



# 4-H QUILTING PROJECT



## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how quilting excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

This project is designed to help youth learn about quilts and gain a deeper appreciation of the art of quilt making. The 4-H quilting project lets youth explore their creativity and strengthen their self-confidence while keeping alive a historical pastime, tradition, and craft. Allowing youth to explore and create using material and thread fosters a love for the craft of sewing whether by hand or machine.

- Build self esteem by applying the quilt concept to other skills that may include design techniques or applications
- Create original patterns and designs
- Develop fabric-handling skills.

### Starting Out *Beginner*

- Assemble basic quilting equipment needed for cutting and sewing quilts.
- Learn safe procedures for cutting, pressing, and sewing a quilt.
- Learn about color schemes, types of materials, thread types and color choice.
- Practice sewing accurate 1/4" seams.
- Make basic shapes to create a given pattern within a square.

### Learning More *Intermediate*

- Make a Color Wheel of fabrics/paint chips.
- Design an original pattern within a square by applying design principles, rhythm, balance and color
- Understand "the Sandwich"-what makes a quilt a quilt and not a blanket.
- Build a quilt from an original pattern
- Discuss machine quilting versus free hand quilting.
- Practice safety with all tools and equipment

### Exploring Depth *Advanced*

- Build a quilt from an original pattern and explore using half square triangles or quarter square triangles.
- Assemble the quilt 'sandwich' with top, batting, and backing, plus binding. Finish your quilt by hand quilting, machine quilting or tying it.
- Be adventurous and try different types of seams.
- Design a label for your quilt.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Healthy Living

- Use recycled or repurposed materials, like denim, to create a quilt.
- Investigate how to properly clean, launder, care for and store a quilt.
- Study the use of quilts as a way to stay warm before central heating.

## Science, Engineering, and Technology

- Use math skills to create a pattern of your own design.
- Experiment with computer-aided designs for blocks and layout design.
- Study or design an experiment that tests the durability, stain-resistance, or color-fastness of a fabric.

## Citizenship

- Find places in your community where you can donate time or your creations, such as a crisis center, homeless shelter, hospital or care home.
- Find an organization that is making quilts for the needy and contribute.

## Leadership

- Share quilting skills with novice quilters.
- Plan a field trip to places such as: a quilt show, a quilt shop, art exhibit or museum where quilts are displayed.

## Resources

- International Quilt Study Center and Museum: <http://explorer.quiltstudy.org>
- Shape and Space in Geometry: Quilts: <http://www.learner.org/teacherslab/math/geometry/shape/quilts/index.html>
- Quilter's Club of America: <http://www.quiltersclubofamerica.com>
- Quilt Classroom: <http://www.quiltclassroom.com>
- Color Wizard: <http://www.colorsontheweb.com/colorwizard.asp>
- Quilting 101: [quilting101.com](http://quilting101.com)
- Beginner Quilting: [www.beginners-quilting.com](http://www.beginners-quilting.com)

### Connections & Events

**Presentation Days** – Exhibit your project at your 4-H club or local or county events such as County fair, State fair.

**Field Days** – During these events, 4-H members may participate in a variety of contests related to their project area.

### Curriculum

- Nebraska 4-H Curriculum "Quilt Quest": <http://4h.unl.edu/web/4hcurriculum/4h1320>

### 4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [www.ca4h.org/4hbook](http://www.ca4h.org/4hbook).



**University of California** Agriculture and Natural Resources

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