

4-H Clothing Buymanship Tuesday

Week 5 Challenge

Modeling Tips

Practice modeling at home while keeping these tips in mind:

- Relax and Breathe – prior to modeling, relax your neck and shoulders and breathe deeply and slowly to relax
- Posture – keep your back straight and your shoulders up; pull in your stomach muscles to help you stand up straighter; when standing, bend knees slightly to keep them from locking
- Pace and Walking – do not move too fast or too slow; allow arms to move freely and naturally
- Hands – hands should be at your sides and still; keep hands open and fingers visible
- Standing and turning – when standing, place your feet in a “Y” position; a pivot turn works well when you need to turn around or change direction
 - Pivot from the standing “Y” position by taking a short step forward with your front foot, keep both feet on the floor, then lift your heels and pivot off the balls of your feet so your toes are pointing in the opposite direction, finish by sliding your front foot back to the “Y” position
- Pattern – a simple modeling pattern can be a triangle or a “T” line; make sure to give the judge a good view of the front and back of your outfit
- Focus – Look at and perform for the judge; never look down at the stage or your feet; focus should be up and out
- Facial Expressions – smile a lot and have fun!

Confidence is important and practicing at home will increase your confidence and make you feel more comfortable.

Fashion Revue forms and a sheet about what to expect at fashion revue judging, including a starter list of potential questions the judge may ask, are included at https://www.geary.k-state.edu/4-h/virtual_buymanship_lessons.html.

Questions to think about:

What do you enjoy most about modeling or performing in front of others?

Why do you think it's important to practice modeling before the fashion revue?

What are some other things you do that require practice?

What are some things you should spend more time practicing?



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