



DISCOVER



4-H INTERIOR DESIGN CLUBS (FOR INTERMEDIATE DESIGNERS)



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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.



Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.





A Typical Club Meeting

Follow this outline for each club meeting:

- ☐ Call to order–President
- ☐ Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- ☐ Song–Song Leader (leads or arranges for club member to lead)
- ☐ Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- ☐ Minutes of the last meeting–Secretary
- ☐ Business/Announcements–Vice President
- ☐ Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- ☐ Refreshments–arranged by Refreshment Coordinator
- ☐ Clean Up–led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

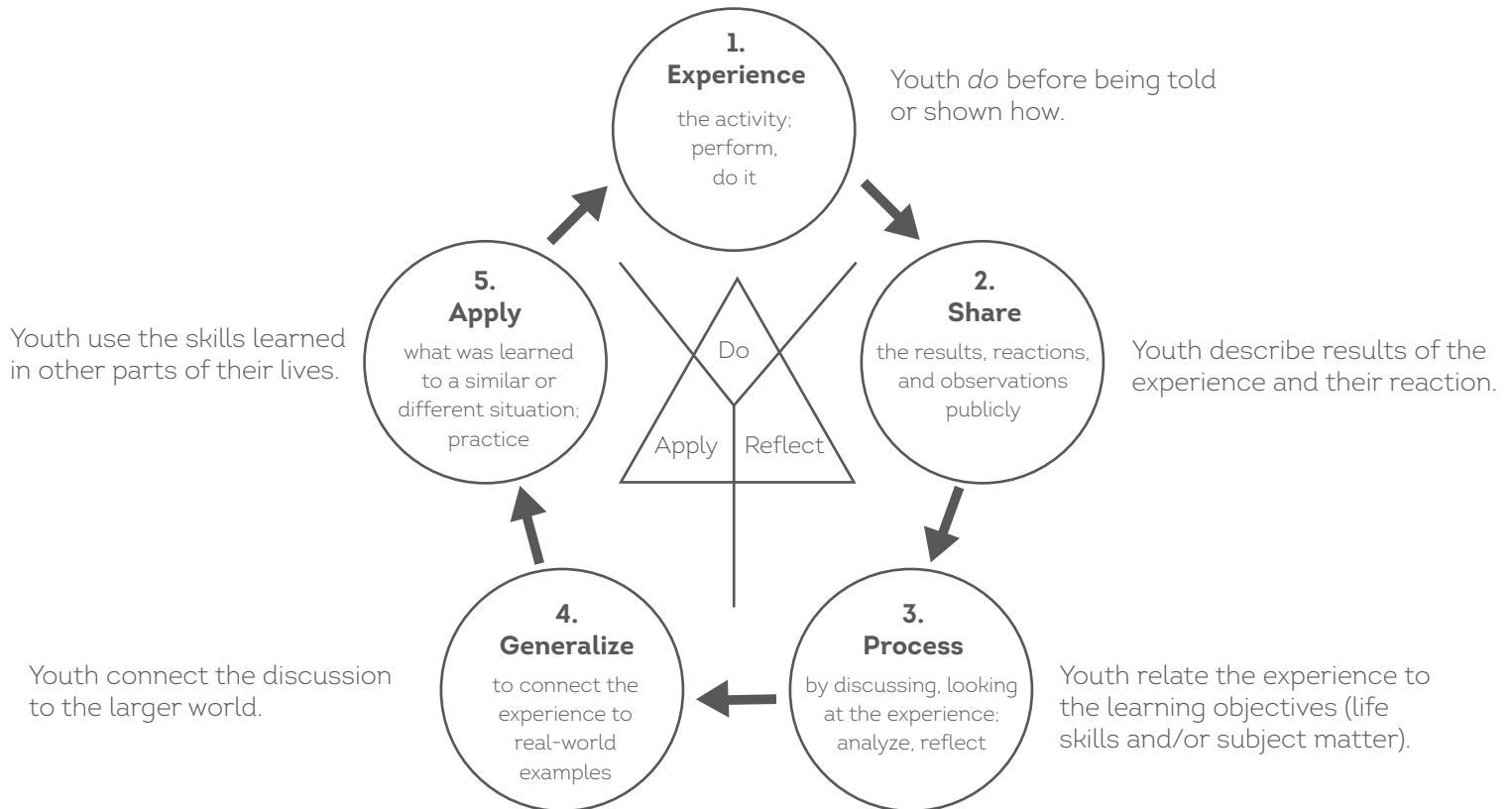
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>.)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf.)

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org.)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same.)
3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4-h.org

National 4-H website: www.4-h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

4-H INTERIOR DESIGN CLUB *Meetings*



Club Meeting 1

Elements of Design 2



Club Meeting 2

Color 8



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Principles of Design 15



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Room Design 20



Club Meeting 5

What is Your Style? 23



Club Meeting 6

Lighting and Accessories 30





4-H *Club Meeting 1*

Elements of Design



Supplies

Activity #1:

- Elements of Design Handout
- Computer/laptop or iPad
- Internet access

Activity #2:

- Scrapbook paper
- Cardstock
- Glue sticks

Activity #3:

- Sewing machine
- Sewing kit
- Rotary mat, cutter and ruler
- Fabric
- Thread



Activity *#1*



LEARNING ABOUT THE ELEMENTS OF DESIGN

Discuss the Elements of Design Handout with the youth. Additional information is attached for the 4-H leader to help with the discussion topics associated with the Elements of Design.

Show examples of Elements of Design. There are many websites and magazines that show examples of how elements of design are used. It is a good idea to use some of these as a visual example for the youth.

Here are a few websites:

hgtv.com – click on Photo library
www.houzz.com/interior-design-photos
www.houzz.com/interior-design-photos
www.houzz.com/interior-design-photos



Activity #2



GREETING CARD/PARTY INVITATION

Select three elements of design (Texture, Line, Space, Form/Shape or Color) to create a greeting card. Supply the youth with cardstock, scrapbook paper and other paper embellishments. Have the youth show each other the card design and tell which three elements of design are highlighted.

Activity #3



TEXTURED PILLOW

The youth will design their own pillow by creating a design to make texture with the bias strips fabric. The youth will think about the elements of design that were discussed in the lesson and apply that to the type of pillow they want by sewing the strips onto the pillow. It could be circular, lines, wavy lines. Only a little or a lot. This is where they are the creators.

Example: Add texture by the use of extra fabric that is the same as the background or use a type of fabric with noticeable texture, patterns in fabric and pieced fabrics. The shape of the pillow, colors and color combinations used will also affect the texture. Let them be creative.

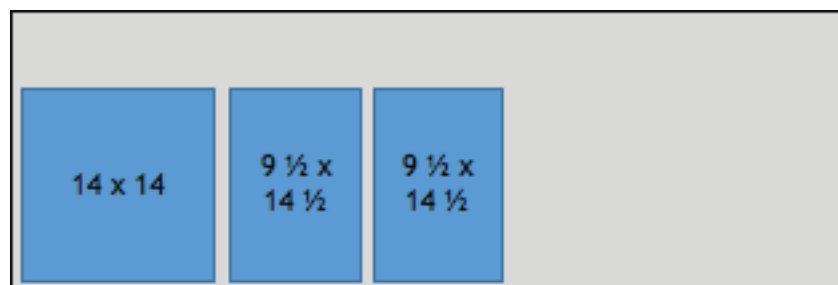


Materials Needed:

- ½ yard light weight colored denim (56" – 58" wide)
- 14" x 14" pillow form
- Matching thread

Cut:

- (1) 14 1/2" x 14 1/2" for front
 - (2) 9 1/2" x 14 1/2" for back
 - 1 -1 ½" wide bias strips (enough for the design you decide).
- Use the extra fabric after the front and back pieces have been cut to make the bias strips.





