

Oklahoma 4-H Youth Development



OSU EXTENSION
4-H YOUTH DEVELOPMENT

Design and Construction

Through **Design and Construction** youth and volunteers can explore science, technology, engineering, arts, math, healthy & wellness, cultures, history, environmental sustainability, consumer education, economics, and much much more.

This resource was created April 2022. Resources and hyperlinks may have changed. Contact karla.knoepfli@okstate.edu with questions or updates.

Apparel Design and Construction

The Apparel Design & Construction Project allows youth to explore the fashion and functional design of clothing and accessories. As youth master skills, they learn about textiles, construction, fit, fashion vs fad, re-purposing, and adapting for specific needs. Through hands-on projects, youth become skilled in math and engineering, and knowledgeable of the historic, cultural, social, and economic impact of clothing in society.

Life Skills Development:

- Develop decision making skills
- Develop the ability of Learning to Learn
- Develop self-confidence in one's ability to plan/organize

Hobbies, Textiles Design and Construction

The Hobbies-Textiles Design & Construction Project allows youth to explore hobbies such as knitting, crochet, embroidery, and the quilting arts. As youth master skills, they learn about the art and science of textiles – printing, dyeing, spinning, and weaving. Through hands-on projects, youth become skilled in math and science, knowledgeable of history and cultures, and the high-tech use of textiles in everyday life.

Life Skills Development:

- Develop the ability of Learning to Learn
- Develop healthy lifestyle choices
- Develop stress management skills

Interior Design and Construction

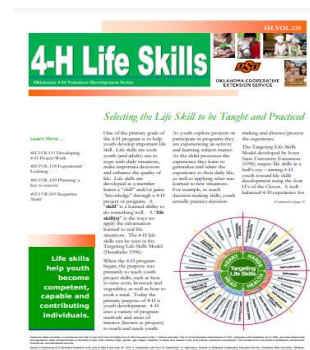
The Interior Textiles Design & Construction Project allows youth to explore the design of functionally safe living spaces and furnishings. As youth master skills, they learn about lighting, textiles, interior materials and finishes, and social and environmental responsibilities. Through hands-on projects, youth become more skilled in math, science, and engineering; knowledgeable of history and cultures; and aware of technical innovations contributing to environmental sustainability.

Life Skills Development:

- Develop critical thinking
- Develop the ability plan and organize
- Develop concern for others

To learn more about 4-H life skills see helpsheet **4H.VOL.135**

<https://4h.okstate.edu/volunteers/site-files/docs/4h-models/life-skills-model-new-logo.pdf>



SEWING

Sewing teaches youth how to sew while learning and about textiles, construction techniques and design principles
Grades 3-12

New resources always being added in STEAM, Hobbies, Arts, Sewing, and other related areas. <https://4-h.org/resources/curriculum/>

[Under Construction](#)

Grades 3-4

Under Construction, Level 1, will help youth learn the basics of sewing construction and how to make simple clothing or accessory pieces

[Fashion Forward](#)

Grades 5-6

Fashion Forward, Level 2, will help youth understand their fashion sense and give them the skills needed to create unique style of their own.

[Refine Design](#)

Grades 7-12

Refine Design, Level 3, will help youth learn more about fashion and their unique style as well as technology in sewing and careers in the textile industry.

[Helper's Guide](#)

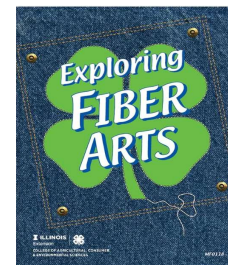
This guide is packed with activities to involve the entire group. Youth will learn more about fashion and their unique style as well as technology in sewing and careers in the textile industry.

[Exploring Fiber Arts](#)

This project book will guide project leader and youth in learn about eleven different areas of fiber arts.



SEWING EXPRESSIONS
CURRICULUM: SET OF 4
\$19.50





SEWING EDUCATION

- [Find a Sewing Teacher](#)
- [Guidelines for Sewing](#)

FREE PROJECTS

- [Baby & Toddler](#)
- [Bridal Sewing](#)
- [Charitable Sewing](#)
- [Dolls, Toys, Games](#)
- [Fashion Sewing](#)
- [Fun Projects](#)
- [Home Decor](#)
- [Jewelry](#)
- [Kids Projects](#)
- [Men's Sewing](#)
- [Pets](#)
- [Pillow Projects](#)
- [Purses, Bags, Totes](#)
- [Quilt Projects](#)
- [Teen Projects](#)

HOLIDAY PROJECTS

- [Christmas & Winter](#)
- [Halloween](#)
- [Thanksgiving](#)
- [Other Holidays](#)

FEATURES

- [My Sewing/Craft Room](#)
- [SEW-lutions Blog](#)

MISCELLANEOUS

- [Advertise With Us](#)
- [Contact Us](#)
- [Newsletter Sign-Up](#)

SHOP

- [Body Form Booklet](#)
- [Sewing Gifts](#)

SEW-lutions Guidelines

Your Guide To Successful Sewing

SEW-lutions Guidelines are educational articles in pdf format. They cover all aspects of sewing, from beginner and learn to sew instructions to advanced sewing techniques. The Guidelines project is ongoing and new Guidelines are added on a regular basis. For sewers of all levels, they are Your Guide to Successful Sewing! [Read Copyright Information](#)

1 - Sewing Tools

- 1.105 Basic Tools
- 1.107 Sewing Tools
- 1.108 More Sewing Tools
- 1.125 Mats for Rotary Cutters
- 1.126 Rotary Mat Q&A
- 1.130 Scissors and Shears
- 1.133 Rotary Cutters
- 1.135 Measuring Tools
- 1.145 Marking Tools
- 1.150 Tube Turners Part 1
- 1.151 Tube Turners Part 2

2 - Equipment

- 2.101 Setting Up a Sewing Room Sewing
- 2.102 Machine Basics
- 2.105 Buying a Sewing Machine Pressing
- 2.115 Equipment
- 2.116 Ironing Boards
- 2.150 Sergers
- 2.210 Presses & Home Pressing Systems

3 - Understanding Patterns

- 2.220 Serger Stitches
- 2.245 Computerized Sewing Machines
- 3.110 Pattern Markings Part 1

10 - Fashion/Apparel

- 10.105 Body Types
- 10.120 Clothing Care and Repair

11 - General How-To

- 11.107 Pressing Pants
- 11.110 Simple Seaming Techniques
- 11.115 Seam Finishes Part 1
- 11.125 Fold-Down Casings
- 11.130 Simple Hems
- 11.135 Staystitching
- 11.215 Easing, Gathering & Shirring
- 11.221 Working with Fold-over Elastic
- 11.226 Applied Casings
- 11.227 Twin-Needle Sewing
- 11.230 Seam Finishes Part 2 Ruffles
- 11.232 Working with Stripes
- 11.260 Piping
- 11.305 Princess Seams
- 11.310 Flat Fell Seams
- 11.330 Bound and Hong Kong Seam Finishes
- 11.340
- 11.380 Beading Part 1
- 11.381 Beading Part 2

<https://www.sewing.org/html/guidelines.html>

<https://www.sewing.org/index.html>



<https://4h.extension.illinois.edu/ways-participate/projects/sewing>

INTERIOR DESIGN

Design Decisions # 4-H 1600 (2009)

