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.

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.

**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**

**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.

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.

4-H Resources

- Project books available through your local Extension office:
  - How to Crochet (B00155)
  - How to Embroider (B0A158)
  - How to Knit (B0A156)
  - Latch Hooking (B0A165)
  - Macramé (B0A160)
  - How to Needlepoint (B0A151)
  - Quilting the Best Better! (C0A113)
  - You Can Quilt (C0A112)
  - Educational Trunks

Other Resources

- FiberArts.org
- Fiber Artists
- Handy Hands Tatting
- Kansas 4-H Fiber Arts on Pinterest
- Planning for My Project Adventure (PA093)
- ND 4-H Project Plan (PA095)
- ND 4-H Plan of Action (PA096)
- ND 4-H Participation Summary for 11- to 19-year-olds (PA098)

Recordkeeping

- 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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