TEXTURED PILLOW CONTINUED

Directions to cut bias:

The following website has great instructions on how to cut bias strips. Use that information to cut the strips for the pillow. www.dritz.com/sites/default/files/tutorials/dritz-tutorial-how-cut-and-sew-bias-strips.pdf

Assembly Instructions:

1. Draw the desired design on a piece of paper to mark where the bias strips will be sewn on the fabric and then mark it with a fabric marking pen onto the fabric. Pin the bias strips along the appropriate lines. The strips could be sewn anywhere along the strip depending on the look that is wanted. It could be sewn down the center or to one side or the other or anywhere in-between.
2. Now, prepare the backing of the pillow. Hem a 14 1/2" side on each back piece, by folding over 1/4" to the wrong side of the fabric and press. Then fold over 1/4" again, press and stitch close to the edge.
3. Lay the top of the pillow fabric right side up. Place the two back pieces right sides down onto the front piece so that the corners and edges match on the top and the bottom and the hemmed edges overlap in the center. Pin in place on all four sides.
4. Sew 1/4" seam on each side. Turn right sides out through the back enclosure and put pillow inside.



Reflect

- Why do you think it is important to know the elements of design?
- Why is using different textures in a room important?
- What is the difference between form and space?
- Can you think of things in your own room that you can change for the better after learning about the elements of design?

Apply

- How can these elements help me in designing my own room?
- What design element do I want to put into my room?

REFERENCES

<http://www.uen.org/cte/family/interior-design/downloads/elements/card.pdf>

http://www.mccallquilting.com/mccallquilting/articles/continuous_bias

<https://store.extension.iastate.edu/Product/Pulling-It-Together-Elements-and-Principles-of-Design-in-Home-Improvement>

<http://www.uen.org/cte/family/interior-design/elements.shtml>

Elements of *Design Information*



SHAPE/FORM

A shape is made by connecting lines, like a circle cut out of a sheet of paper. Forms are three-dimensional, enclosing space, like a basketball.

There are three basic types of shapes.

1. Rectilinear Forms: the most common. Square and rectangular. There is a danger of this form feeling harsh or monotonous.
2. Angular Forms: Angular forms include triangles and pyramids. Found in modern homes. They are the strongest shape. Diagonals usually make things look larger. They also suggest motion and are less common, so they attract and hold attention.
3. Curved Forms: combine continuity and change. They bring to mind things found in nature: flowers, trees, bodies or clouds.

TEXTURE

Identify and explain the effect of texture (the surface quality of objects). It can be both seen (visual) and felt (tactile) as used in interior design.

Rough Texture- absorbs light, informal, can be visually rough or tactilely rough.

Smooth Texture- reflects light, formal, can be visually smooth or tactilely smooth. Identify pattern (the application of color, lines, shapes and design to create visual interest) as an element of design.

COLOR

Color is essential to interior design. Not only does it influence emotions, it is also the quickest way to instantly change a room. (Just touch on this. The next lesson will be all about color.)

LINE

Line is an element that is used to define shape, contours and outlines. Line also defines mass and volume. It may be continuous or implied by the edges of shapes and forms.

Characteristics of Line are:

Width – thick, thin, tapering, uneven

Length – long, short, continuous, broken

Direction:

Vertical – height, strength and formality

Horizontal – restful and informal

Diagonal – action, movement and excitement

Curved – delicate and feminine

Focus – sharp, blurry, fuzzy, and choppy

Feeling – sharp, jagged, graceful, and smooth



ELEMENTS OF DESIGN INFORMATION CONTINUED

SPACE

As defined by the dictionary, space is a boundless three-dimensional extent in which objects and events occur and have relative position and direction.

Space is probably the most important element of interior design. Space suggests the ability to change. We can move physically, visually, or psychologically until we place barriers in our way. We change space thousands of times each day, simply by moving ourselves, and objects or shadows as the lighting changes. It changes constantly as we move.

1. Positive Space – it is the actual object.
2. Negative Space – it is the space around the actual object.

To make an area seem more spacious:

1. Allow large openings between rooms so the eye can travel to adjacent rooms.
2. Place large furniture pieces near walls and perpendicular to walls so they do not break the space into smaller segments.
3. Use small furniture, patterns and textures.
4. Use a minimum of furnishings and accessories.
5. Allow for empty space between furniture or on walls.
6. Allow as much floor to show as possible. Use furniture that stands on legs and glass or plastic items.
7. Use mirrors to help create the feeling of depth.
8. Unify space by using the same floor coverings throughout the house. Use floor-to-ceiling window treatments and patterns and textures and colors that blend.
9. Use light, cool colors.
10. Place lighting around the outside of the room or underneath beds or sofas so they seem to float above the floor.

To make an area seem more intimate:

1. Place furniture perpendicular to the walls as room dividers.
2. Use furniture of different heights to break a long, unobstructed view.
3. Group furniture according to areas of activity.
4. Use large furniture that sits directly on the floor.
5. Use contrasting patterns, colors and textures.
6. Use warm, dark colors.
7. Use natural lighting and be careful when using artificial lighting.
8. Use soft, rough textures to absorb sound and make the room feel private and intimate.
9. If space is not correctly planned, the other elements of design will not be as effective.



Supplies

Activity #1:

- Picture of the color wheel

Activity #2:

- Color wheel worksheet
- Colored pencils or watercolors

Activity #3:

- Psychology of Color Handout

Activity #4:

- Paint chips

Activity #1



THE COLOR WHEEL

Discuss Color: Use the attached leader information pages to discuss color with the youth.



Activity #2



COLORING THE COLOR WHEEL

Paint or color the color wheel (Worksheet)

<http://justfacs.com/wp-content/uploads/2010/09/Another-Color-Worksheet.pdf>

Have each youth color in the color wheel and color schemes using watercolors. Let them mix colors to create more colors.

Activity #3



PSYCHOLOGY OF COLOR

The Psychology of Color (Handout)

This is fun to discuss and think about.

Activity #4



PAINT CHIP ACTIVITY

Provide the youth paint chips to create examples of each of the following color schemes:

- Monochromatic
- Analogous
- Neutral
- Neutral with an accent
- Complementary
- Split-Complementary
- Triad



Reflect

- How does color affect the world around me?
- Can you look at color differently now and how to use it?
- What did you learn about color that you didn't already know?

Apply

- Do you now want to change or add color to a particular part of your room?
- Would you like to change your room to a new color scheme?
- In what other ways can I use the information I learned about color in my life?

