

# Mini 4-H

# Arts &

# Crafts



## Mini 4-H Helper's Page

Welcome to the Johnson County Mini 4-H program! Mini 4-H is designed for youth to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when enrolling in Mini 4-H. This manual and the manuals on various other topics will provide fun age appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper your job will be to guide and encourage each child through the activities. A wide range of activities are provided to allow you to choose the ones most appropriate for the children you are working with. It is highly suggested that you do not complete the activities for them. Instead help them, guide them, work with them, and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information within this manual. Most children will choose to exhibit their project at the 4-H fair. The 4-H fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group.

Please help the child to bring their Mini 4-H project to the fairgrounds during the designated Mini 4-H judging time. Each exhibit will need a Mini 4-H exhibit tag and their Mini 4-H Project Record Sheet. Mini 4-H exhibits are non-competitive meaning they all receive a special Mini 4-H blue ribbon. Once the fair is over, be sure to pick up the project during 4-H Project Release.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact Purdue Extension Johnson County at **317-736-3724**.

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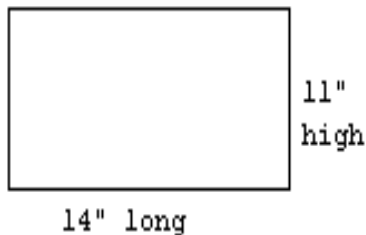
## Mini 4-H Program Rules

The Mini 4-H program is designed to supplement and introduce kindergarten, first, and second graders to the Johnson County 4-H program.

### RULES

1. Mini 4-H is open to any boy or girl who is enrolled in kindergarten, first, or second grade on January 1<sup>st</sup> of the current 4-H year.
2. Any Kindergartener may enroll in one (1) project.  
Any first grader may enroll in one (1) or two (2) projects.  
Any second grader may enroll in one (1) to four (4) projects.
3. Mini 4-H members are enrolled in the Mini Clovers 4-H Club, which is led by the Extension Educator & Volunteers. Meetings are not required, the project(s) will be done at home.
4. Mini 4-H projects include: Arts & Crafts, Bugs, Cookie Decorating, Collections, Flowers, Foods, Forestry, Horse & Pony, Livestock, Models, Sewing, Small Animals, and Wildlife.
5. Enrollment of Mini 4-H begins October 1<sup>st</sup>.
6. **ALL POSTER EXHIBITS MUST:**
  - A. Have a solid, stiff backing, which is 11" high by 14" wide.  
This can be 1/4" plywood, HEAVY cardboard, foam board, or masonite.

Exception: Wildlife poster is 11"x 22".



- B. Be positioned **HORIZONTALLY**.
- C. Have a total exhibit board no larger than 11" high by 14" wide.  
**(Wildlife- 11"x 22")**
- D. Be completely **COVERED BY A CLEAR PLASTIC** material.

## Mini 4-H Arts & Crafts

Let's have fun with arts and crafts! Everyone enjoys making things. Let's be creative! In the Mini 4-H crafts project you may choose from a variety of crafts and use your imagination to make as many different articles as you want to. If you would like, you may do several of the crafts listed – or you may do just one. Decide which one you like the best and that can be the one that you enter into the Johnson County 4-H Fair.

### WHAT TO EXHIBIT:

1. Make one or more of the articles listed in this book. You may also wish to make other simple craft items not listed in the manual.
2. Exhibit one item you have made in the 4-H fair. This item should be finished and ready for use. (an item that is to be used as a picture should be ready for hanging etc.)

Grade K- One simple Potato Print painting

Grade 1 - One simple craft item.

Grade 2 - One craft item different from what you exhibited in Division I.

3. Attach a name tag to your exhibit. You can use the name tag that is printed below.
4. The record sheet should also be completed and turned in with your exhibit.

NAME _____
GRADE (as of January 1) _____
SCHOOL _____

## Mini 4-H'ers Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things, which you can share with your family and friends.

Here are some things to know about 4-H:

The 4-H Symbol: A four leaf clover with a "H" on each leaf

The 4-H Colors: The 4-H colors are green and white. The four-leaf clover is green and the "H" in the leaf is white.