VISUAL ARTS: CHALK, CARBON, PIGMENT

Getting Started in Art (Beginner) # 4-H 592 (2012)
Sketchbook Crossroads (Advanced) # BU-08140 (2005)
Portfolio Pathways (Advanced) # BU-08141 (2005)

VISUAL ARTS: CLAY

Getting Started in Art (Beginner) # 4-H 592 (2012)
Sketchbook Crossroads (Advanced) # BU-08140 (2005)

VISUAL ARTS: COMPUTER GENERATED ART

Getting Started in Art (Beginner) # 4-H 592 (2012)
Portfolio Pathways (Advanced) # BU-08141 (2005)

VISUAL ARTS: FIBER

Getting Started in Art (Beginner) # 4-H 592 (2012)
Sketchbook Crossroads (Advanced) # BU-08140 (2005)
Exploring Fiber Arts # MF0118 (2018)

ONLINE: Duct Tape Crafts

ONLINE: 4-H Crochet

ONLINE: The 4-H Crocheting Handbook

ONLINE: Knitting Tutorials

VISUAL ARTS: GLASS & PLASTIC

Getting Started in Art (Beginner) # 4-H 592 (2012)

Creating Stained Glass Projects # MF0117 (2018)

VISUAL ARTS: HERITAGE ARTS

Getting Started in Art (Beginner) # 4-H 592 (2012)

Sketchbook Crossroads (Advanced) # BU-08140 (2005)

[ONLINE: 4-H Crochet](#)

[ONLINE: The 4-H Crocheting Handbook](#)

[ONLINE: Knitting Tutorials](#)

VISUAL ARTS: LEATHER

[ONLINE: 4-H Leather Craft Unit 1](#)

[ONLINE: 4-H Leather Craft Unit 2](#)

[ONLINE: 4-H Leather Craft Unit 3-7](#)

[ONLINE: 4-H Leather Craft Unit 8-10](#)

VISUAL ARTS: METAL

Getting Started in Art (Beginner) # 4-H 592 (2012)

[ONLINE: 4-H Metal Enameling Member Guide](#)

VISUAL ARTS: NATURE

Getting Started in Art (Beginner) # 4-H 592 (2012)

VISUAL ARTS: PAPER

Getting Started in Art (Beginner) # 4-H 592 (2012)

[ONLINE: Paper Crafts](#)

VISUAL ARTS: SCRAPBOOKING

Getting Started in Art (Beginner) # 4-H 592 (2012)
4-H Scrapbooking # MF0116 (2013)

VISUAL ARTS: 3-DIMENSIONAL MIXED MEDIA

Getting Started in Art (Beginner) # 4-H 592 (2012)
Sketchbook Crossroads (Advanced) # BU-08140 (2005)

VISUAL ARTS: WOOD

Getting Started in Art # 4-H 592 (2012)

SPECIAL ORDER RESOURCES FOR GROUPS & LEADERS IN CREATIVE ARTS

Imagination in Action Beginner Guide # 08445 (2013)
Imagination in Action Inter. Guide # 08446 (2013)
Imagination in Action Advanced Guide # 08447 (2013)
Theatre Arts Group Helper's Guide # BU-08073 (2004)
[Leathercraft Leader's Guide](#)
[ONLINE: Metal Enameling Leader Guide](#)



IOWA STATE UNIVERSITY

Extension and Outreach

4-H Youth Development

<https://www.extension.iastate.edu/4h/exhibit-tip-sheets>

Tip Sheets For Specific Classes

Citizenship (color)
Clothing and Fashion
Communication (color)
Design Elements & Art
Principles Digital Storytelling
Food & Nutrition (color)
Home Improvement
Photography (color)
Sewing & Needle Arts (color)
Visual Arts (color)
Woodworking (color)

Sewing and Needle Arts

Use your sewing skills and creativity to make clothes, pillowcases, horse blankets, or anything else you can stitch, knit or crochet!

Learn to create clothing or other items for yourself and others
Learn about fibers and fabrics
Apply design elements and art principles to your constructed item
Learn how to safely use sewing equipment

Ideas for Project Area Learning

Learn to use your sewing machine, its attachments, and other equipment (cutters, needles, scissors, etc.)
Sew on a button by hand
Learn to read care labels on fabric items
Learn to knit, crochet, or hand-embroider simple project
Explore the properties and care techniques for different types of fabric
Install a zipper, add a pocket, or use other embellishments
Design your own pattern, using design elements and art principles
Compare cost of ready-made vs. homemade items
Design and make a furnishing accessory you can sell, and market your product

Share What You Learn with Others!

Communication

- Make a poster explaining how to read care labels
- Interview a local business owner
- Do a presentation on evaluating construction quality of purchased sewn items

Civic Engagement

- Make pillowcases to send overseas
- Organize your group to knit mittens for a local shelter
- Organize your group to sew something for a community facility (ex: curtains, pillowcases, etc.)

Leadership

- Organize a club field trip to a fabric store to learn about appropriate fabrics for various sewing projects.
- Lead a working exhibit for your club on embellishing techniques
- Organize a prom dress exchange service at your school.

Exhibit Ideas

- Explain how woven fabrics differ from knit or felted fabrics.
- What are some new fabrics and why were they made? (bulletproof vests, antibacterial, wicking, etc) Why do we use detergent and how do stain removers work?
- Different ways to remove different stains.
- Develop a portfolio, poster, power point or notebook of your sewing leadership project.

4-H/Extension Resources

- [Elements and Principles of Design](#)
- [Principles of Design in Clothing](#)

Clothing

This 4-H project is designed to help you explore the world of clothing. Fashions fade – learn to make your style your own and timeless in the clothing project. Discover what looks best on your body, how to make it, where to buy it, and how to care for it.

Express yourself through creating and planning an exciting wardrobe Develop skills to purchase and make clothing

Learn how to use equipment to make and care for your clothes Make clothes for yourself and others

Ideas for Project Area Learning!

Learn sewing machine parts, sewing tools, and how to sew on buttons

Examine the cost savings of buying new versus used clothing and accessories

Understand how fabrics are made from fibers

Learn how to sew garments using patterns and the elements of design

Discover your personal image through clothing and accessories

Compare different fabrics, yarns, and finishes

Discover how to sew garments integrating the principles of design

Learn the pros and cons of different types of retail sales, various methods to pay for clothing, and techniques for assessing product advertisements

Understand the differences between natural and manmade fibers

Share What You Learn with Others!