REFERENCES

Color Guide - <http://justfacs.com/wp-content/uploads/2010/09/Another-Color-Worksheet.pdf>

<http://www.uen.org/cte/family/interior-design/elements.shtml>

<http://www.uen.org/Lessonplan/preview.cgi?LPid=5235>

<https://natashaniles.wordpress.com/2014/03/26/a-splash-of-colour/>





COLOR

A ray of light is the source of all color. Without light, color does not exist. Color is light broken into electromagnetic vibrations of varying wavelengths, which cause the viewer to see different colors. Shining a light into a prism will create a rainbow of colors because it separates the color of the spectrum. The longest wavelength is perceived as red and the shortest as violet.

Color can alter the appearance of form and space, affect our performance abilities, and change our moods.

THE COLOR WHEEL

The color wheel is a basic tool we use when working with colors.

There are twelve hues found in the spectrum of color. They are divided into three categories:

1. Primary hues: red, yellow and blue.
2. Secondary hues: green, violet and orange (made by combining primary colors).
3. Tertiary hues: yellow-green, blue-green, blue-violet, red-violet, red-orange and yellow-orange (made by combining secondary hues).

COLOR HARMONIES

Color harmonies are certain combinations of colors that create positive looks or feelings.

1. Complementary hues are opposite each other on the color wheel. When placed next to each other they look bright and when mixed together they neutralize each other. For example; red and green, yellow and violet and blue and orange.
2. Analogous hues are next to each other on the color wheel. For example; red, red-orange and orange.
3. Triadic hues are three equally spaced colors on the color wheel. For example; Red, yellow and blue are triadic harmony color scheme
4. Monochromatic is one color used with different values and intensity. For example; baby blue, medium blue and navy blue are monochromatic colors.
5. Achromatic (neutral) colors utilizes only value variations, without intensity. This color scheme usually requires an accent color
6. Warm colors are on one section of the color wheel and give the feeling of warmth. For example; red, orange and yellow are the colors of fire and look warm.
7. Cool colors are on the other side of the color wheel from the warm colors. They give the feeling of coolness. For example; blue and violet are the colors of water and green is the color of cool grass.

HUE, VALUE, AND INTENSITY

Hue: Each hue has its own “temperature.” The temperature affects us and our homes. Red, orange and yellow are warm and active colors. They seem nearer to us than they really are. Blue, green and violet are cool and calm colors. They appear to be farther away than they really are. Any hue can be made warmer or cooler by mixing it with another hue or by contrasting it with hues of the opposite temperature. Hue is simply the name of a color. The three primary hues are red, yellow and blue. Mixtures of these three colors will result in every other hue.



HUE, VALUE, AND INTENSITY CONTINUED

Value: refers to the lightness or darkness of a hue. Every hue can range in value from light to dark, but we usually think of them in their normal values. Tints are values lighter than normal and shades are values darker than normal. Values are changed by making colors reflect differing amounts of light.

The value of a hue can change the apparent size of a room. For example, a dark ceiling makes lighter colored walls appear lower and vice versa. Darker walls make a room appear smaller, while lighter walls make a room appear larger.

Intensity: refers to the purity and strength of a hue. To lessen the intensity of a hue, add varying amounts of its complementary hue. Changing the brightness of light shining on a hue will also change its intensity.

PSYCHOLOGY OF COLOR

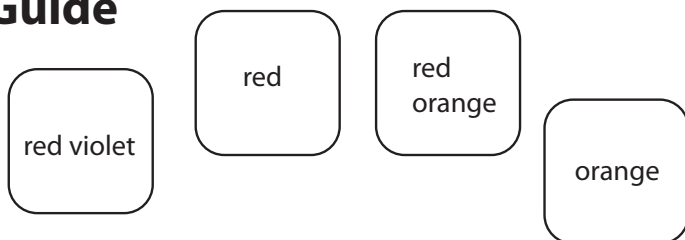
Think of all the clichés you’ve heard regarding color: red as blood, feeling blue, in the pink, pure white, etc. Colors can have a significant impact on the way we feel. The impact a color has on the way we feel and act is known as the psychology of color.

Colors are often associated with feelings.

Orange	exciting, exotic
Yellow	joy, warmth, inspiration
Green	freshness, security, jealousy, camouflage
Black	weight and solidity, space, theatrical, mysterious, strength
White	goodness, purity
Red	love, courage, rage, joy, cheerfulness
Blue	calm, soothing, orderliness
Violet	luxury, depth of feeling, sensual

Color Guide

Name: _____



Primary Colors:

The Color Wheel

violet

yellow orange

Secondary Colors:

blue violet

yellow

Tertiary or Intermediate Colors:

blue

yellow green

blue green

green

Neutrals:

Color Schemes:

Triadic:
Primaries
or
Secondaries

Monochromatic - a color and its values

Complementary: (Across from each other on the color wheel)

 or or

Analogous: (next to each other on the color wheel)

or

or

Warm Colors:

Cool Colors:

THE PSYCHOLOGY OF COLOR



Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways. – Oscar Wilde

If used effectively color theory is one of the most powerful tools a designer can wield. Colors are a form of non verbal communication that can speak volumes in a fraction of a second. They can instantly set a mood, convey an emotion, invoke a physiological reaction or inspire people to take action. When we harness the right color emotion to help tell a client's story it can have a powerful effect. Below is a list of PMS colors and their associated moods.