The 4-H Motto: "To make the best better."

# 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,

*I promise to use my head to make good choices.*

My **HEART** to greater loyalty,

*I promise to use my heart to be a good friend.*

My **HANDS** to larger service,

*I promise to use my hands to do helpful things for others.*

And my **HEALTH** to better living,

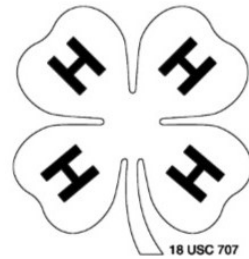
*I promise to take care of my body and to show others to live in a healthy way.*

For my club, my community,

*I promise to help my group, my community,*

My country, and my world.

*my country, and my world be happy and safe for everyone.*



## Mini Arts & Crafts

### Things To Do

The Arts & Crafts project is divided into three categories: Basic Crafts, Needlecraft, and Painting & Drawing. Items that are included in each category are:

#### **Basic Crafts:**

Baked Dough Decorations

Collage

Hand Puppets

Latch Hook

Mosaics

Potato Printing

Splatter Painting

Seed Pictures

Vases

#### **Needlecraft:**

Embroidery, including

Counted Cross Stitch

#### **Painting & Drawing:**

Picture using crayon,

felt-tip, pen, pencil,

chalk, ink, watercolors,

etc.

You may experiment with more than one craft, but can exhibit **ONLY** one.

#### **BEFORE YOU START:**

1. Get help when you need it.
2. Get all supplies before you start.
3. Read the directions before you start.
4. Keep your area neat and clean while working.
5. Look over the finished project after it has dried to be sure it is neat and clean to display your best work.
6. Ask for opinions so you may improve your work.
7. Clean up your work area after you are finished.
8. Most importantly **HAVE FUN!!!**

## Ideas for Basic Crafts

### BAKED DOUGH DECORATIONS:

Have you ever wanted to make your own Christmas decorations? Now you can do it.

#### **MATERIALS NEEDED:**

1. Cookie Cutters
2. Glitter
3. Paints
4. Yarn
5. Bowl

#### **RECIPE:**

- 4 cups of flour
- 1 cup of salt
- 1 1/2- 2 cups of water

#### **How To:**

1. Mix all of the ingredients in a big bowl.
2. Roll the dough until it is about 1/4 inch thick.
3. Use cookie cutters to make different shapes.
4. Ask an adult to help you punch a hole with a knife at the top of your decorations.
5. Put the paint on before you bake them. The best paint mixture is food coloring and condensed milk together.
6. Ask an adult to help you bake them in an oven set around 250 degrees for one hour.
7. After it is cooled, thread the ornament with yarn.
8. You may make as many as you want but label the best one and bring it to the 4-H fair.

**BE VERY CAREFUL WHEN WORKING AROUND A HOT OVEN!!!!**



## **HAND PUPPETS:**

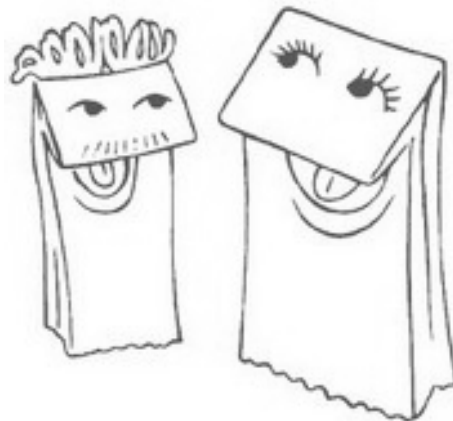
Hand puppets are fun. You can pretend he is a friend, an animal, mom or dad, a teacher, or a cartoon character. They are easy to make and you can share them with anyone. Make one from the directions below. Bring it to the 4-H fair and share it with everyone. Make sure you put a label on it so everyone can see who made it.

### **MATERIALS YOU WILL NEED:**

1. A small paper bag
2. Crayons or Paint
3. Yarn
4. Scissors

### **How To:**

1. Leave the bag folded (as shown)
2. Draw, color, or paint, yourself, a friend, an animal, or whatever you want your puppet to be.
3. Now put your hand inside the bag. Your fingers will fit in the fold.
4. Now you can move your hand to make the puppets mouth open and close.