Communication

Design a poster identifying sewing machine parts and proper care of a sewing machine

Create a 4-H video demonstrating how to sew on a button

Teach others how to use a sewing machine to create decorative pillows

Civic Engagement

Collect teen sized jeans and donate to a local shelter or Goodwill store Volunteer to sort and clean donated clothing at second-hand stores Organize a community clothing drive

Leadership

Make a stain removal chart for your family's laundry area. Collect and organize all items needed in the chart to make stain removal easier for your family
Assist family members in going through their closets to recycle no longer worn clothing
Bring your family together to organize a clothing garage sale

Exhibit Ideas

Select multiple fabrics and compare what the fabrics are made of, durability, wrinkle resistance, absorbency, colorfastness, and proper care
Show how to make basic clothing repairs with a needle and thread
Illustrate how integrating design elements and principles can flatter body shapes and positively impact peoples' first impressions
Create a poster identifying the quality of fabrics based on type of fibers, yarn, construction, finish, and coloring methods
Describe process of sorting laundry and the effects of water temperature, detergent, bleach, and softener on fabrics

4-H/Extension Resources

Color Wheel 4H 0633
Elements and Principles of Design in Clothing 4H 0313
Writing a Clothing Event Commentary 4H 2801

Clothing Activities and Exhibits

Kentucky 4-H Project Sheets
Texas 4-H Duds to Dazzle
Texas 4-H Sewing Basics

Stain Removal

Quick and Easy Stain Removal
Answer Line Laundry Category
Getting Better Laundry Results

Protective Clothing

Clothes Soiled with Pesticide
Wear Coveralls and Aprons
Use Eye and Lung Protection
Gloves for Pesticide Work
Sun Safety in the Field

For Judges

Evaluating Runway Clothing Exhibits 4H 3810

Other Resources

Attend the ISU The Fashion Show

ISU Apparel Merchandising and Design Program ISU

Clothing and Textile Collection

Home Sewing Association

Sew What's New

University of Idaho Marketplace

Access hundreds of free UI Extension Publications at
<https://www.uidaho.edu/extension/publications>



https://marketplace.uidaho.edu/C20272_ustores/web/store_main.jsp?STOREID=38&SINGLESTORE=true

4-H Create Art Now (2023)

4-H Create Art Now is an adult helper's guide to teach drawing, painting, and sculpting to young people. Unique to the curriculum are lessons on entrepreneurship and art show, along with the critiquing and group sharing activities.

The goal is to build art skills and techniques. The adult helper can reinforce art techniques and life skills as the youth work through the creative process. The adult helper can check for skill development and learning using the learning indicators at the end of each lesson.



4-H YOUTH DEVELOPMENT

To Make The Best Better

<https://4-h.ca.uky.edu/content/sewing>

Sewing

Overview

Clothing and Textiles Program Fact Sheet
Volunteer Position Description

Learning to sew is a real-life engineering and construction project. Clinical studies have found that students who learned to sew a simple project showed elevated creativity after the activity. In addition, these individuals who learn to sew may also be developing skills for a fulfilling, stress-relieving hobby.

Kentucky 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: **mastery, belonging, independence, and generosity**. This event fosters mastery by learning to operate a sewing machine or serger, sew a straight seam and smooth curves, construct casings, sleeves, and buttonholes; belonging by being part of a group; independence by learning skills that can be used throughout life; and generosity by sharing sewn items with others.

Curriculum

Youth:

Kentucky 4-H Sewing Project: Keeping 4-H in Stitches

Ages 9-13:

- Jr. Unit 1: Let's Learn to Sew, pp. 3-17
- Jr. Unit 2: Let's Get to the Bottom, pp. 18-32
- Jr. Unit 3: Top It Off, pp. 33-44
- Jr. Unit 4: Stretch Your Knit Skills, pp. 45-48
- Jr. Unit 5: Moving on Up
- Jr. Unit 6: Put It All Together, pp. 49-54

Ages 14-18: *Senior projects may be completed in any order.* Beginning/Intermediate sewers:

- Sr. Unit 1A Let's Be Casual
- Sr. Unit 1B Dress It Up
- Sr. Unit 1C Match It Up
- Sr. Unit 1D Creative Expressions

Advanced sewers:

- Sr. Unit 2A Leisure Time
- Sr. Unit 2B Formal Affair
- Sr. Unit 2C Tailor Made

Style Engineers

Up Cycle It!

STEAM Clothing Project Books

Sewing Project Record Sheet for Ages 9-18: for all construction projects

Volunteer:

Style Engineers

4-H Sewing Overview

Skills to Learn: Youth ages 9-13; Youth ages 14-18 Junior Unit 1 Leader's Guide for Drawstring Backpack Color Analysis Kit: Contact your county agent.

Additional Information

Example Patterns for 2022 4-H Sewing Projects

4-H Junior Sewing Projects: Requirements for the Fair:

**Power Point
**

Sewing Standards

Support 4-H at JOANN - No endorsement of this company, its website, services or products is granted or implied by 4-H, the U.S. government, or any of its organizational units or employees. Proceeds from this fundraiser will be used to support 4-H educational programs.

Master Clothing Volunteer

Helpful Resources:

Buttons & Buttonholes

Collars

Darts, Ease, Gathers, Pleats,

Shirring, and Tucks Fabric Grain

Fabric Preparation for Sewing

Facings

Fasteners: Hooks & Eyes;

Snaps; Tape

Hand Stitches

Handling Bulk

Hems

Interfacing

Seams and Seam Finishes

Sewing Machine Basics Zippers

More...

Needlework

Overview

Needlework Program Fact Sheet

Volunteer Position Description

Crochet...embroidery...knitting...lacework (tatting)...quilting...in 4-H, youth have the opportunity to use needles/hook and thread/yarn/floss to create a wide variety of creative and functional items.

Curriculum

Youth:

Crochet Project Book Ages 9-18

- Crochet Factsheet (CT-MMB.740)

Embroidery Project Book Ages 9-18

- Beginning Creative Stitchery

- Factsheet (CT-MMB.710) Advanced Creative Stitchery

- Factsheet (CT-MMB.711) Chicken Scratch

- Factsheet (CT-MMB.712) Photo with instructions

- Factsheet (CT-MMB.713) Huck Embroidery Terms

Knitting Project Book Ages 9-18

- Beginning Knitting Factsheet (CT-

- MMB.730) Intermediate Knitting

- Factsheet (CT-MMB.731) Advanced

- Knitting Factsheet (CT-MMB.732)

Quilting Project Book Ages 9-18

- Young Beginner Quilting pp. 3-4

- Beginner Quilting pp. 5-6

- Intermediate Quilting pp. 7-8

- Advanced Quilting pp. 9-10

General Quilting Factsheets:

- Quilting (CT-MMB.720)

- Pieced Patchwork Block-Unit Assembly (CT-

- MMB.721) Applique Basics (CT-MMB.722)

- Bias Strips (CT-MMB.723)

- Care and Storage of Quilts (CT.MMB.067)

- Cleaning Heirloom Textiles (CT-MMB.065)

Tatting (lacework) Project Book Ages 9-18

- Tatting Matters (CT-MMB.750)

Volunteer:

- Passing on Needlework Skills to Young People Factsheet (CT-MMB.700)

Quilting Leader's Guide

- Young Beginner

- Beginner

- Intermediate

- Advanced



Are you interested in learning more about the curriculum, straight from the author and a 4-H educator? Watch a webinar all about the curriculum.

<https://www.youtube.com/watch?v=Tba691R7zjE>

STEAM CLOTHING 1: FUNDAMENTALS

SKU: 4H2210

In STEAM Clothing 1: FUNdamentals, youth will gather the tools they'll need to begin sewing, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills a step further, investigating businesses, service learning projects, and modeling.

This curriculum is a combined leader/youth guide, with pages to print off for youth to complete as part of the activities. FUNdamentals also introduces youth to the idea of a portfolio to document their work and track their progress as sewers by creating samples.