Deep Red - PMS 1945C <i>Positive:</i> rich, elegant, refined, tasty, expensive, mature, sumptuous, cultivated, robust	Foliage Greens - PMS 349C <i>Positive:</i> natural, fertile, healthy, balance, life, growth, soothing, harmony, restful, restoration, reassurance, environmental awareness, new beginnings
Brick Red - PMS 188C <i>Positive:</i> earthy, warm, strong, sturdy, established, country	Bright Green - PMS 347C <i>Positive:</i> fresh, grass, Irish, lively, spring, renewal, lush
Bright Red - PMS 186C <i>Positives:</i> exciting, energizing, sexy, passionate, hot, dynamic, stimulating, provocative, dramatic, powerful, courageous, magnetic, assertive, impulsive, adventurous, demanding, stirring, spontaneous, motivating <i>Negative:</i> overly aggressive, violent, warlike, temperamental, antagonistic, danger	Emerald - PMS 334C <i>Positive:</i> luxurious, jewel-like, up-scale
Bright Pink - PMS 205C <i>Positive:</i> exciting, theatrical, playful, hot, attention-getting, high-energy, sensual, wild, tropical, festive, vibrant, stimulating, flirtatious <i>Negative:</i> gaudy	Aqua - PMS 565C <i>Positive:</i> water, refreshing, cleansing, young, babies, cool, dreamy, soft, lightweight
Dusty Pink - PMS 693C <i>Positive:</i> soft, subtle, cozy, dusky, gentle, composed, nostalgic	Turquoise - PMS 3258C <i>Positive:</i> infinity, compassionate, protective, faithful, water, coolness, sky, gemstone, tropical, oceans
Light Pink - PMS 1895C <i>Positive:</i> romantic, affectionate, compassionate, soft, sweet tasting, sweet smelling, tender, delicate, innocent, fragile, youthful <i>Negative:</i> too sweet, too sentimental	Teal - PMS 315C <i>Positive:</i> serene, cool, tasteful, sophisticated, confident
Peach - PMS 162C <i>Positive:</i> nurturing, soft, fuzzy, tactile, delicious, fruity, sweet tasting, sweet smelling, inviting, warm, physical comfort, intimate, modest, embracing	Sky Blue - PMS 7458C <i>Positive:</i> calming, cool, heavenly, constant, faithful, true, dependable, restful, contentment, tranquil, reassuring, trusting, serene, expansive, open, infinity, transcendent, distance
Coral - PMS 170C <i>Positive:</i> life force, energizing, flexibility, desire	Light Blue - PMS 283C <i>Positive:</i> calm, quiet, patient, peaceful, cool, water, clean
Tangerine - PMS 715C <i>Positive:</i> vital, juicy, fruitful, energizing, tangy	Periwinkle - PMS 7452C <i>Positive:</i> genial, lively, sprightly, convivial, cordial
Vibrant Orange - PMS 1586 <i>Positive:</i> fun, whimsical, childlike, happy, glowing, sunset, hot, energizing, active, gregarious, friendly, good-natured, expansive, spontaneous, optimistic, communicative, jovial, sociable, self-assured, persuasive, animated <i>Negative:</i> loud, raucous, frivolous	Bright Blue - PMS 285C <i>Positive:</i> electric, energy, brisk, vibrant, flags, stirring, impressive, aquatic, high spirits, exhilarating
Ginger - PMS 180C <i>Positive:</i> spicy, flavorful, tangy, pungent, exotic	Deep Blue - PMS 2747C <i>Positive:</i> credible, authoritative, basic, conservative, classic, strong, reliable, traditional, uniforms, service, nautical, loyal, confident, professional, thought-provoking, introspective, aids concentration, clarify thoughts <i>Negative:</i> aloof, distant, melancholy
Terra Cotta - PMS 7522C <i>Positive:</i> earthy, warm, country, wholesome, welcoming, abundance	Lavender - PMS 264 <i>Positive:</i> romantic, nostalgic, fanciful, lightweight, lightly scented
Tan - PMS: 729C <i>Positive:</i> rugged, outdoor, rustic, woody	Mauve - PMS 5145 <i>Positive:</i> wistful, sentimental, thoughtful
Chocolate/Coffee Brown - PMS 477C <i>Positive:</i> delicious, rich, robust, appetizing	Amethyst - PMS 2573 <i>Positive:</i> curative, protective, peace of mind
Earth Brown - PMS 438C <i>Positive:</i> earthy, grounded, steady, solid, rooted, wholesome, sheltering, warm, durable, secure, reliable, natural, traditional, supportive	Blue Purples - PMS 267C <i>Positive:</i> contemplative, meditative, spiritual, soul-searching, intuitive, mysterious, enchanting
Gold (metallic) - PMS 871C <i>Positive:</i> bling, rich, glowing, divine, intuitive, luxurious, opulent, expensive, radiant, valuable, prestigious <i>Negative:</i> gaudy	Red Purple - PMS 2602C <i>Positive:</i> sensual, thrilling, intensely exciting, dramatic, creative, witty, expressive
Amber - PMS 1385C <i>Positive:</i> jewelry, multi-cultural, mellow, abundant, original, autumn	Deep Purple - PMS 2627C <i>Positive:</i> visionary, rich, royal, prestigious, subduing, distant, introspective <i>Negative:</i> aloof
Golden Yellow - PMS 130C <i>Positive:</i> nourishing, buttery, tasty, sun-baked, wheat, hospitable, comfort, comfort food	Neutral Gray - PMS 423C <i>Positive:</i> classic, sober, corporate, practical, timeless, quality, quiet, neutrality, logical, unobtrusive, deliberate, reserved, fundamental, basic, modest, efficient, dutiful, methodical
Bright Yellow - PMS 116C <i>Positive:</i> illuminating, joyful, hot, lively, friendly, luminous, enlightening, energetic, sunshine, stimulating, innovative, radiating, awareness, surprise, caution <i>Negative:</i> cowardice, betrayal, hazard	Charcoal Gray - PMS 425C <i>Positive:</i> steadfast, responsible, staunch, accountable, conscientious, resolute, restrained, conservative, professional, classic, sophisticated, solid, enduring, mature, business-like <i>Negative:</i> dull, conformist, detached
Light Yellow - PMS 127C <i>Positive:</i> cheering, happy, soft, sunny, warming, sweet, easy, pleasing, babies	Taupe - PMS 7536C <i>Positive:</i> classic, neutral, practical, timeless, quality, basic, authentic, organic, versatile, inconspicuous, understated, discreet, compromising, modest <i>Negative:</i> bland, tasteless
Chartreuse - PMS 584C <i>Positive:</i> artsy, bold, trendy, startling, sharp, pungent <i>Negative:</i> gaudy, tacky, slimy, sickening, mold	Ivory - PMS 7401C <i>Positive:</i> classic, neutral, soft, warm, comforting, good taste, creamy, smooth, subtle, natural, bridal
Light Green - PMS 358C <i>Positive:</i> calm, quiet, soothing, neutral, lightweight	Silver (metallic) - PMS 877C <i>Positive:</i> sleek, classy, stylish, modern, cool
Olive Green - PMS 5767C <i>Positive:</i> military, camouflage, safari, classic <i>Negative:</i> drab	Black <i>Positive:</i> powerful, empowering, elegant, sophisticated, mysterious, heavy, bold, basic, classic, strong, expensive, invulnerable, magical, nighttime, sober, prestigious, stylish, modern <i>Negative:</i> depression, death, mourning, underworld, evil, oppression, suppression, menacing
Lime - PMS 377C <i>Positive:</i> fresh, citrusy, youthful, acidic, tart, refreshing	White <i>Positive:</i> pure, clean, pristine, virginal, spotless, innocent, silent, lightweight, airy, bright, bridal, ethereal, clarity, simplicity, arctic, efficient <i>Negative:</i> sterile, cold, clinical
Dark Green - PMS: 3435 <i>Positive:</i> nature, trustworthy, refreshing, cool, restful, stately, forest, hushed, woody, traditional, reliable, money, prosperity	

	<u>Emotional</u>	<u>Physical</u>	<u>Behavioral</u>
Red	Passion Love Strength Anger	Raises Blood Pressure Raises Heart Rate Stimulates Appetite	Hot Aggressive Danger Stop
Orange	Happy Energetic Pleasant Social	Encourages Movement Provides energy Vigor	Movement Fast Food
Yellow	Warm Cheerful Solitary Irritable	Poor skin reflection Bright Reflective	Lively Secure Caution Slow
Green	Friendly Calming Neutral Balanced	Concentration Focus Attention	Jealously Envy Money Avarice
Blue	Isolated Peaceful Cool Distant	Lowers Blood Pressure Decreases appetite	Calm Conservative Loyal Trusting
Purple	Spiritual Enlightened Creative Artistic	Calming Relaxing Helps insomnia	Surprise Magic Regal Royal Rare





4-H *Club Meeting 3*

Principles of Design



Supplies

Activity #1:

- Principles of Design Handout
- Laptop/computer or iPad
- Magazines with interior rooms

Activity #2:

- Cardstock
- Glue stick
- Pencil
- Ruler

Activity #3:

- Glue
- Thread
- Fusible web
- Needle
- Hot glue gun and glue
- Wooden embroidery hoop
- Various textiles (see Activity #3)

Activity #1



PRINCIPLES OF DESIGN DISCUSSION

Discuss the Principles of Design. Use the Principles of Design Handout and the leader information to engage in a discussion with the youth.

