

# 4-H

## Needlecrafts/Stitchery Proficiency Program A Members' Guide

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### Overview

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Needlecrafts and Stitchery provide many different types of activities for an interesting 4-H project. You can acquire skills in areas as diverse as embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, and smocking. Through these projects you develop greater creativity and improve your own artistic talents. You acquire an understanding of the principles of artistic design, such as the use of color, space, line, texture and shape. Arts and crafts help you learn to make good use of leisure time in constructive activities. You learn to construct useful, artistic items that are lots of fun as well.

You can get more information on you craft from bulletins, magazines, and books. Your 4-H office has a number of publications on different types of craft programs. In every area of California there are artists who can be an excellent source of help. Don't hesitate to visit them or telephone them. Craft stores and art supply houses often offer classes as well as materials. In many areas of California, different types of craft groups maintain organizations, which often conduct educational activities and may sponsor craft shows.

The **4-H needlecraft/stitchery proficiency program** helps you learn what you need to know about your 4-H crafts project. There are five levels you may participate in - or you may choose to complete only one or two. The first level is "**Explorer**" in which you begin to learn about many different aspects of your craft. In the second level, "**Producer**," you practice and refine the many skills involved in your craft area. In the "**Consumer**" level (third) you become an experienced producer in your craft area. The fourth level, "**Leader**," allows you to show your own leadership potential. The last level, "**Researcher**," is for those individuals who want to research a topic in depth, and prepare a paper on a fascinating subject about a craft.

As you work through your needlecraft and stitchery project, have your leader initial and date each skill item in a proficiency level when you have completed it. When you have finished all items in a proficiency level, have your leader sign the Certificate of Achievement and order a medal for you from the 4-H office. Congratulations - you have learned a great deal!

Humboldt County  
4-H Incentives and Recognition Program

Name \_\_\_\_\_

**Level I**

**Explorer**

Guidelines for Project Proficiency Award - **Needlecrafts/Stitchery** (example projects: embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, smocking)

- \_\_\_\_\_ 1. Identify the basic materials used in this craft and give an example of how each is used.
- \_\_\_\_\_ 2. Identify the equipment used to produce this craft's products.
- \_\_\_\_\_ 3. Explain the difference between two similar pieces of equipment or materials used in your project.
- \_\_\_\_\_ 4. Demonstrate the proper, safe technique for handling scissors or handing sharp objects to another person.
- \_\_\_\_\_ 5. Explain two common courtesies or safety issues related to this craft.
- \_\_\_\_\_ 6. Demonstrate how to follow basic directions, step by step, in correct order.
- \_\_\_\_\_ 7. Demonstrate how to follow shapes and patterns.
- \_\_\_\_\_ 8. Show and tell an example of your craftsmanship product to project members.
- \_\_\_\_\_ 9. Explain five new terms that you have learned for this project.
- \_\_\_\_\_ 10. Complete two items in this project.
- \_\_\_\_\_ 11. Investigate (look for) five different types of things you can make and select one that you can do.
- \_\_\_\_\_ 12. Write down a list of the items needed to make one craft product.
- \_\_\_\_\_ 13. Demonstrate how to measure for your craft.
- \_\_\_\_\_ 14. Explain how what you have learned in this project can help you in the future.

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**Level II**

**Producer**

Guidelines for Project Proficiency Award - **Needlecrafts/Stitchery** (example projects: embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, smocking)

- \_\_\_\_\_ 1. Compare the cost of making an item from scratch with the cost of buying it ready-made.
- \_\_\_\_\_ 2. Participate in one field visit to a materials or equipment provider.
- \_\_\_\_\_ 3. Describe the steps or process of what you are doing with something you are making.
- \_\_\_\_\_ 4. Explain how texture affects your final product.
- \_\_\_\_\_ 5. Demonstrate the basic techniques required in this craft.
- \_\_\_\_\_ 6. Identify three different specific locations where materials can be obtained.
- \_\_\_\_\_ 7. Explain to others outside of your project about what you have learned.
- \_\_\_\_\_ 8. Display your products at least once outside of your project meeting.
- \_\_\_\_\_ 9. Experiment with two different techniques, materials, or methods, then tell which you prefer and why.
- \_\_\_\_\_ 10. Explain the color wheel and how it works.
- \_\_\_\_\_ 12. Describe one mistake/error that you made in producing a product and what you did or could have done to correct or prevent it.
- \_\_\_\_\_ 13. Show how you have altered, varied, changed or modified two products from the original pattern or design.
- \_\_\_\_\_ 14. Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.
- \_\_\_\_\_ 15. Describe the proper method for cleaning a finished product in this craft.

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**Level III**

**Consumer**

Guidelines for Project Proficiency Award - **Needlecrafts/Stitchery** (example projects: embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, smocking)

- \_\_\_\_\_ 1. Invite and introduce a guest speaker at one of your meetings.
- \_\_\_\_\_ 2. Contact a local, state or national association related to your project and determine what this association has to offer you.
- \_\_\_\_\_ 3. Keep a personal reference library of literature that will be helpful in your project.
- \_\_\_\_\_ 4. Take part in a demonstration or judging contest specific to your project.
- \_\_\_\_\_ 5. Report the history of one aspect (origin, equipment, material, technique, etc.) of your art/craft.
- \_\_\_\_\_ 6. Visit one craftsman in the community and report what you learned at a project meeting.
- \_\_\_\_\_ 7. Keep a record of costs, cash expenses, time and labor charges for each product made. At the completion of the specific item(s) compare your product(s) value to the total expense.
- \_\_\_\_\_ 8. Describe four ways to save money and be economical in obtaining materials.
- \_\_\_\_\_ 9. Design a product that uses three different techniques and/or three different materials or types of equipment.
- \_\_\_\_\_ 10. Alone or with your group, plan and complete a community service activity related to your project.

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**Level IV**

**Leader**

Guidelines for Project Proficiency Award - **Needlecrafts/Stitchery** (example projects: embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, smocking)

- \_\_\_\_\_ 1. Complete one year as Junior or Teen Leader in this project.
- \_\_\_\_\_ 2. Assist younger members in making/constructing a project product.
- \_\_\_\_\_ 3. Prepare teaching materials for use at project meetings.
- \_\_\_\_\_ 4. Develop and put on a judging event or train a junior team for such an event.
- \_\_\_\_\_ 5. Speak on a project-based subject before an organization other than your 4-H project.
- \_\_\_\_\_ 6. Assist at a local crafts fair or show.
- \_\_\_\_\_ 7. Assist younger members in actually learning a specific topic in the project.
- \_\_\_\_\_ 8. Develop your own special activity. Chart your progress, plan the activities, analyze successes and problems, and report on findings.

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**Level V**

**Researcher**

Guidelines for Project Proficiency Award - **Needlecrafts/Stitchery** (example projects: embroidery, knitting, tatting, crochet, needlepoint, weaving, hooked rug, applique, smocking)

- \_\_\_\_\_ 1. Carry through and report on the results of a demonstration comparing measurable differences in some aspect of your project. (experiment)
  
- \_\_\_\_\_ 2. Prepare a paper of 300 words or more on one of the following subjects. Orally summarize report at project meeting or other educational event.
  - Evolution of techniques
  - History of a specific craft
  - Markets and methods of marketing crafts products
  - Resource utilization and/or conservation
  - Development of a craft process
  - Effect/use of color, shape, form, pattern, etc.
  - Other