Grades 3-5.

161 pages.

Curriculum authored by The University of Nebraska-Lincoln



STEAM CLOTHING 2: SIMPLY SEWING

SKU: 4H2220

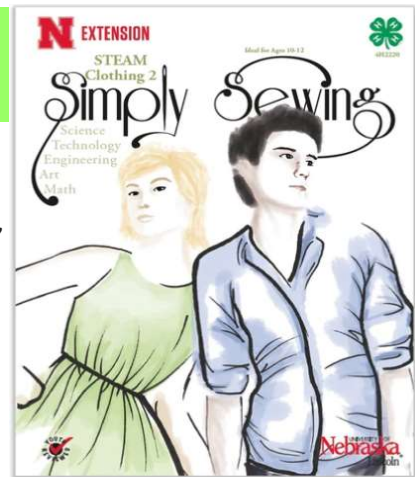
In STEAM Clothing 2: Simply Sewing, youth will prepare for more advanced sewing techniques and projects, conduct more advanced textile science experiments, focus on advanced engineering techniques, add finishing touches and style to garments, and market and calculate prices of products.

This curriculum is a combined leader/youth guide, with pages to print/copy for youth to complete as part of the activities. Simply Sewing builds upon the skills learned in FUNdamentals and continues the development of the portfolio.

Grades 5-7.

198 pages.

Curriculum authored by The University of Nebraska–Lincoln.



STEAM CLOTHING 3: A STITCH FURTHER

SKU: 4H2230

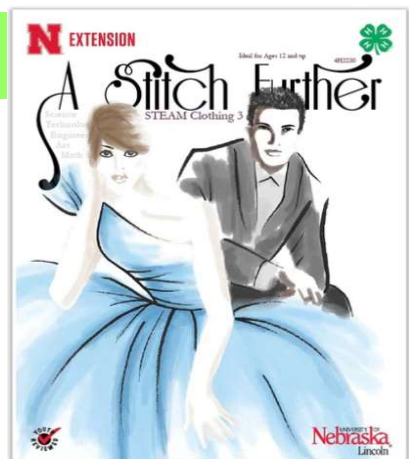
In STEAM Clothing 3: A Stitch Further, youth will learn the advanced, couture techniques used by designers to create unique garments. Youth will take the science of textiles a step further, and learn to sew garments with challenging patterns and fabrics, couture sewing techniques, and how to sell your professional-looking garments and accessories.

This curriculum is a youth guide, with pages for youth to complete as part of the activities. A Stitch Further builds upon the skills developed in Simply Sewing and FUNdamentals and continues the development of the portfolio.

Grades 7-12.

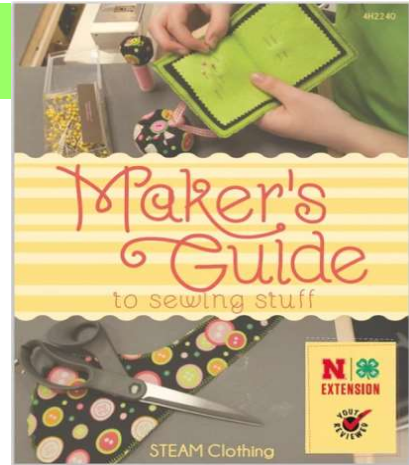
172 pages.

Curriculum authored by The University of Nebraska–Lincoln.



STEAM CLOTHING: MAKER'S GUIDE TO SEWING SKU: 4H2240

In Maker's Guide to Sewing Stuff, youth will use the skills learned in STEAM Clothing 1 & 2 to make stuff! Youth will create items to use and wear while they practice their beginning sewing skills. Activities in this manual are for beginning and intermediate sewers looking to improve their skills before progressing into using patterns to make garments.



Activities in this youth manual include step-by-step instructions to draw patterns, cut fabric, and sew simple items. There are helpful pictures and illustrations for each activity to guide youth as they make stuff. A copy of STEAM Clothing 1: FUNdamentals & STEAM Clothing 2: Simply Sewing should be available for youth to reference as they sew the items.

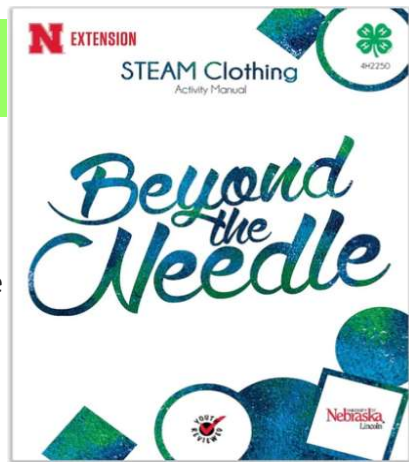
Grades 3-7.

75 pages.

Curriculum authored by The University of Nebraska–Lincoln.

STEAM CLOTHING: BEYOND THE NEEDLE SKU: 4H2250

In Beyond the Needle, youth will learn all about the 'A' in STEAM Clothing -- the Art! This youth manual includes activities for three skill levels: beginner, intermediate, and advanced. Youth will learn the design basics and create a portfolio to exhibit samples made to practice specific techniques. Then, youth will be able to create their own fabulous embellishments and treatments on garments. If you love art, then this STEAM Clothing manual is for you!



Grades 3-12.

138 pages.

Curriculum authored by The University of Nebraska–Lincoln.

Crocheting

Crocheting D

Home Environment

Design My Place A/B

Design Decisions B/C

Preserving Heirlooms B/C

Knitting

Knitting D

Quilting

Quilt Quest D



**Welcome to
4-H Project Central**

An easy way for 4-H members to preview Ohio 4-H project books and resources. Take a closer look at a book, find out what others have to say, and share your experience!



Project Central

<https://projectcentral.ohio4h.org/?s=clothing&submit.x=0&submit.y=0>

Project Name	Topic	Skill Level	State Fair Eligible	Copyright Date
Clothing Master: Design and Construction	Clothing and Textile Science	Advanced	Yes	2013
Clothing for Your Career	Clothing and Textile Science	Advanced	Yes	2000
Clothing for Middle School	Clothing and Textile Science	Intermediate	Yes	2000
em-bel-lish: A 4-H Guide to Wearable Art	Clothing and Textile Science	Intermediate	Yes	2012
<p>embellishing clothing. Numerous possibilities include appliqué, batik, beading, dyeing, embroidery, and many other techniques. Not a clothing construction book and not a how-to book, this is a general project guide that involves exploring embellishment ideas, identifying likely clothing items, learning a few techniques</p>				
Shopping Savvy	Clothing and Textile Science	Beginner, Intermediate, Advanced	Yes	2021, 2011
Clothes for High School and College	Clothing and Textile Science	Advanced	Yes	1993
Look Great for Less	Clothing and Textile Science	Advanced	Yes	2013