Use various interior design websites and magazines to show a visual of the principles discussed.

<http://www.slideshare.net/sumiran46muz/principles-of-interior-design>

<http://furniture.about.com/od/furnishingdesignresources/a/basicdesign.htm>

Activity #2



PAPER QUILT BLOCKS

Give each youth three pieces of colored paper and a 10" square background paper (in a neutral color). They will then pencil in a one-inch border around the outside of background paper. This is a border—nothing should be put in this space. Then, using all three colors of paper, create a block design. The pieces in the block must be 3 inches or smaller. Fill the entire block inside the border – no background color should be visible except in the border. Glue the pieces onto the background paper. As youth create their design they should be thinking of the elements and principles they have learned to create the "Paper Quilt Block."





TEXTILE HOOP PROJECT

Provide the youth with a variety (various textures, colors and patterns of fabric, trims, lace, yarns, ribbon – anything that you have or can get from friends or neighbors) of textile products to use in this activity. The purpose of this activity is for the youth to be creative as they use the information about principles and elements of design to create a fun decorative accessory for their bedroom.



1. Each youth should have a wooden embroidery hoop and a piece of fabric big enough to secure in the hoop.
2. Using the available textile materials provided they will create their own piece of art.
3. They can attach the textiles to the background fabric by sewing, gluing, fusible web or a combination of these.
4. When the art is completed, put the fabric into the hoop and pull so it is taut. Glue to the back of the hoop and trim. The back of the hoop can be finished by cutting a piece of heavy cardstock or felt a scant smaller than the hoop and gluing it into place.



Reflect

- What principles did you learn that were new to you?
- Did you enjoy making your own piece of art?
- How many principles and elements of design did you use in the project?

Apply

- Where do I want to put the hoop in my room?
- Can I make anything else using the elements and principles of design?

REFERENCES

Principles of Design Handout -<https://store.extension.iastate.edu/Product/Pulling-It-Together-Elements-and-Principles-of-Design-in-Home-Improvement>

Paper Quilt Block - <http://www.uen.org/Lessonplan/preview.cgi?LPid=5333>

Information and pictures of Principles of Design - <http://www.castlery.com/blog/interior-design-6-basic-principles/>



Principles of *Design*



EMPHASIS

Emphasis is the center or focus of attention and interest in a design. It is the feature/features that commands attention and makes a design visually interesting. For emphasis to be successful, two guidelines need to be followed: The point of emphasis should command attention, but dominate the overall design and other features within the room should now compete for the emphasis. There are many ways to create emphasis in a room. A) Arrangement for the furniture around a focal point, B) Use of color, texture or pattern, C) Placement of accessories and D) Use of lighting. The focal point of the room should be supported by the rest of the room. It should somehow relate to but not dominate the rest of the room.

BALANCE

Balance is the resolution of interacting forces, attractions or weights. There are three basic types of balance: symmetrical, asymmetrical and radial.

Symmetrical Balance:

Symmetrical balance is also known as formal balance. It is achieved when one side of a room is the exact reverse or mirror image of the other half. Each side is identical. This creates a restful feeling. Symmetrical balance is usually found in classical architecture and traditional interiors.

This type of balance is easy to work with, but can still be imaginative, subtle or complex. Small changes of symmetry help to maintain interest.

Asymmetrical Balance:

Asymmetrical balance is also referred to as informal balance. It is achieved when visual weights are equal, but the elements are different in size, color, pattern and spacing. It forces one to try to discover how the balance is found and has more lasting appeal.

Radial Balance:

Radial balance involves having furnishings or patterns arranged in a circular manner. Radiation creates a sweeping, dramatic and circular motion in a room.

PROPORTION AND SCALE

Proportion is used to describe the ratio of one part to another part or to the whole. According to the Greeks, a square room is the least pleasing proportion of an enclosure. A rectangle with its sides in a ratio of 2:3 is most pleasing. The creative use of color, texture, pattern and furniture arrangement can create illusions of properly-proportioned space.

Scale relates to the absolute size of an object or space compared to other things. The scale of an object is usually described as large or small relative to another object. Large textures, patterns and bold colors tend to make an object look larger than it is. Small-scale textures, patterns and subdued colors tend to make an object look smaller than it is.



RHYTHM

Rhythm is defined as continuous, recurrent or organized movement. It is a principle that allows an underlying unity and evolving variety in design. There are five types of rhythm in design.

1. Repetition

Rhythm through repetition can be as simple as repeated shapes, colors, textures or patterns. It can also be achieved by an alteration of shapes, color textures or in continuous movement such as the natural textures and patterns of the earth.

2. Gradation/Progression

Rhythm by gradation is achieved by increasing or decreasing one or more qualities. It suggests motion.

Gradation can be seen in patterns in textiles or furniture. It may be seen in the ways a single pattern is used or in a grouping of furniture or the sequence of spaces, shapes, or colors.

3. Transition

This type of rhythm is subtle. It leads the eye in a gentle, continuous and uninterrupted visual flow from one area or object to another.

4. Contrast/Opposition

Rhythm through contrast is the direct placement of forms or colors to create opposition by an abrupt change. Some examples of this style are ornate objects placed in quiet backgrounds, old versus new objects, round forms next to square ones, red next to green, or intersecting lines.

5. Radiation

This occurs when all parts are balanced and repeated around a center. For example: flowers, chairs around a table, light fixtures, chandeliers.

Rhythm is continual. It is organized movement of recurring or developing patterns into a connected whole.

6. Unity

Unity is what draws the whole design together. Simply put, every single item in your home should contribute to the overall interior design concept, not draw away from it.

Unity refers to the relationship or connection between the various parts within a composition and their relationship or connection to the composition as a whole. Unity can give a sense of entirety or wholeness to the composition or equally break it up and create a sense of variety or disharmony.

Unity is when the elements in a space combine to make a balanced, harmonious complete whole. The space feels right and everything works together. The result is a pleasing feeling, that everything is right with the space.

Principles of Design

The principles of design (emphasis, balance, proportion, rhythm, and unity) are how we use the tools (elements) to create the desired look.

Emphasis

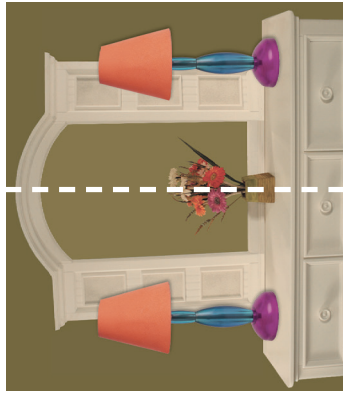
Emphasis draws your attention to a certain part of the room.



◀ The primary colors in the poster and the striped quilt or red pillow may be the first thing you see.



◀ Contrast between the white furniture and bright, intense colors on the wall may be the first thing you notice.

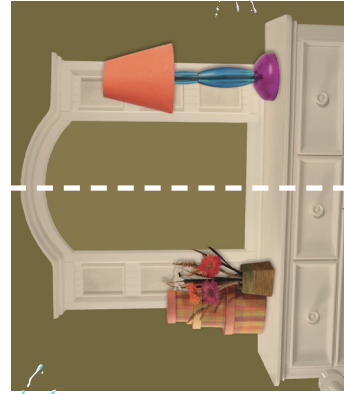


Formal or Symmetrical

Balance

Balance means that both sides appear to be equal even if they are not identical. Formal or symmetrical balance means if you draw a line down the center, both sides are identical. Informal or asymmetrical balance means if you draw a line down the center, both sides appear to be equal in visual weight, although not identical.