## **COLLAGE:**

A collage is a picture made of different small pieces of paper or pictures from magazines. They are pasted together to tell a story or to make a design.

Decide on a subject or an idea to make for your collage. Then collect the materials needed to make the project.

### **MATERIALS YOU WILL NEED:**

1. Cardboard or poster board 11"x 14"
2. Glue, Paste or Rubber Cement
3. Scissors
4. Catalogs, Magazines, Old Newspapers, Candy or Gum Wrappers, Small Twigs, Small Stones, Colored Paper, Tissue Paper, Scraps of Felt, Yarn, or Cloth.

### **How To:**

1. Cover your work area with old newspapers to protect it.
2. Before you start to glue, arrange your design on the cardboard the way you want your collage to look. The pieces can be spaced apart, touching, or overlapping.
3. Now glue or paste all the pieces in place.
4. Keep your collage flat until it is dry.
5. Make sure nothing gets set on top of your collage until it is dry.



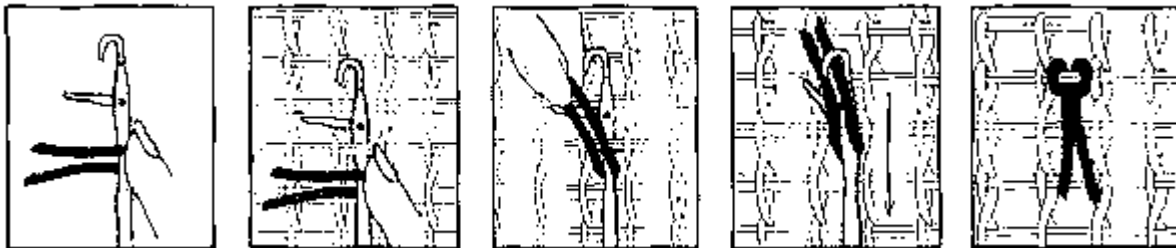
## **LATCH HOOK:**

Make one (1) latch hook article and exhibit it at the county fair.

If using a kit to make your Mini 4-H project, pick a good design and a coordinating color choice.

### **How To:**

1. Fold a piece of yarn exactly in half, holding the ends with your left hand. Slip the hook through the loop of the yarn.
2. Push the hook under one row of canvas so that the latch is above the strands of canvas.
3. Make sure the latch is open. Place the ends of the yarn between the hook and latch.
4. Pull the hook toward you and through the loop of yarn.
5. To tighten the knot, gently pull the yarn ends towards you. If one end is longer than the other, pull the shorter end more as you tighten the knot.



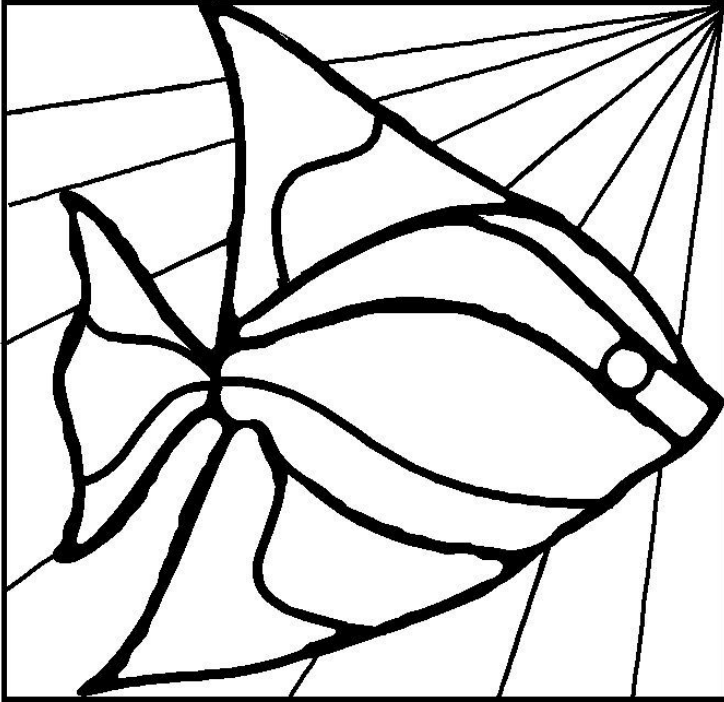
## **FINISHING YOUR LATCH HOOK PROJECT:**