Sundresses and Jumpers	Clothing and Textile Science	Beginner	Yes	2011
Loungewear	Clothing and Textile Science	Beginner, Intermediate, Advanced	Yes	2011
Sew For Others	Clothing and Textile Science	Intermediate	Yes	2021
Sew Fun	Clothing and Textile Science	Beginner	Yes	2017
Creative Costumes	Clothing and Textile Science	Advanced	Yes	1995
Sewing and Textiles Master	Clothing and Textile Science	Advanced	No	2015
Outerwear for Anywhere	Clothing and Textile Science	Advanced	Yes	2016
Ready, Set, Sew Active!	Clothing and Textile Science	Intermediate	Yes	2019
Accessories for Teens	Clothing and Textile Science	Beginner	Yes	1995
Designed by Me	Clothing and Textile Science	Beginner	Yes	2018
Dress-Up Outfit	Clothing and Textile Science	Advanced	Yes	1990
Discovering 4-H	About 4-H	Beginner	No	2009
Western Heritage Project Youth Activity Guide Levels 1–3	Natural Resources	Beginner, Intermediate, Advanced	Yes	2018

Western Heritage Project: Firearms, Gunleather, and Attire of the Frontier West 1860- 1900	Natural Resources	Beginner, Intermediate, Advanced	No	2011
Terrific Tops	Clothing and Textile Science	Beginner	Yes	2019

Ohio Master Clothing Educators

The Ohio 4-H Master Clothing Educators (MCEs) are an important and dedicated group of 4-H volunteers who assist in planning and conducting statewide 4-H clothing & textiles programs and events and who provide education and support related to clothing & textiles for volunteers and 4-H members enrolled in 4-H clothing projects in their county, region and state-wide.

Quilting the Best Better!

Product **\$7.50**
Code: 498

This project is for 4-H members who have completed You Can Quilt! Now you can practice and refine your quilting skills by using the half-square triangle method on a built-in community service project and on your own lap quilt. Use some advanced tools and gadgets too!

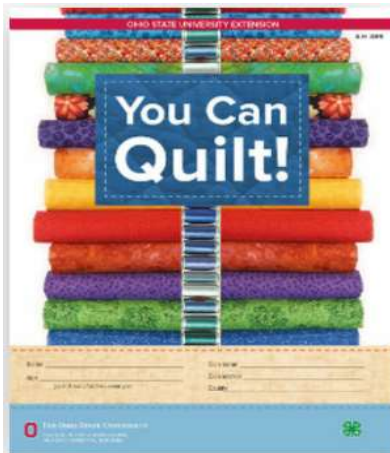


You Can Quilt!

Product \$7.50

Code: 499

Curious about quilting but don't know where to start? Look no further! Just gather quilting tools, select and cut fabrics, stitch pieces together, and before you know it—you're quilting! Make two mini quilts.



Get Started in Art

Product \$7.50

Code: 592

Explore the basic elements of visual art through activities on color, line, space, balance, and more, and then complete your own work of art. Ceramics, drawing, painting, sculpture, printmaking, design, and crafts are all possibilities. Appropriate for members of all skill levels and ages, this project can be repeated as long as new learning takes place and new works of art are completed.

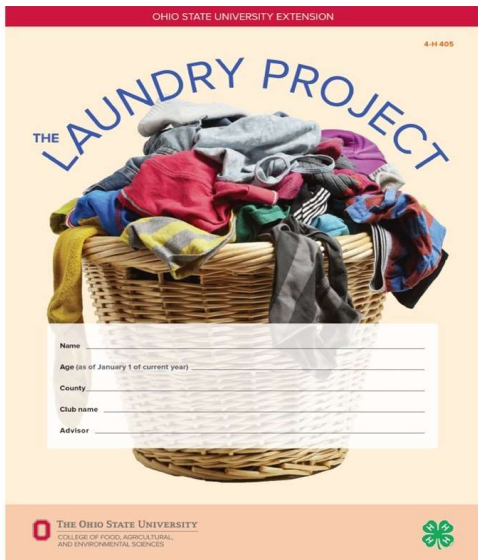


THE LAUNDRY PROJECT

4H405

\$8.95

Everyone loves clean laundry but how do you do it? Learn about laundry machines and products, how to be environmentally friendly in the laundry room, and how to sort and clean laundry items. Conduct an experiment to learn how heat affects different types of fibers too!. Designed for the 4-H member and is appropriate for the beginner skill level and all ages.





Design and Construction

<https://4h.okstate.edu/projects/design-and-construction/index.html>

Curriculum & Patterns

<https://4h.okstate.edu/projects/design-and-construction/curriculum-and-patterns.html>

Grab 'n Go technique sheets and free 4-H patterns written to teach good technique, as well as age appropriate skills for the following topics:

- Apparel Design and Construction (ADC)
- Hobbies and Textile Design and Construction (HTDC)
- Interior Design and Construction (IDC)
- Skill Mastery Sheets
- Consumer Education

Construction Techniques and Patterns

Grab-n-Go Guide Sheets and pattern resources to assist in learning knowledge and skills contained in the Skill Mastery Sheet.

- Construction - Leaders guide
- Construction - Evaluation Sheet
- Construction - Construction record

Beginning Level 9-11 years

- Beginning Level Constructions

Intermediate Level 12-14 years

- Intermediate Level Constructions

Advanced Level 15-19 years

- Advanced Level Constructions

All Ages

All Ages Clothing Activities

Sample Technique Cards

Sample Technique Cards provide instruction on specific techniques.

30 Sample Technique Cards

Textiles

Intro and Leaders Guide

All Beginning Levels

Preserving Vintage Clothing and Textile Products Part 1

Preserving Vintage Clothing and Textile Products Part 2

Storage and Display of Textiles

Dustcover

Padded Hanger

Interior Design and Construction

Interior Design and Construction (IDC) formerly referred to as Home and Personal Space/Home Environment.

Intro and Leaders Guide

Principles of Design

Room Anatomy

Beginning Level 9-11 years

Beginning Level Interior

Intermediate Level 12-14 years

Intermediate Level Interior

Skill Mastery Sheets

The sheet is to be completed by the 4-H member as a means for determining "Progress toward Self-Determined Goals.

Level 1 Skill Mastery Sheet

Level 2 Skill Mastery Sheet

Level 3 Skill Mastery Sheet

Level 4 Skill Mastery Sheet

Consumer Education

Intro and Leaders Guide Members

Overview

Beginning Level 9-11 years

Beginning Level Consumer Education

Intermediate Level 12-14 years

Intermediate Level Consumer Education

Advanced Level 15-19 years

Advanced Level Consumer Education

Project Guide Sheets

Careers in Design and Construction

Explore the opportunities for making your 4-H project a life-long profession.

Career Opportunities in Design and Construction

Design Portfolio

A portfolio is an accumulation of documents, photos, and reflections that summarizes the apparel design, interior design and/or hobbies and textile design work done during your 4-H career, as well as being a valuable source for ideas for future project work and resources. Each year, the member may add to the portfolio.

Portfolio Design Instructions

Elements and Principles of Design

Resources for learning the elements and principles of design. The elements and principles of design make the finished product visually appealing and unique. They are just as important as the skills being using to construct the project. Think of them like a recipe to create your work. The elements are like the ingredients and the principles are the instructions. By using elements, you create principles, such as "By repeating lines (the element) I created rhythm (the principle)."

The ABC's of Art: the elements and principles of design - Color version of booklet created by M.C. Gillis.

Pulling it Together (Interior Design) - Iowa CES - By learning and using the elements and principles of design, you will increase your understanding of how and why some things work together and some simply "don't look right."