The dressers illustrate formal (or symmetrical) balance and informal (asymmetrical) balance.



Informal or Asymmetrical

Proportion



Proportion refers to the relationship of parts within an item. Scale compares size. Above are two rocking chairs. All the parts (seat, back, legs, and spindles) are in proportion to each other. However, the big chair would not be the correct size or scale for a toddler while the child's rocker would not work very well for an adult to sit in.



In this room all the furniture is of a consistent size, and the scale is appropriate for an older youth.

Rhythm

Rhythm is a feeling of movement as it directs your eye around the room. It is achieved through the repetition of the design elements of shapes, forms, colors, textures, or lines.



In this room, rhythm is achieved through the use of textures and repetition of color and line. The white, shiny, smooth wood guides your eye to the smooth striped bedspread and on to the white smooth dresser. Repeating the bright intense colors guides your eye from the bedspread to the walls.

Unity

Unity is achieved when all the elements and principles work together as a whole to create a look or theme.



In the room above, straight bold lines and heavier wood give a more sporty, active appearance.



In the room above, bright colors of pink and purple, flowers, butterflies, and the curves of the white wood make this room softer, yet energetic from top to bottom.

Room setups courtesy of Redekers.



4-H Club Meeting 4

Room Design



Supplies

Activity #2:

- Computer/laptop or iPad
- Internet access

Activity #1



DISCUSS ROOM LAYOUT

Use the leader information to discuss furniture arrangement, room balance and traffic and circulation patterns.

Activity #2



DESIGN A ROOM ON A WEBSITE OR GRAPH PAPER

There are various website that have room design features that you can use free of charge. A few of them are listed here. Let the youth arrange their bedroom and then have each of them discuss their room design with each other. Have each give feedback and suggestions for other options if appropriate.

www.arrangearoom.bhg.com

www.pbteen.com/design-studio

www.homestyler.com

<http://www.la-z-boy.com/content/DesignInspirations/3DRoomPlanner/>

<http://copenhagenfurniture.com/wp-content/uploads/2013/12/Copenhagen-Furniture-Paper-Room-Planner.pdf>

Activity #3



FINISH UP

Take some time to work on previous projects and finish them.





Reflect

- How many ways did you try to arrange the furniture in your room?
- Was it easy to figure out different layouts?

Apply

- How are you going to make changes in your room at home?
- What, if any changes are you going to make?
- Can you think of other rooms in your home that could use some rearranging?

REFERENCES

<http://www.uen.org/Lessonplan/preview.cgi?LPid=5084>

Furniture *Arrangement*



When determining furniture arrangement ask these questions:

1. What is the function of the room? Activities?
2. Can I combine functions?
3. What mechanical or architectural functions must be considered when placing furniture?
4. How do I want the traffic flow?
5. How can I create balance?
6. What do I want as my emphasis or focal point?
7. Is the plan balanced and does it incorporate elements and principles of design?
8. Is the furniture and accessories proportionate to the room?



4-H *Club Meeting 5*

What is your Style?



Supplies

Activity #1:

- Laptop/computer or iPad
- Internet Access

Activity #2:

- Copies of questionnaire

Activity #3:

- Materials needed for fabric basket (see attached pattern)

STYLES

Discuss styles and types -There are many styles. The 4-H leaders may discuss as many styles as they desire. Here are a few:

American Traditional
Shabby Chic
Industrial
Southwestern
Arts and Crafts

http://onlinedesignteacher.com/interior_design/interior_design_styles.html#.VfhYORFVhHw

<http://www.hgtv.com/design/decorating/design-101/design-styles-defined-pictures>

<http://www.dwellcandy.com/interior-design-styles-2/>

Activity #1



WHAT IS YOUR STYLE

"What is your style?" questionnaire (attached)

There are also some website that offer some fun online questionnaires:

<https://www.decorist.com/questionnaire/>

<http://www.porterdavis.com.au/our-houses/world-of-style-quiz>

<http://www.sproost.com/>

Activity #2





FABRIC ORGANIZATIONAL BASKET

**Materials Needed:**

- ¼ yard outer fabric (Home Décor or twill works well)
- ⅓ yard lining fabric (Home Décor or twill works well)
- ½ yard heavy weight interfacing
- Thread
- Chalkboard fabric (opt.) 1 ¼" x 3"

Cut:

- Outer fabric and interfacing – 7 ½" x 28 ½"
- Lining fabric and interfacing – 9 ½" x 28 ½"

Assemble:

1. Press the fusible interfacing onto the outer fabric and the lining fabric.
2. Fold the outer fabric in half. Sew down the side and bottom using ½" seam. Press seams open.

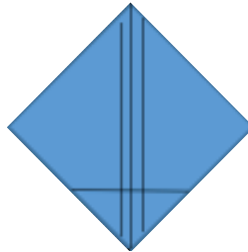
Fold



3. Fold the lining fabric in half. Sew down the side and on the bottom leaving a 4" opening in the middle. Press seams open.



4. Now, box all of the corners (two on the outer piece and two on the lining piece). Fold the corners up as shown in diagram below. Measure up 3 ⅜" on seam line and mark line. Sew on the line and then cut excess fabric away ¼" below the stitching line.



5. Pin the top edge of the lining and the top edge of the outer fabric together by putting right sides together and matching the seams and pinning all around. Sew together using ½" seams.
6. Now, turn the bag right sides out through the lining opening. Put the lining into the outer fabric to form a box.
7. Sew the opening together, either by hand or machine.
8. Press along top folded edge.
9. Center the chalkboard fabric and sew in place if desired.





Reflect

- Did you find a style that represents you?
- Are you a mixture of styles?
- How does your current room reflect your style?
- Are you going to make any changes to your room to reflect your style?
- What did you learn about style that you didn't know before?

Apply

- In what ways, if any, are you going to make changes to your room?
- In what ways can the fabric basket reflect your style?

REFERENCES

<http://www.uen.org/cte/family/interior-design/downloads/accessories/design-style.pdf>

<http://www.dwellcandy.com/interior-design-styles-2/>

There are many, many design styles. Below is a list of some of them.

1. AMERICAN TRADITIONAL

Traditional interior design reflects classic European decor. Trademarks of this style generally include deep wood tones, architectural details, and elegant furnishings. This style is quite versatile and can be combined with other interior elements to create a unique look in a room. One of the most important facets of traditional interior design is the silhouettes, also called the lines, of the furnishings. Wing-backed chairs, claw footed tables, and curved furniture pieces that reflect the 18th and 19th centuries are examples of this. Common models for such traditional furniture are pieces attributed to the Queen Anne or Chippendale styles. Antiques are also often integrated into this design style, but many companies sell new pieces that mimic the lines of the old.

Although elegant, traditional interior design often also emphasizes simplicity and comfort in its layout. Pairings of furniture and accessories are common in this design scheme. This is often done to create a sense of symmetry around a focal point, such as a favorite work of art, a fireplace, or a large piece of furniture.