1. **WITHOUT RUG BINDING:** Trim all sides approximately 1" from the edge of your finished design. Cut the corners diagonally across. Fold back canvas and overcast with HEAVY thread.
2. **WITH RUG BINDING (rug or a wall hanging):** Trim the canvas to 1 inch. Cut the corners diagonally across. Using HEAVY thread, sew binding to the right side of the canvas as close to the pile as possible.

3. WALL HANGING: Sew large metal or wooden rings to the top of the design, and hang on a rod. Overcast a strip of rug binding, grosgrain ribbon or muslin to the top of the design to form a tunnel. Slip a dowel rod through the tunnel and hang on brackets.

4. PILLOWS: Cut a piece of backing fabric (such as felt or corduroy) 1 inch larger all around than the hooked area. Place the right side of the fabric with the right side of the hooked area and pin the fabric. Hand sew three sides and trim excess canvas from the backing to 1 inch from the stitching line. Clip corners and turn right side out. Fill the pillow with fiberfill and stitch the opening closed.

5. PILLOW TASSELS (optional): Purchase 1 skein of rug yarn in desired color. For each tassel, cut 25 strands each 5 inches long, with an extra strand to tie the others to the corner mesh. Fold the strands in half, and with a separate strand 1 inch down from the fold, wrap tassel several times to hold the flat knot under tassels and trim all ends evenly.



### **MOSAICS:**

This is a very old craft. It means taking small pieces of something and gluing them together to make a picture or design.

You can use different kinds of materials to make a mosaic. Here are some ideas for things to use:

1. Dry seeds, beans, and rice.
2. Egg shells (crushed into little pieces)
3. Bits of paper
4. Wood chips
5. Small pebbles and shells.

### **MATERIALS YOU WILL NEED:**

- |                    |               |
|--------------------|---------------|
| 1. Glue            | 2. Water      |
| 3. Small Container | 4. Paintbrush |

5. Mosaic Pieces (seeds etc.)
6. HEAVY board (plywood etc.)

For these projects, we suggest using white glue such as Elmer's. Mix an equal amount of glue with an equal amount of water in a small bowl. Spread this on with a small paint brush.

**ALWAYS REMEMBER TO WASH OUT YOUR PAINTBRUSH  
BEFORE THE GLUE DRIES!**

**How To:**

1. Sketch or trace your design onto the background.
2. Plan how you will arrange your seeds or other materials to make an interesting pattern.
3. Mix the glue with equal amounts of water. Paint this mix on a small part of your picture, and then cover it with seeds or other materials. Continue until your picture is covered.
4. When your picture is done, let it dry completely. Paint the picture with a coat of the glue and water mixture to protect it.

**POTATO PRINTING:**

Potato printing is very simple to do and lots of fun! However, because you will be working with a knife you should have an adult around to help you. Before you start this project make sure you gather all of the materials you are going to need.

**MATERIALS YOU WILL NEED:**

1. Potato
2. Ink, dye, or powder paint
3. Printing paper or cloth
4. Something to put your ink in (a pad of foam plastic, or felt in a shallow pan.)

5. Newspaper to keep from making a mess.
6. Knife

Now that you have everything you need, you can start printing with a potato!

#### **How To:**

1. Lay out some newspaper so you do not make a mess.
2. Find an adult to help you cut your potato in half.
3. Choose a pattern that you want to stamp with your potato.
4. Once you have done that, have an adult help you cut the design into half of the potato.

There are several ways to do this such as:

- A. Make one or more “V” shaped cuts or gouged shapes in the flat surface.
  - B. Draw a pencil design on the flat face then cut around the drawing so the design stands out.
  - C. Cut a small cube from the potato and use it to print.
  - D. Wind a string around the potato in spirals, secure the string with pins, and rock or roll the potato to make a design.
5. Dip the potato into the ink.
  6. Make a design by touching the potato to your paper or cloth.

