ The coat or jacket will naturally fold in half when it is held at the neck. Place coat over a slightly bent arm with open edges toward the elbow. Take care not to hide the remaining garments being shown.
- ✓ Practice removing a coat or jacket until it is an easy and natural movement, done quickly and smoothly.
- ✓ When you are finished modeling, you should put the coat or jacket back on so the judge(s) can see how it fits you.

Most of all, HAVE FUN!