Color: Walls are typically painted neutral colors to visually ground the elaborate furnishings. While such colors may also be used for large upholstered pieces, most furniture in this type of room incorporates rich shades of colors like red, blue, and brown. Artwork and accessories often incorporate more vibrant colors in a traditionally designed room.

Fabrics: Fabrics often come in solid colors, but many also feature patterns such as florals, damasks, or paisleys. These textiles are often expensive materials like silk, velvet, or cashmere. This style is considered by many designers to be flexible enough to also incorporate more affordable and easy to care for fabrics, such as cotton or linen. Accents, like throw pillows, may then be used to incorporate the more costly textiles.

Wood: Rich tones are another key element in traditional interior design. Dark woods like cherry, maple, and mahogany are typically used in furniture pieces of this style. These are often carved and lacquered to give them a luxurious, elegant feel. Wood floors are also considered a standard for this decor, although tile and carpet are often used as well.

Accents: Architectural embellishments are widely used in this type of interior design. These can include elaborate moldings, beveled wood paneling, and intricate tile and wood floor patterns. Arches, columns, and built-in cabinetry are also frequent features of this type of design.

2. SHABBY CHIC

Shabby Chic interior design presents a soft, feminine feel that differentiates this look from other vintage styles. It is a uniquely romantic way of decorating that first originated in the 1980s in the United Kingdom. Shabby Chic interior design consists of furnishings that are either chosen for their appearance of age and signs of wear and tear, or where new items are distressed to achieve the appearance of an antique. At the same time, a soft, opulent, yet cottage-style decor, often with an affected feel is emphasized to differentiate it from genuine period decor.



SHABBY CHIC CONTINUED

Furniture: Shabby Chic furnishings show signs of wear and distress, time-worn and painted layers.

Fabrics: Fabrics tend to be cottons and old French linens. Whites and pastels are favorite colors.

Decor: Popular decor items are pillows made of vintage fabrics, vintage linens, chenille bedspreads, vintage chandeliers, and anything with roses.

3. INDUSTRIAL

Industrial interior design is popular for decorating lofts and old buildings converted into living spaces, although it can be used for traditional apartments and houses too. This style creates an illusion of rough surfaces and materials that suggest an industrial past. To show roughness, walls or surfaces are left unfinished. Rough metal elements create and objects that are made from steel, metal or wood help create an industrial atmosphere. These items are preferably worn down or have been salvaged and recycled.

Color: The color palette should steer clear of bright, bold colors; instead, warm and neutral tones fill the space. Shades and tones of gray work well when mixed with white to add a crisp, clean look.

Walls and Structure: Exposed bricks, steel beams or columns, exposed concrete, unfinished wood, and stainless steel work well for this style. Walls should also incorporate large pieces of art.

Floor: The most used floor option for an industrial style is polished concrete. It can be as rough and patchy as you want it to be. Timber or stone flooring are also good finishes that will help you achieve the industrial look.

Decor and Furniture: Big comfortable sofas and large scatter cushions work well alongside "industrial" artwork and accent pieces. Plants will also inject life and color into any environment so look for a few really great large leaf plants and some significant pots to house them.

Lighting: Free standing floor lamps in a metal finish and pendant lamps are a great source of lighting for this look.

4. SOUTHWESTERN

Southwestern interior design mainly captures the environment and heritage of the New Mexico and Arizona areas. Natural elements and colors and accents inspired by the Spaniards, Mexicans and Native American Indians are distinctive of Southwestern interior design. Flat roofs, open floor plans and extensive courtyards and gardens are hallmarks of a Southwestern home.

Color: Southwestern design utilizes subdued colors that reflect the region's surrounding mesas. Earthy tones in terra cotta, brown, tan, cream and white set the stage for the bright pops of color brought in through plants and Native American Indian-inspired accents and textiles. Azure is a favorite color among Native Americans for exterior doors and windows. All colors reflect those found in nature, like salmon, forest green, slate blue and lemon yellow.



SOUTHWESTERN CONTINUED

Furniture: Should be simple, unpretentious and made from natural elements. Rough-hewn wood with decorative carvings, natural textile coverings and soft leather are all acceptable choices for furniture. Large pillows on the floor or hammocks in the courtyard offer alternative seating arrangements. Rooms should have a natural flow and feeling of space.

Walls: Southwestern interior design generally uses adobe exteriors, and interior walls are roughly plastered over the adobe. Stucco or smooth stone can be used in its place. Hand-painted tiles lend color and warmth to otherwise drab walls, and are frequently used to cover kitchen back-splashes or as individual accents throughout the house. Murals depicting spiritual rituals and stories or mirroring their environment are commonly found in the Native American culture.

Floors: Terracotta tiles, usually honey-colored, are the most common flooring material in Southwestern decorating. Add visual interest by arranging them in square, brick or lozenge layouts. Light wood flooring or parquet is also acceptable, especially rough, wide planks. For a more colorful approach, lightly color the wood flooring with a cobalt blue dye, ensuring that the grain remains visible. Stone and brick may also be used throughout the house without sacrificing style. Scatter Native American Indian rugs throughout the home in traditional colors and patterns to brighten up rooms.

Accents: The Southwestern style uses natural accents. Paintings other than murals are not commonly used, but are acceptable if the subject reflects the natural environment or a Native American subject. Wrought iron, candles, dried flowers, hand-painted pottery, sculptures and animal skins are all acceptable decorative accents.

5. ARTS AND CRAFTS

The Arts and Crafts movement took off around the turn of the 20th century. It rejected the factory-produced furnishings and decorative accents that prevailed at the time, embracing instead natural beauty and traditional craftsmanship. Some defining characteristics of Arts and Craft interior design are:

Wood: Wood is the single most important element, and it largely forms the emphasis on natural, organic beauty that defines this decorating approach. The focus is on rich stains that preserve and showcase the natural beauty of the grain. Oak is the iconic wood of this style, but pine, maple and other indigenous species also appear.

Color: The Arts and Crafts color palette takes its subtle, muted beauty straight from the natural world: stones, bark, leaves, and grasses. Browns and greens, any hue that is less obviously organic – such as blue – should be dusty or dirty.

Furnishings: Arts and Crafts style is as far from frothy Victorian sofas and ornately carved case goods as it's possible to go. Instead, it embraces sturdy, unadorned, comfortable furnishings that are built to last and are as much about function as form.

Flooring: Flooring falls right in line with the natural aesthetic: hardwood (planks or parquet), stone, and slate.

Detail: Arts and Crafts emphasizes handmade, stenciled and hand-painted details. It developed as an answer to the manufactured, mass-market wallpapers and other decorative treatments of the Victorian era.



ARTS AND CRAFTS CONTINUED

Lighting: Mica and Tiffany (or Tiffany-inspired) glass lamps and fixtures are often used. Mica for its organic feel and rich glow and Tiffany glass for the proud way it wears its craftsmanship.

Windows: Jewel-like in their detail, stained and leaded glass windows and doors are common among Arts and Crafts homes. They feature linear, geometric patterns or motifs that call to mind elements of the natural world.

Metal Accents: Chrome and steel look as out of place with this style as flip-flops with a cocktail dress. Bronze, brass and copper with oil-rubbed, antique or painted finishes complement the signature wood tones and enhance the overall feel of warmth. Metals are often hammered or otherwise distressed in a nod to craftsmanship.

What is Your *Design Style*?



