



4-H Modeling Workshop

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Clover Kids



Decorated Shirt



Decorated Pants



Decorated Accessory

STEAM Clothing 1



Non-wearable
Sewn project



Simple Sewn
Top



Simple Sewn
Bottom



Simple Sewn
Dress

Beyond The Needle



Embellished
Garments



Garments
constructed from
Designed Fabric



Textile Arts
Garments

Shopping In Style



Purchased Outfits

Accessories

Choose accessories that are appropriate for the garment you'll be wearing and either blend or contrast with your outfit. Wear jewelry if it is appropriate for your garment. Hats are a fun addition too, as long as they complete your total look. A good rule for shoes is that they be the same color as your garment or a neutral color such as tan, gray, or black. Make sure that your shoes are clean, fit appropriately, and are comfortable to stand and walk in.

Remember, the most important finishing touch is a positive attitude. :) When modeling, take a couple of deep breaths, relax, and wear a smile!

4-H Fashion Show Narration

A Fashion Show narration helps both the model and the audience. It tells the model when to take the stage, what fashion details to highlight, and when to leave the stage. The narration tells the audience the 4-H'ers name or club, information about the garment, special features of the garment, etc.

Writing a 4-H Fashion Show Narration

Keep your narration brief. (50-80 words)

Be very descriptive and informative.

Point out one or two highlights of your garment.

What to put in your Fashion Show Narration

Your name, town, grade this fall, school, or 4-H club

A brief description of your outfit and accessories selected

Steps that it took to make your garment

One new thing you learned

Where you will wear your outfit

Amount of money you saved

Why you decided to make your garment

Example 5:

“Plum-crazy!” might describe the reaction of Maria Gonzales’s friends to her picture perfect pullover, poly-cotton print dress. Side skirt pockets, a ruffled bodice and full, banded, elbow-length sleeves accent this 4-H’ers creation. Maria of Talmage created balance in her outfit with a self-styled wrap belt for that “just right” finishing touch.

Example 6:

Short and sweet - that's the cool summery look of Otoe County's Wendy Moore. Wendy chose khaki sports-cloth for these elasticized shorts. The red-orange jungle print top looks cute and cool with its open neck and cap sleeves. Keeping things cool...that is what Wendy is all about!

Posture

Bad posture is an unrecognized flaw in many people. However, when modeling, bad posture is a harmful flaw. Slouching affects your appearance, so never slouch or hunch. Always remember to keep your back straight and your shoulders up and out. In addition to your back and shoulders, always remember to pull in your stomach muscles; this will naturally help you stand up straighter. When standing still or posing, bend your knees slightly to keep them from locking.



Pace and Walking

Your walk tells a great deal about you as you model on stage. It reveals shyness or confidence, carelessness or pride in appearance. Once learned, a graceful walk becomes a habit, requiring no thought because it is part of you.

Do not move too fast or too slow on the stage. Allow your arms to move freely and naturally when walking. Do not keep your arms too straight. Hands should be at your sides and still, unless you are using them to express your garment.

Remember to keep your hands open and fingers visible. Balled up fingers and hidden hands make you appear tense and nervous. Imagine you are following a line. Walk with your feet pointed forward, not turned out. Practice walking in the shoes that you will be wearing when modeling. Try to familiarize yourself ahead of time with the stage or area that you will be walking on.

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 fingers in it, thumb out, keeping your hand flat

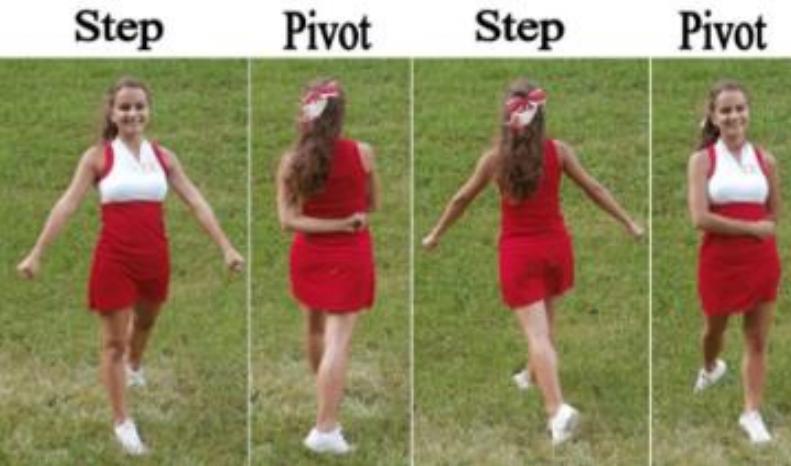
Show off garment lining by holding open the front edge of the garment.

Practice these gestures until they are natural and casual looking; otherwise, it is better not to use them when modeling.

Turns/Pivots

Half Turn

Full Turn



Confidence in Personal Appearance

Clean hair styled to complement your face

Well manicured nails (If polish is used, it should not be chipped or worn off.
Open-toe shoes and sandals mean well manicured toenails too.)

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 a positive attitude.

Comfortable clothing that is the right length and fits well without being too tight
or too loose

Be sure to drink plenty of water to keep your body hydrated and eat a small
snack before modeling to keep your energy up.

Putting Your Best Foot Forward

Whether you are modeling in a fashion revue or performing on stage, it is always important to put your best foot forward. This means to try and do something the best you can and to keep trying to improve on that.



Oops...

If you make a mistake when modeling, ignore it and move on. The audience will forget it as fast as you do (if they noticed it in the first place). Facial expressions or comments only draw attention to your mistake. Instead, take a deep breath, relax, and smile! :)



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 sides when talking to the judges. Hands in pockets or folded in front or back of you may make you seem nervous. Be confident and look as if your outfit is the greatest. When modeling for the judge, show the front, back, and sides of your outfit and move at a natural pace - not fast, not slow- . The judge will also ask you questions about your outfit. Relax and answer the judge as best as you can. Don't forget to impress them with a confident smile. :)

Modeling for the Public

Watch the commentator for your cue to walk on stage.

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.

The audience is there to watch you perform and congratulate you. Look out at the audience and perform for them. If you are too nervous to look at the audience, look slightly above them. Never look down at the stage or your feet, keep your focus up and out.

Listen for the end to your narration, but don't rush to leave the stage. Walk to the exit and turn to smile at the audience before leaving the stage.

<https://www.youtube.com/watch?v=u93jp16Jq3o>