Design: Exploring the Elements & Principles - Iowa CES

A design is a visual plan you can use to create your 4-H project. Everything you can see has a design. When you describe something you see, you use words that tell about the lines, shapes, colors, textures, and spaces. Some combinations of design elements (line, shape, color, texture, and space) work better than others. There are some guidelines to help understand why some combinations work and others do not work as well. These guidelines—rhythm, proportion, emphasis, balance, and unity—are the principles of design.

Elements of Design - Utah CES

Creativity and Design Project - Utah CES

Knowledge of the Elements and Principles of Design provides there are endless options for applying creativity and innovation to the design of a variety of projects and creations. Here's an example of how the elements and principles of design can be applied to the design and creation of a stuffed friend.

Leadership in Design and Construction

The primary purpose for this project is to grow and enhance your skills as a teacher and/or facilitator. The presentation should demonstrate the use of a lesson plan, experiential learning, teaching and learning styles and 4-H life skills.

Creative Leadership

Planning a Lesson - Teen Action and Growth

Careful preparation of your lesson will aid in communicating a message, because you will feel more secure and confident in front of your audience. If you are well prepared, they will pay more attention, and there will be fewer problems with loss of attention, which can result in dealing with behavior and discipline.

Multi-Media Presentation

Resources and guide for developing a multi-media presentation.

Multimedia Presentation - A Multimedia presentation can be defined as media that combines different content forms such as text, audio, still images, animation and video to get a multi-faceted finished product. Multimedia content is recorded and played back on electronic media devices – flash drive or CD. Examples of Multimedia presentations: Movie, PowerPoint, Prezi, etc.

How to Prepare a Multimedia Presentation - Nebraska 4-H Communications Series

Recycle and Redesign

Brings together concepts of design and construction in apparel, interiors, hobbies and textiles. 4-H members are encouraged to recycle an old fashion, home interior item, textile or other product into a new end product. The finished product might be the creation of a brand new item or embellishing an old.

Frugal Fashion - The purpose for this project/product is for youth to demonstrate their ability to be a thrifty consumer. A thrifty consumer considers the quality of the product and the value of a dollar.

Recycling Your Clothes and Fabric - There are a variety of options for recycling unwanted, but still usable clothing and fabrics. Resale, donation, and reuse of clothing are already well-established practices in many Oklahoma communities. **Recycled Household Textiles and Clothing** - When Oklahomans recycle their unwanted clothing and textiles, it provides three main benefits: funds charitable programs, reduces solid waste, and provides economic stimulus and employment.

Scientific Discovery

Projects and guides for applying Science to the design and construction projects.

Creative Scientific Discovery - The purpose for this creative component is for youth to learn and apply the scientific method to an experiment focused in Interior Design and Construction. The same concept can be used by any age with any Design and Construction area and reported in the portfolio.

STEM Quilt Making - Clothing and textiles-related projects reinforce science, technology, engineering, and math (STEM) standards required for high school graduation.

Service Learning

Service-learning is more than "citizenship." Citizenship is only one piece of the total learning experience. Service-Learning intentionally integrates and emphasizes both service and learning. Youth engaged in service-learning not only provide direct service to the community, but also learn and grow in their knowledge, skills, and attitudes. Effective service-learning has benefits for young people, sponsoring organizations, communities, and society.

Creative Service Learning - Service-learning connects meaningful community service with academic learning, personal growth and civic responsibility. Service-learning is a much more involved experience than a community service activity or citizenship experience. It requires in-depth study to plan and initiate appropriate action to tackle important issues and ultimately to make a real difference in the life of an individual(s) and in the community. The feature that distinguishes service-learning from volunteering or community service is that both learning and service are intentionally emphasized.

Storyboard

A story board, sometimes called a mood board, is used to organize ideas. A story board is a collage that uses pictures, drawings, and photographs to communicate an idea, process or emotion. These images will help guide the content of your apparel or interiors project.

Storyboard Instructions - A storyboard, sometimes called a mood board, is used to organize ideas. A storyboard is a collage that uses pictures, drawings, and photographs to communicate an idea, process, or emotion. These images help guide the content of your apparel or interiors project.

Resources

Interior Design - Utah

Make a Lesson Plan

Students as Creators

Multi-Media Learning

Plants and Textiles - Cornell University

Design Institute

4-H member who are in grades 7-12 and adult 4-H volunteers and Co-Unity Extension Educators are all welcome to participate in the Design Institute. Join us for lots of fun and new experiences in a mixed reality lab.

Discover how STEAM are part of interior design.

Gain skills needed to design and construct an interior design project.

Understand the application of the Elements and Principles of Design.

And so much more.

FACE COVERINGS/MASKS FOR PERSONAL USE

Home-made cloth face coverings (masks) may be worn to "lessen" one's exposure to airborne droplets. These masks do not "guarantee" protection against the transmission of any disease. Current research indicates specific fabrics, designs and construction techniques can increase the level of protection provided by a DIY face covering. Please understand that no DIY face covering will provide complete protection.

Important Information

Things to Know - DIY Masks (English)

Things to Know - DIY Masks (Spanish)

Use of Cloth Face Coverings to Help Slow the Spread of

COVID-19 Strategies for Optimizing the Supply of Face Masks

Personal Protective Equipment (PPE) Face Shield

Video Resources

The Caring & Waring of Homemade Face Coverings/Masks

Layers are Important in Homemade Fabric Face Covering/Masks

Proper Fit of Homemade Fabric Face Covering/Mask

Construction of Homemade Fabric Face Covering/Mask

Textiles Used in Homemade Fabric Face Covering/Mask

Resources

OK Extension Coronavirus Resources

Center for Disease Control and Prevention

MakerMask

Smart Air: Best Materials for Making DIY

Masks Unity Point Health

Precept: Appropriate Donning & Doffing

Oklahoma State Department of Health



Fashion & Interior Design

Do you like to be creative in what you wear and the space around you? The 4-H Fashion and Interior Design program is perfect for you. In this project you can learn to design, construct and be a smart consumer when purchasing clothing and household items. Have fun creating environmentally friendly projects while exploring careers in the fashion and interior design industries. You can work on your own or with a group.

Design your project around the parts of the fashion and interior design that you enjoy, such as:

- applying elements and principles of design
- learn to operate a sewing machine
- fabric science labs
- fashion and interior design sketching
- consumer buying skills
- creating a storyboard for your designs
- creating one of a kind items for home decorating
- entrepreneurship
- upcycling items for a new purpose

Resources

JOANN Mini-grant Guidelines

4-H FCH Contest Learning Series: Fashion Storyboards

Project Information Sheet

Duds To Dazzle Explore Guide

Sewing Basics Explore Guide

Interior Design Explore Guide

Clothes that Click Lesson

Clothing Capers

Burn Baby Burn! Gorgeous Fabrics University

National 4-H Curriculum

Clothing Quality Standards

Design Decisions Curriculum

Housing Design and Improvement Curriculum

Iowa Color Wheel

Style Engineers - <http://styleengineers.org/>

Hand Stitching (15.105). SEW-lutions Guidelines,

Your Guide to Successful Sewing

Laundry on Your Own (L-5200)

Pricing Tips and Tricks

Safety Guide

Simple Seaming Techniques (11.110). SEW-lutions Guidelines, Your Guide to Successful Sewing

Unraveling the Mystery of Design Elements and Principles in Clothing

Storyboard

Designer's Nexus

Exploring The Elements and Principles of Design

Fashion Era

Principles and Elements of Design

Unraveling The Mystery of Design Elements & Principles

Community Service

Baby cap

Pillowcase Pizazz

Preemie Round

Hat Premie Beanie

Pattern Alteration

https://counties.agrilife.org/rockwall/files/2011/09/patternalteration_10.pdf

30 different help sheets

Selecting and Applying Interfacing

<http://oaktrust.library.tamu.edu/handle/1969.1/87417>

Search "**Sewing**" for lots of old valuable tools and resources.

