This 4-H project is designed to help you explore fiber arts. You will learn many techniques for working with fiber.

- Learn to create accessories, clothing or other items for yourself and others.
- Learn about fibers and fabrics.
- Apply design elements and art principles to your created item.

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

**Communication**
- Interview a local business owner.
- Create a 4-H video demonstrating how to create a fiber arts item.
- Teach others how to create an item from the fiber arts project.

**Citizenship**
- Organize your group to knit mittens for a local shelter.
- Organize your group to make something for a community facility.

**Leadership**
- Teach a class on a fiber arts project to your 4-H club or a community organization.
- Plan a trip to a craft or fiber arts show for your 4-H club.

**Entrepreneurship**
- Sell your items at a local craft show.
- Job shadow a craft store owner or manager.

### Here’s what you can do all year!

#### Embroidery
- Use an embroidery hoop and fabric.
- Learn basic embroidery stitches.
- Create a wall hanging, pillow or decoration with embroidery stitches.

#### Knitting
- Learn to cast on, bind off, purl and knit.
- Learn how to increase, decrease, pick up stitches and make seams.
- **Online Resources**

#### Latch Hooking
- Complete one or more latch hook articles (a kit may be used).
- Complete a latch hook article with individualized initials, sculpturing, colors, etc.
- **Online Resources**

#### Needlepoint
- Learn to read a needlepoint pattern.
- Learn to make two tent (continental and basket weave) stitches and when to use them.
- **Online Resources**

#### Crochet
- Learn how to select correct crochet hooks.
- Read and understand a pattern.
- Learn how to chain stitch, single crochet, double crochet and slip stitch.
- **Online Resources**

#### Macramé
- Learn to tie basic macramé knots.
- Make a simple macramé article.
- Create an advanced project in macramé (lamp shade, hanging shelf, hammock, etc.)

#### Quilting for Fun
- Combine design principles and sewing skills to create a quilted item.
- Learn the uses of quilting tools, fabrics, patterns and quilting techniques.
- Create items for decorating a room or garment.
- **Online Resources**

#### All Fiber Art Areas
- Learn to select and purchase yarn and threads.
- Learn to recognize mistakes and how to correct them.
- Compare cost of ready-made vs. homemade items.
- Teach some of your fiber arts skills to someone else.
- Complete an article of two or more colors.
- Incorporate advanced techniques in to your article (ex. seam forming).
- Learn how to care for fiber arts items.

Learn more at [www.ndsu.edu/4h/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.
Here are other opportunities to explore the fiber arts project:

- View the quilts at a quilt show, making note of the use of the design elements and principles as well as the use of fabric and embellishment.
- Attend the Extension Youth Conference and participate in workshops, listen to motivational speakers and participate in a community service project; bring ideas back to your club and community.
- Interested in a college education in the area of apparel merchandising, design and production? Schedule a visit with North Dakota State University’s College of Human Development and Education at www.ndsu.edu/hde.

Exhibit Ideas

- Create any knitted, crocheted or needlework item. Examples: sweater, afghan, mittens, gloves, hats, scarves, slippers, cap, toy, belt.
- Compare and evaluate materials, supplies or accessories used for knitting, crocheting or needlework.
- Create a story, poster or display about a knitted, crocheted or needlework heirloom from your family or local history museum. The exhibit should include information about how the item should be preserved.
- Develop a poster, scrapbook or display showing how a knitted, crocheted or needlework product is or could be priced, advertised and marketed in your community or state.
- Mount knitted, crocheted or needlework samples and label them with the kind of stitch and type of yarn or thread used.
- Make any quilted item: quilt, lap quilt, pillow top, vest, clothing item, etc.
- Create a booklet about the process involved in making a quilt.
- Develop a display on the repair of a quilted item.
- Document the history of your quilt or quilts and styles.

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