For each of the items listed below, circle the group of term(s) that best describe your preference.

ITEM	I	II	III	IV
Hue	black white red	grayed pastels off white mint	steel blue beige maroon	dark green denim blue brown
Home Accessories	statues modern art	antiques dried flowers	porcelain still life	Native American pieces western art
Radio Choice	alternative synthesized	soft rock FM modern	symphony FM mellow	oldies country
Transportation	convertible Lexus	mini van family car	Honda Camry	Blazer/ Ford/Chevy
Apparel	Vogue designer	Gap Old Navy	formal suit/tie	jeans chambray
Vacation	San Francisco New York	Disney Land Sea World	Italy Europe	National Parks camping
Designs	geometric abstract	conventional naturalistic	traditional conventional	naturalistic
Video/novel	suspense drama adventure	love story comedy	literary classics autobiographic	westerns
Furniture	leather shiny finish	white washed pine pine	fine wood elegant	leather log furniture
Flower	lilies	pansies	roses	wild flowers
House Style	Modern	Farm	Colonial	Southwest
Personal Accessories	gold pearls	gold chain small earrings	emeralds diamonds	turquoise silver
Weekend Activity	club entertaining	movies baseball	theater country club	camping hiking
Tableware	fine china goldware	stoneware floral design	crystal silverware	pottery simple

Count the number of times you circled words in each column.

TOTAL EACH _____ _____ _____ _____

Add up each column.

Column I is Contemporary, II is Country, III is Classic and IV is Natural. Discuss the results.

Do they agree with the assessment? Explain that this is one way to help them identify their personal design tastes.



4-H *Club Meeting 6*

Lighting and Accessories



Supplies

Activity #1:

- Computer/laptop or iPad
- Internet access

Activity #2:

- Magazines with pictures of interior rooms (optional)

Activity #3:

- Fabric basket materials

Activity #1



DISCUSS LIGHTING AND ACCESSORIES

Use the leader information on lighting and accessories and discuss and show examples of various lighting and accessories.

Activity #2



COLLAGE

Have the youth make a collage of light sources and accessories that they would like in their room. Do this with magazines or online.

Activity #3



FINISH PROJECT

Finish up fabric basket project.





Reflect

- How does lighting affect the mood of a room?
- How do accessories affect the mood of a room?
- Why do you think it is important to have accessories that reflect your style?

Apply

- Do you need to change anything about the lighting in your room? If so what can you do?
- Do you need to add accessories to your room? Take away some accessories? Or do they need rearranging?
- What can you do to make your room more balanced and unified?

REFERENCES

Information on Accessories - <http://www.uen.org/cte/family/interior-design/accessories.shtml>

Information on Lighting - <http://www.uen.org/cte/family/interior-design/lighting.shtml>

Natural light refers to sunlight that enters the house through windows, doors and skylights.

There are three basic kinds of lighting in most rooms:

1. General: This refers to overall lighting. Rooms that have a high level of activity require a lot of light, for example a kitchen or office. A low level of light is more restful or romantic.
2. Task: This refers to lighting a small space in which a specific task is performed. This may include reading, sewing, cooking or applying makeup.
3. Decorative or Accent: this refers to a light that is used to draw attention to specific areas of objects, such as a piece of art or other display.

There are also several types of light:

1. Incandescent: This is the most common and it is the “basic” light bulb. The bulb has a filament in a light bulb and is heated enough to glow.
2. Fluorescent: These bulbs lasts up to ten times longer than an incandescent bulb. They also use less electricity and do not produce damaging heat. They are not used in the home as much as they are used in office buildings and stores.
3. Halogen: These bulbs are similar to incandescent bulbs because they have a tungsten filament, but they are also filled with halogen which prevents blackening with age and stays bright. The light they give is similar to that of sunlight.

The lighting in a home changes the mood of a room just as it does the perceived size of a room. Placement and type are important aspects of interior design, and they work in conjunction with color selections, room size, availability of natural light and furniture selection. The elements that come together when the right lighting is achieved transform a room into a seamless combination of functionality and style.

COLOR MANAGEMENT

The use of lighting can add to or subtract from the overall colors of a room or from only those surfaces the light is meant to enhance. Darker colors make a room feel smaller and cramped, while light-colored walls do the opposite. The illusion of space is defined by light reflected off of the surfaces of the walls. Some types of lighting help with this illusion by further illuminating the walls. In addition, directional lighting, such as a track light, can soften the wall colors. There is also recessed can lighting, which has a soft, downward glow that illuminates the floors, not walls. This is opposed to lights hung from the center of the room, which provide ambient illumination, or wall lighting. In both cases, this can affect how light or dark a colored section can appear.



DIRECTIONAL LIGHTING

The lighting in a room either provides illumination for the entirety of the room, or it highlights very specific elements. Track lighting is the perfect example of directional lighting. Hung from the ceiling, the adjustable necks and lamps can be pointed at specific elements, such as a wall painting, the vase of flowers on an entryway table or the bar top or kitchen island. Consider mounting them on the walls, as well. Special picture and mirror frames also have built-in lighting to highlight specific areas on a wall. Recessed lighting can be used in floors and ceilings to create vertical beams of light, as opposed to an overall glow from central light fixtures hanging from a ceiling.

FUNCTIONALITY

One major role of lighting in the interior setting is functionality. Lighting needs to serve a purpose, or it simply wastes electricity. Chandeliers are not only used in large, open foyers, entryways and rooms because of their centrally themed placement, but also because they provide excellent illumination for the room. Wall lights add length and size, visually, to an entryway hall, as well as light the way. Consider the style of lighting desired also to ensure the best directional or luminescent type for the setting. Look into task-specific lighting for desks and other work areas where functionality is more important than overall room illumination.

SPACE

Both natural and man-made lighting help with the illusion of space. For a darker room, find ways to bring in more full-spectrum natural light. If the room does not have sufficient lighting, it will feel cramped. This is worsened by close-proximity furniture arrangements, such as coffee table, end table, sofa, chair and love seat combinations in a smaller setting. Corner lamps, wall sconces and centrally hanging lights on the ceiling help brighten a room if natural lighting is not available and help create a visually larger space. This applies to any setting -- home or office. Natural lighting is preferred above man-made lighting because it shows off colors better and adds to the visual space of a room by bouncing off reflective surfaces. Skylights or large windows should be considered for increasing more natural light. Using sheer drapes and curtains also allows the maximum amount of light from your current windows.

Accessories are the finishing touches of color, texture and shape that impact decor. The role they play is important. A noted designer has stated that “accessories are the jewelry of your home”. Accessorizing is a very individual thing. Adding accessories to a room may be the most enjoyable part of decorating the home. After a room has been accessorized, it then takes on a personality. Accessories should reflect your lifestyle and personality.

ROLE OF ACCESSORIES

1. Emphasize a focal point
2. Give a room balance
3. Emphasize a foreground or background
4. Adds color, pattern and texture

SELECTING ACCESSORIES

1. Relationship of size and scale to the room
2. Color unity
3. Style unity
4. Unity in materials

TYPE OF ACCESSORIES

1. Lighting
2. Wall hangings
3. Table top
4. Collectibles
5. Sculpture
6. Flowers and plants



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world.

You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A 9-year-old 4-H member from Davis County donated her project money to help a 3-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>