<http://oaktrust.library.tamu.edu/>

4-H Clothing & Construction Project



The 4-H Clothing project provides an opportunity for youth to practice a variety of life skills, while learning about sewing, clothing, and textiles subject matter.

Sewing projects teach kids the skills needed to create a variety of items, from clothing, to bags, to pillowcases. Learn about fabric selection, sewing techniques, proper clothing care, and more!

Objectives

Apply personal creativity and learn basic sewing skills

Practice good personal grooming skills

Learn about fabrics, textile science, and technology

Select appropriate color, line, and design

Apply wise shopping practices

Select appropriate care for personal clothing

Learn about the cultural influences of clothing

Available from the Extension office or online at 4-H Clothing & Textiles Curriculum

Sewing Expressions Level 1 – Under Construction

Sewing Expressions Level 2 – Fashion Forward

Sewing Expressions Level 3 – Refine Design

Sewing Expressions Helper's Guide

Member Publications

Available in the Extension office or online at <https://pubs.wsu.edu>

C0675E – Clothing Construction Record

C0677E – Sewing Skills Checklist

EM4339E – Fashion Modeling Yur 4-H Garment

EM4224E – Suggestions for Writing 4-H Style Revue Commentary

PNW197 – Measuring Up: Quality Standards in Sewn Items

Leader Publications

EM014E – Interfacings
EM4789E – Teaching 4-H Oral
Reasons EM4870E – Sew Quick!
Leader Guide EM4916S – ¡Costura
Rapida
National 4-H Clothing-Sewing
Resources State 4-H Clothing &
Textiles Resources Sewing Project
Events

Additional Clothing & Construction Resources

Bunkhouse Sewing:

www.bunkhousesewing.com

Stain Removal:

https://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx

STEAM Clothing Curriculum 1 – FUNdamentals
STEAM Clothing Curriculum 2 – Simply Sewing
STEAM Clothing Curriculum 3 – A Stitch Further
STEAM Clothing Curriculum – Maker’s Guide to Sewing

Sewing Patterns

Lamb or Kid Pattern
Calf Pattern
Baby Pig Pattern
Horse Pattern



What are you looking for?

WYOMING 4-H AND YOU!

KNITTING

<http://www.uwyo.edu/4-h/projects/expressive-arts/knitting.html>

Knitting isn't just for when you are sitting in front of a warm fire, it is a hobby you can take with you! Knitting is a wonderful craft to learn and it can be taken anywhere. In the knitting project, you will learn knitting techniques and tips. Did you know that many professions use the techniques learned in knitting (think, surgeons) and other professions use the concentration acquired (think, acting or engineering)?

Here's What You Can Learn

- Choose the right kind of yarn to use for simple projects
- Identify different types of knitting equipment
- Evaluate the type of needle to use for each project
- Learn to make a slip knot
- Understand how to hold the needles and yarn
- Learn how to cast on
- Learn the basic stitches and create simple projects

Learn pattern abbreviations and follow a pattern

Knitting - What's it all About?

Online Resources and Websites

Shop 4-H Curriculum

The 4-H Knitting Handbook - Utah

CROCHETING

<http://www.uwyo.edu/4-h/projects/expressive-arts/crocheting.html>

A sweater, an afghan and a hat are all things that can be crocheted. It's an easy, relaxing art of yarn and crochet hooks that can become an interest that travels with you. In the crocheting project, you will learn crochet terms, abbreviations, stitches and how to end off. Watch how your family and friends wait in excitement for you to make them something special.

Here's What You Can Learn

Understand how to properly hold the hook and yarn

Learn to make a slip knot

Learn to chain stitch and make a foundation chain

Learn the basic crochet stitches

Learn crochet terms and abbreviation and how to read a crochet pattern

Understand the importance of tension when crocheting

Online Resources and Websites

Shop 4-H Curriculum

Crochet Made Easy - Red Heart Yarn

<http://www.uwyo.edu/4-h/projects/expressive-arts/index.html>



<https://www.sjsacademy.org/>



<https://www.qovf.org/>



As a nonprofit organization, Arts Help partners with large institutions to develop impactful projects and programming. We believe art is a vehicle for social change.

<https://www.artshelp.net/about-us/>

JOANN

4-H project ideas

<https://www.joann.com/cn/4-h/>

JOANN 4-H Rewards on every purchase, every day.

KNITTING/CROCHET -Misc. Resources

4-H Knitting Skills - Oregon

<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/4-h961.pdf>

4-H Knitting Member Guide - Oregon

<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/4-h960.pdf>

Knitting Project - Wisconsin 4-H

<https://4h.extension.wisc.edu/opportunities/projects/arts-communication/knitting-project/>

The Knitting Handbook - Utah 4-H

https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2480&context=extension_curall

The 4-H Crocheting Handbook - Utah 4-H

<https://extension.usu.edu/utah4h/files/crocheting-handbook.pdf>

Needlearts - Utah Extension

The 4-H Crocheting Handbook

The 4-H Knitting Handbook

Basic Crochet Slipper

Christmas Loom Stocking

Crocheted Market Bag from Recycled Plastic Grocery

Bags Cuffed Knit Slippers

Knitted Nesting Pincushion

Level 1An - Diagonal Knit Dishcloth - 101

Level 1An - Double Yarn Knit Slippers - 102

Level 1An - Holes and Ridges Knitted Dishcloth - 103

Loom Knitting

Make Your Own Knitting Needles

Single Crochet Double Hot Pad

Needlework/Needle Art

4-H Fiber Arts Project Guide - Oregon

<https://extension.oregonstate.edu/catalog/pub/4-h-7601-4-h-fiber-arts-project-guide>

The 4-H Fiber Arts Project gives 4-H youth the opportunity to explore 13 techniques of working with fiber: • Weaving • Embroidery • Basketry • Needlepoint • Spinning • Appliqué • Felting • Patchwork • Macramé and knotting • Quilting • Braiding • Papermaking • Hooking

<https://en.wikipedia.org/wiki/Needlework>

Needlework is decorative [sewing](#) and [textile arts handicrafts](#). Anything that uses a [needle](#) for construction can be called needlework.^[1] Needlework may include related textile crafts such as [crochet](#), worked with a [hook](#), or [tattling](#), worked with a shuttle.

Similar abilities often transfer well between different varieties of needlework, such as [fine motor skill](#) and knowledge of [textile fibers](#). Some of the same tools may be used in several different varieties of needlework.

