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.

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

### Learning More
**Intermediate**
- Make a Color Wheel of fabrics/paint chips.
- Design an original pattern within a square by applying design principles, rhythm, balance and color.
- Understand “the Sandwich” - what makes a quilt a quilt an not a blanket.
- Build a quilt from an original pattern.
- Discuss machine quilting versus free

### Exploring Depth
**Advanced**
- Build a quilt from an original pattern and explore using half square triangles or quarter square triangles.
- Assemble the quilt ‘sandwich’ with 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.

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

### 4-H THRIVE

<table>
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<tr>
<th>Help youth:</th>
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<tbody>
<tr>
<td><strong>Light Their Spark</strong></td>
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<tr>
<td>A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find</td>
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<tr>
<td><strong>Flex Their Brain</strong></td>
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<tr>
<td>The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to</td>
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<tr>
<td><strong>Reach Their Goals</strong></td>
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<tr>
<td>Help youth use the GPS system to achieve their goals.</td>
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**Goal Selection:** Choose one meaningful, realistic and demanding goal.  
**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.  
**Shift Gears:** Change strategies if you’re having difficulties

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

Citizenship

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

Leadership

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

Resources

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

Connections & Events

<table>
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<th>Curricular Area</th>
<th>Connections &amp; Events</th>
<th>4-H Record Books</th>
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<tr>
<td><strong>Presentation Days</strong> – Exhibit your project at your 4-H club or local or county events such as County fair, State fair.</td>
<td>Nebraska 4-H Curriculum “Consumer and Family Sciences”: <a href="https://marketplace.unl.edu/ne4h/curriculum">https://marketplace.unl.edu/ne4h/curriculum</a></td>
<td>4-H Record Books give members an opportunity to reflect on their experiences. For each project, members document their experiences, learning and development.</td>
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<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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Contact your county 4-H office to determine additional opportunities.

University of California Agriculture and Natural Resources

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