Your finished potato printing can be framed and hung on a wall. (Refer to framing rules in this manual)

**REMEMBER TO BE VERY CAREFUL WHEN WORKING  
WITH KNIVES!!!**

## **SPATTER PAINTING:**

Spatter painting is easy and fun to do! Before you begin make sure you have all of the materials you are going to need.

### **MATERIALS YOU WILL NEED:**

1. Construction Paper (other types of medium-weight paper will work as well)
2. A Stiff Bristle Paint Brush
3. Stick (about the size of a table knife.)
4. Tempera Paint
5. Water
6. Cut out designs (flowers, leaves, hearts, etc.)
7. Tape



### **How To:**

1. First cut out a design that you want to appear in your painting.
2. Put a piece of rolled tape on the back of the shape and attach it to a piece of construction paper.
3. Dip your brush in the paint, and use a stick to spatter the paint over the paper.
4. Let the paint dry.
5. When the paint is dry, carefully remove the taped shape.

Your painting is now finished and ready to frame and hang on the wall! (Refer to the framing rules in this manual.)

### **TEXTURE SEED PICTURE:**

A seed picture is very similar to a mosaic and just as fun! There are several different kinds of seeds which you will be able to use such as:

- Corn (yellow, white, or popcorn)
- Navy Beans (small, round, white beans)
- Kidney Beans (dark reddish brown)
- Great Northern Beans (large white beans)
- Lima Beans (large, light green beans)
- Rice (white, long shape)
- Soy Beans (small, round light yellow)
- Dried Peas (small, wrinkled, green)
- Sunflower Seeds (black and white striped)
- Pumpkin Seeds (large, flat, white seed)
- Watermelon Seeds (flat, black seeds)
- Cantaloupe Seeds (narrow, white seeds)
- Barley (flat, tan color)
- Any other seeds that you choose!

### **MATERIALS YOU WILL NEED:**

1. Heavy Cardboard or plywood 11"x 14"
2. Different kinds of seeds
3. Glue from a squeeze bottle
4. Old newspaper

### **How To:**

1. Cover your work area with old newspaper so that you do not make a mess.
2. Draw or trace a picture on the heavy board.
3. Squeeze glue around the outline of the picture.
4. Place seeds on the glue outline.
5. Glue on different kinds of seeds to fill in the inside of the picture.



6. Add extras, such as yarn, feathers, or beads if you want to.
7. Keep your seed picture flat overnight to let it dry.
8. Clean up your work area.

Your picture is now ready to frame and be hung on the wall! (Refer to the framing rules in this manual.)

### **VASES:**

A bottle, jar, or glass can be covered to make a pretty decoration. Try a syrup bottle, pop bottle, peanut butter jar, or something similar. Wash the bottle, jar, or can and let it dry completely.

### **MATERIALS NEEDED:**

1. Bottle, Jar, or Can
2. Glue and Water
3. Container to put glue in
4. Paintbrush
5. Egg Shells, Tissue Paper, Seeds, Magazines, etc.

Here are some ideas on how to decorate it:

### **EGG SHELLS:**

#### **How To:**

1. If you choose you may color the egg shells for your vase. There are a couple of ways to do this such as:
  - A. Soak the egg pieces in food coloring then let them dry before putting them on the jar.
  - B. Paint the egg shells after they have been glued on the bottle.
2. Crush the egg shells into small pieces.
3. Glue them to the bottle using a water and glue mixture.

### **SEEDS AND PEBBLES:**

#### **How To:**

1. Find seeds, pebbles, or shells that are colorful, or that can be painted.
2. Glue them onto the outside of the bottle.
3. Once the glue has dried, you can paint the outside.

### **TISSUE PAPER:**

#### **How To:**

1. Tear pieces of tissue paper into small pieces. You may use several colors or just one.
2. Glue the pieces to the outside of the bottle.
3. Once the glue has dried paint the outside with the water and glue mixture.

