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

- Build self esteem by applying the quilt concept to other skills that may include design techniques or applications.
- Create original patterns and designs.
- Develop fabric-handling skills.
- Assemble basic quilting equipment needed for cutting and sewing quilts.
- Learn safe procedures for cutting, pressing, and sewing a quilt.
- Learn about color schemes, types of materials, threat types and color choice.
- Practice sewing accurate 1/4” seams.
- Make basic shapes to create a given pattern within a square.
- Make a Color Wheel of fabrics/paint chips.
- Design an original pattern within a square by applying design principles, rhythm, balance and color.
- Understand “the Sandwich” - what makes a quilt a quilt an not a blanket.
- Build a quilt from an original pattern.
- Discuss machine quilting versus free hand quilting.
- Practice safety with all tools and equipment.

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

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

Healthy Living

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

Science, Technology, Engineering, and Mathematics

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

Citizenship

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

Leadership

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

Connections & Events

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

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

Contact your county 4-H office to determine additional opportunities available, such as a field day.

Curriculum

- Nebraska 4-H Curriculum “Consumer and Family Sciences”:
  https://marketplace.unl.edu/ne4h/curriculum

4-H Record Book

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

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

To access the 4-H Record Book online, visit http://ucanr.edu/orb/

Resources

- International Quilt Study Center and Museum: http://explorer.quiltstudy.org
- Shape and Space in Geometry—Quilts: http://www.learner.org/teacherslab/math/geometry/shape/quilts/index.html
- Quilter’s Club of America: http://www.quiltersclubofamerica.com
- Quilt Classroom: http://www.quiltclassroom.com
- Quilting 101: quilting101.com
- Sew A Quilt: www.sewaquilt.com

University of California Agriculture and Natural Resources

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.