Types

Needle lace/Lace-making	and much more.....
Quilting	Crochet
Appliqué	Knitting
Embroidery	Sewing
Cotton Floss and/or Crewel (yarn) Cross Stitch - counted or stamped Stamped	Tatting
Chicken scratch	Lucet
Smocking	Macramé
Candlewicking	Braiding and tassel making
Huck	Tapestry
	Needlepoint
	Bead weaving: loom and off-loom

(Hand Work) Includes knitting, embroidery, crocheting, needlepoint, crewel, candlewicking, chicken scratching, hand quilting, tattling, huck embroidery, hemstitching; also pulled, drawn and counted thread work and punch needle work.

Needlework Definition - Definitions for the Clothing & fabric Industry

<https://www.apparesearch.com/definitions/miscellaneous/needlework.htm>

<https://www.quiltingdaily.com/quilting-arts-tv-quilting-daily/>

<https://www.quiltingdaily.com/>

<https://thequiltshow.com/learn>



The screenshot shows the Quiltipedia website interface. At the top left is the logo for 'THE QUILT SHOW' featuring a sun icon. To the right is a search bar with the placeholder text 'Type your search here' and a yellow 'SEARCH' button. Further right is a shopping cart icon labeled 'Shopping Cart'. Below this is a dark purple navigation bar with the following items: 'WATCH Shows', 'LEARN Classes & Projects', 'SEE QUILTS Quilts & Gallery', 'FORUM Quilting Forum', 'QUILTIPEDIA Online Quilt Source' (highlighted in yellow), 'BLOG Latest Posts', 'SHOP Products', 'LOGIN My Account', and 'JOIN NOW Risk Free Trial'. Below the navigation bar is a breadcrumb trail: 'Home > Quiltipedia'. The main content area features the Quiltipedia logo (a stylized quilt square) and the text 'Quiltipedia®'. To the right of the logo is a search bar with the placeholder 'Search the Quiltipedia Database' and a yellow 'SEARCH QUILTIPEDIA' button. Below the search bar is the heading 'What is Quiltipedia®?' followed by a paragraph: 'Quiltipedia is your way to find a quick definition and picture of quilting terms, styles and techniques. Want to know more? We have provided helpful The Quilt Show links for everything in Quiltipedia. Watch our shows - Learn in one of the classrooms - See more pictures in See Quilts and even a link to The Quilt Show Store. All designed to Help you Quilt today!'. At the bottom of the main content area is a dark purple navigation bar with a grid of letters: '0-9', 'A', 'B', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'J', 'K', 'L', 'M', 'N', 'O', 'P', 'Q', 'R', 'S', 'T', 'U', 'V', 'W', 'X', 'Y', 'Z'. The letter 'A' is highlighted in yellow.

4-H Arts Showcase

<https://4hartshowcase.wordpress.com/>

The 4-H Arts Showcase is sponsored by the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP) Communications & Expressive Arts Working Group. This site offers an online platform for provide a collection teaching resources to help 4-H professionals, volunteers and partners implement meaningful arts experiences into their 4-H educational programs.

As a positive youth development organization, 4-H strives to provide research-based curricula and resources for youth programming. The Communication & Expressive Arts Working Group works to expand this mission through various methods, including Grab-n-Go Lessons and through lessons developed in partnership with other communication and arts organizations. Members of the Communication & Expressive Arts Working Group are 4-H professionals from across the country who work together to promote and enhance program opportunities for youth, volunteers, leaders, and educators in the arts. These members meet regularly through conference calls and at the annual NAE4-HYPD conference.

Teaching Resources

Here's two types of educational resources: 4-H curricula and grab-n-go lessons. The 4-H curricula are available for purchase through the 4-H Mall. The grab-n-go lesson are free and available for download. They are created by NAE4-HA Communications & Expressive Arts Task Force members and are designed to help educators connect arts to the 4-H Mission Mandates.

CATEGORY:

LESSONS

Crafts Around the World: Paper Beads

To access and download the full Crafts Around the World: Paper Breads Grab-N-Go Lesson, please visit:

<https://www.canr.msu.edu/resources/crafts-around-the-world-series-africa-paper-beads> Lesson Details

Audience Grades K-12 Time Requirements 30-45 minutes Learning Objectives Learn cultural history and origins Find the country on a map or globe Develop fine motor skills Increase cultural awareness, recycling and creativity

LESSONS

Artist Trading Cards

To access and download the full Art Trading Cards Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form.

Complete Lesson Request Form Lesson Details Audience Appropriate for a wide variety of age groups Time Requirements Prep: 20-60... Continue reading Artist Trading Cards

LESSONS

What Do You See – Photography

To access and download the full What Do You See - Photography Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages 9-19 Materials can be adapted as necessary to... Continue reading What Do You See – Photography

LESSONS

What Do You See Intro

To access and download the full What Do You See Intro Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Adult volunteers, Extension Educators, and teen leaders encouraging project development... Continue reading What Do You See Intro

LESSONS

Role Playing for Real Life

To access and download the full Role Playing for Real Life Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Middle-High School Time Requirements Prep: 10 minutes Lesson: 90 minutes... Continue reading Role Playing for Real Life

LESSONS

Measure, Make and Move

To access and download the full Measure, Make and Move Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages 9-19 Time Requirements Prep: 30 minutes Lesson: 1 hour Clean... Continue reading Measure, Make and Move

LESSONS

Express Yourself Journaling

To access and download the full Express Yourself Journaling Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages 12+ Time Requirements Prep: 10-20 minutes Lesson: 30-60 minutes Clean Up:... Continue reading Express Yourself Journaling

LESSONS

Bubble Science

To access and download the full Bubble Science Grab-N-Go Lesson, please complete the request form available at the link below. The lesson plan will be sent to the email you provide in this request form. Complete Lesson Request Form Lesson Details Audience Grades: 2-5 The activity is intended for youth in grades 2-5. Continue reading Bubble Science

LESSONS

Musical Science

To access and download the full Musical Science Grab-N-Go Lesson, please complete the request form available at the link below. The lesson plan will be sent to the email you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages: 9-19 Time Requirements Prep: 1-2 hours Lesson: 30 minutes-2 hours Clean Up:... Continue reading Musical

LESSONS

Science in Watercolor

To access and download the full Science in Watercolor Grab-N-Go Lesson, please complete the request form available at the link below. The lesson plan will be sent to the email you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages: 9-19 Time Requirements Prep: 1-2 hours Lesson: 1-4 hours in two or... Continue reading Science in Watercolor

LESSONS

Geometry in Barn Quilts

To access and download the full Geometry in Barn Quilts Grab-N-Go Lesson, please complete the request form available at the link below. The lesson plan will be sent to the email you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages: 9-19 Time Requirements Prep: 1-4 hours Lesson: 1-4 hours in... Continue reading Geometry in Barn Quilts

LESSONS

Geometry in Art & Design

To access and download the full Geometry in Art & Design Grab-N-Go Lesson, please complete the request form available at the link below. This lesson will be sent to the email address you provide in this request form. Complete Lesson Request Form Lesson Details Audience Ages: 9-19 Time Requirements Prep: 1-2 hours Lesson: 1-4 hours... Continue reading Geometry in Art & Design