### **MAGAZINE MOSAICS:**

#### **How To:**

1. Find bright pictures in old magazines or catalogs.
2. Tear the pictures into small pieces.
3. Glue them onto the outside of the bottle.
4. Once the glue has dried, paint the outside with the water glue mixture.

## Ideas for Needlecraft

### **EMBROIDERY:**

If you choose to do embroidery, you should exhibit a finished embroidered item. This includes counted cross stitch items. To learn how to embroider, practice on the two samples listed here.

### **MATERIALS YOU WILL NEED:**

1. One embroidery hoop
2. Two or three large eyed needles (you can buy embroidery needles at a fabric shop- sizes 6-8 are best)
3. One skein of embroidery floss for each color you need to finish your project
4. One thimble to fit your finger snugly
5. One small pair of scissors
6. A picture or sampler (you can use the pictures included with this book or buy some already printed on material from a fabric shop)
7. One eight-inch square piece of bleached muslin

Before you begin working on your picture, you may want to practice the stitches you will be using. You can use pieces of scrap muslin to practice until you feel comfortable.

On the following pages, there are instructions for making two samples you can frame and hang in your room. You may either pick one of the two samples that you liked the best or make your own design to exhibit in the fair.

Make sure you wash your hands so you do not get your cloth dirty. After you have chosen the design that you want to use, gather all of your materials and put them in a box so you can keep them organized.

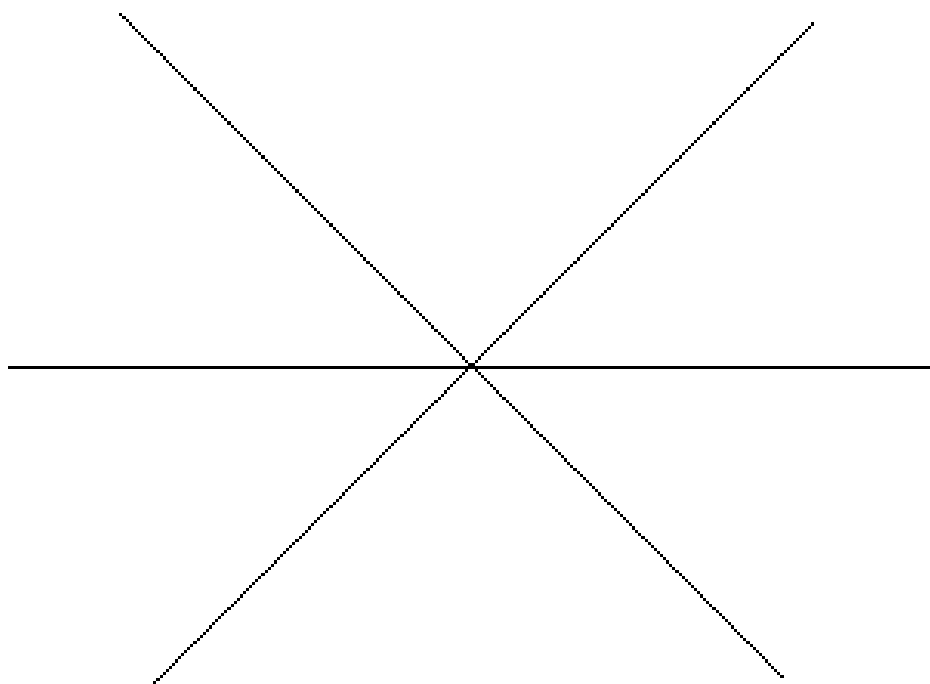
## How To:

