



# 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.



- 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.

## Here's what you can do all year!

<p><b>Embroidery</b></p> <ul style="list-style-type: none"> <li>• Use an embroidery hoop and fabric.</li> <li>• Learn basic embroidery stitches.</li> <li>• Create a wall hanging, pillow or decoration with embroidery stitches.</li> </ul>	<p><b>Knitting</b></p> <ul style="list-style-type: none"> <li>• Learn to cast on, bind off, purl and knit</li> <li>• Learn how to increase, decrease, pick up stitches and make seams.</li> <li>• <a href="#">Online Resources</a></li> </ul>	<p><b>Quilting for Fun</b></p> <ul style="list-style-type: none"> <li>• Combine design principles and sewing skills to create a quilted item.</li> <li>• Learn the uses of quilting tools, fabrics, patterns and quilting techniques.</li> <li>• Create items for decorating a room or garment.</li> <li>• <a href="#">Online Resources</a></li> </ul>	<p><b>Citizenship</b></p> <ul style="list-style-type: none"> <li>• Organize your group to knit mittens for a local shelter.</li> <li>• Organize your group to make something for a community facility.</li> </ul>
<p><b>Needlepoint</b></p> <ul style="list-style-type: none"> <li>• Learn to read a needlepoint pattern.</li> <li>• Learn to make two tent (continental and basket weave) stitches and when to use them.</li> <li>• <a href="#">Online Resources</a></li> </ul>	<p><b>Latch Hooking</b></p> <ul style="list-style-type: none"> <li>• Complete one or more latch hook articles (a kit may be used).</li> <li>• Complete a latch hook article with individualized initials, sculpturing, colors, etc.</li> <li>• <a href="#">Online Resources</a></li> </ul>	<p><b>All Fiber Art Areas</b></p> <ul style="list-style-type: none"> <li>• Learn to select and purchase yarn and threads.</li> <li>• Learn to recognize mistakes and how to correct them.</li> <li>• Compare cost of ready-made vs. homemade items.</li> <li>• Teach some of your fiber arts skills to someone else.</li> </ul>	<p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>• Teach a class on a fiber arts project to your 4-H club or a community organization.</li> <li>• Plan a trip to a craft or fiber arts show for your 4-H club.</li> </ul>
<p><b>Crochet</b></p> <ul style="list-style-type: none"> <li>• Learn how to select correct crochet hooks.</li> <li>• Read and understand a pattern.</li> <li>• Learn how to chain stitch, single crochet, double crochet and slip stitch.</li> <li>• <a href="#">Online Resources</a></li> </ul>	<p><b>Macramé</b></p> <ul style="list-style-type: none"> <li>• Learn to tie basic macramé knots.</li> <li>• Make a simple macramé article.</li> <li>• Create an advanced project in macramé (lamp shade, hanging shelf, hammock, etc.)</li> </ul>	<p><b>All Fiber Art Areas</b></p> <ul style="list-style-type: none"> <li>• Complete an article of two or more colors.</li> <li>• Incorporate advanced techniques in to your article (ex. seam forming).</li> <li>• Learn how to care for fiber arts items.</li> </ul>	<p><b>Entrepreneurship</b></p> <ul style="list-style-type: none"> <li>• Sell your items at a local craft show.</li> <li>• Job shadow a craft store owner or manager.</li> </ul>





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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](http://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](http://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/](http://www.ndsu.edu/4h/) or contact your county NDSU Extension office.