



4-H Fiber Arts

North Dakota 4-H Project Sheet

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



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

- 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.

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.

Here's what you can do all year!

<p>Embroidery</p> <ul style="list-style-type: none"> • Use an embroidery hoop and fabric. • Learn basic embroidery stitches. • Create a wall hanging, pillow or decoration with embroidery stitches. 	<p>Knitting</p> <ul style="list-style-type: none"> • Learn to cast on, bind off, purl and knit • Learn how to increase, decrease, pick up stitches and make seams. • Online Resources 	<p>Quilting for Fun</p> <ul style="list-style-type: none"> • 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 	<p>Citizenship</p> <ul style="list-style-type: none"> • Organize your group to knit mittens for a local shelter. • Organize your group to make something for a community facility.
<p>Needlepoint</p> <ul style="list-style-type: none"> • Learn to read a needlepoint pattern. • Learn to make two tent (continental and basket weave) stitches and when to use them. • Online Resources 	<p>Latch Hooking</p> <ul style="list-style-type: none"> • 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 	<p>All Fiber Art Areas</p> <ul style="list-style-type: none"> • 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. 	<p>Leadership</p> <ul style="list-style-type: none"> • 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.
<p>Crochet</p> <ul style="list-style-type: none"> • 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 	<p>Macramé</p> <ul style="list-style-type: none"> • Learn to tie basic macramé knots. • Make a simple macramé article. • Create an advanced project in macramé (lamp shade, hanging shelf, hammock, etc.) 		<p>Entrepreneurship</p> <ul style="list-style-type: none"> • Sell your items at a local craft show. • Job shadow a craft store owner or manager.





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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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4-H Resources

- Project books available through your local Extension office:
 - How to Crochet (BCA155)
 - How to Embroider (BCA158)
 - How to Knit (BCA156)
 - Latch Hooking (BCA165)
 - [Macramé](#) (BCA160)
 - How to Needlepoint (BCA151)
 - Quilting the Best Better! (CB113)
 - You Can Quilt (CB112)
- [Educational Trunks](#)

Other Resources

- FiberArts.org
- [Fiber Artists](#)
- [Handy Hands Tatting](#)
- [Kansas 4-H Fiber Arts on Pinterest](#)

Recordkeeping

- [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)

Learn more at www.ndsu.edu/4h/ or contact your county NDSU Extension office.