1. With a thin piece of chalk or light pencil, draw the pattern on an eight-inch square of bleached muslin.
2. After you have drawn your design, center it in your embroidery hoop. The hoop is to keep the stitching from puckering by holding your material tightly. You will see that there are two circles in the embroidery hoop, and that one circle is smaller than the other. Lay your piece of fabric over the smaller hoop and put the larger hoop over it so that the fabric is held very tight between the two. This should look something like a small drum. Ask an adult to help you if you have trouble.
3. Cut a piece of embroidery thread about one foot long. If you look closely, you will see that this thread is made up of six smaller threads.
4. Pull your thread apart so that you have two yarns with three pieces of thread or strands in each yarn.
5. Pull the thread (three strands) through the eye of the needle.
6. To anchor your thread, put the needle up through the fabric about 1/4 of an inch from where the embroidery will start. Hold the little tail of thread with your finger so it does not slip through. Now take three small stitches back toward the start of the embroidery line. This anchors the thread and does not leave a bulge like a knot would.
7. Now bring your needle back up through the material to the right side at the beginning of the embroidery line. You are ready to start stitching.
8. When you get near the end of your thread, push the needle back through the material under your last stitch. To secure your thread do not knot it.

Instead, turn your embroidery to the wrong side and weave the thread under about six stitches. Be careful not to catch any material in the thread. Do not push the needle back through the cloth. Cut the thread close to the material.

### **SAMPLE #1**

On a piece of bleached muslin, eight-inches square, draw the following design using a ruler as a guide. Make all lines four inches long.

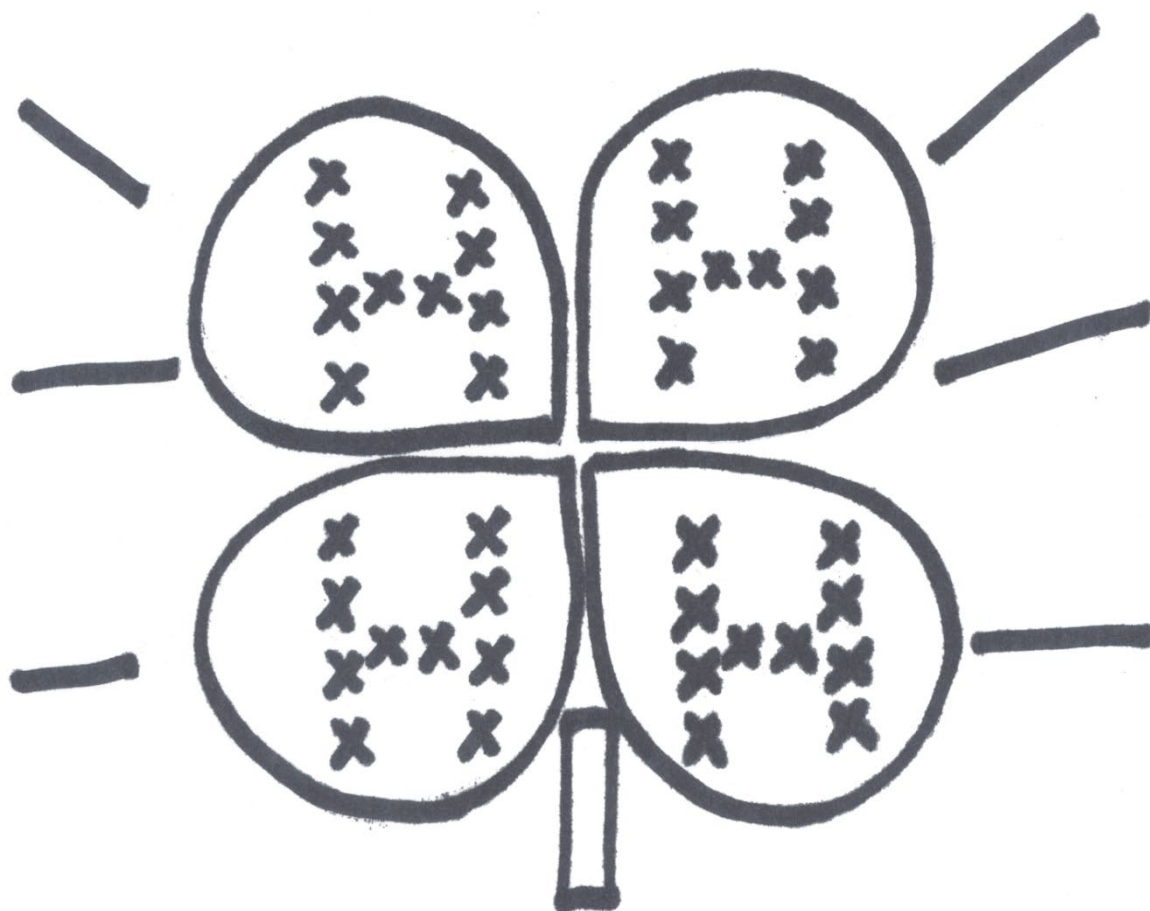


1. Make each line a different color or use the same color on all of them. Maybe you might like to use a color from your room.
2. The stitch to use is called the “Running Stitch”

RUNNING STITCH: Always have the point of the needle facing your left hand and the eye of the needle at your right. Put the needle through to the right side of the fabric. Push it back in and out again, then in and out. Be sure you have the stitches the same length. Push the needle through the material with your thimble finger and repeat the stitch.

**SAMPLE #2**

On a piece of bleached muslin eight inches square, trace the following.



1. The rays are gold or yellow. Use the “Running Stitch”. See Sample #1 for directions for the “Running Stitch”.
2. The H’s are made by using green thread and a “Cross Stitch”.

**CROSS STITCH:** Put the needle through to the right side of the material at the bottom of the cross. Put the needle back through the material at the top of the cross and bring it out at the bottom of the next cross. Do these along one line of crosses until you get to the end? You will see that your stitches slant and that you only have half of the cross done. Turn your material and do the same thing the other way.

3. The outline of the clover is done in the “Back Stitch” with green thread.

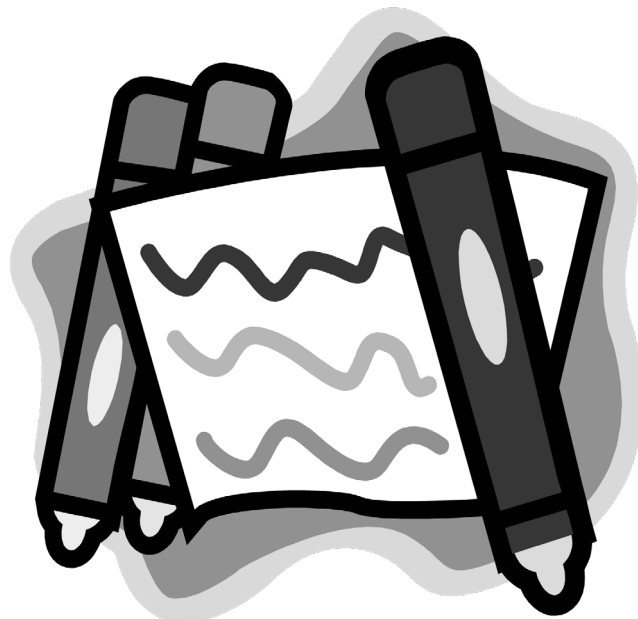
**BACK STITCH:** Push the needle down at the start of the line and back up about a 1/4 inch ahead of the beginning line. Put the needle down at the start of the line and back up an even distance ahead along the line. Pull the needle through the material. Keep the thread below the needle. Repeat.

## **Ideas for Painting and Drawing**

### **PAINTING:**

Finger Painting

Watercolor Painting



**DRAWING:**

Crayon

Felt Tip Pens

Pen

Pencil

Chalk

Ink

**EXHIBITS IN PAINTING AND DRAWING SHOULD BE FRAMED AND  
READY TO HANG!**

## **FRAMING TIPS**

All items that are you are planning to hang should be ready for hanging before you exhibit the item. Frames are not required, but the exhibit must be suitable for hanging. Exhibits may use screw eyes and wire or other appropriate type of securely attached hanger. (Soda pop tabs, adhesive tabs and easel photo frames are not accepted).



RECORD SHEET

MINI 4-H ARTS & CRAFTS

Name \_\_\_\_\_ Grade \_\_\_\_\_

School Attending \_\_\_\_\_

Please complete and bring with Mini 4-H Exhibit.

I choose to exhibit \_\_\_\_\_.

I liked making \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

I learned \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

My favorite part of Mini 4-H this year was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

List who helped you with the project \_\_\_\_\_

\_\_\_\_\_