DISCOVER

4-H CROCHET CLUBS

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Susan Haws | Debbie Proctor | Lauren Stott | Calee Lot | Margie Memmott | Stacey MacArthur
Utah State University Extension

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).

EXTENSION
UtahStateUniversity

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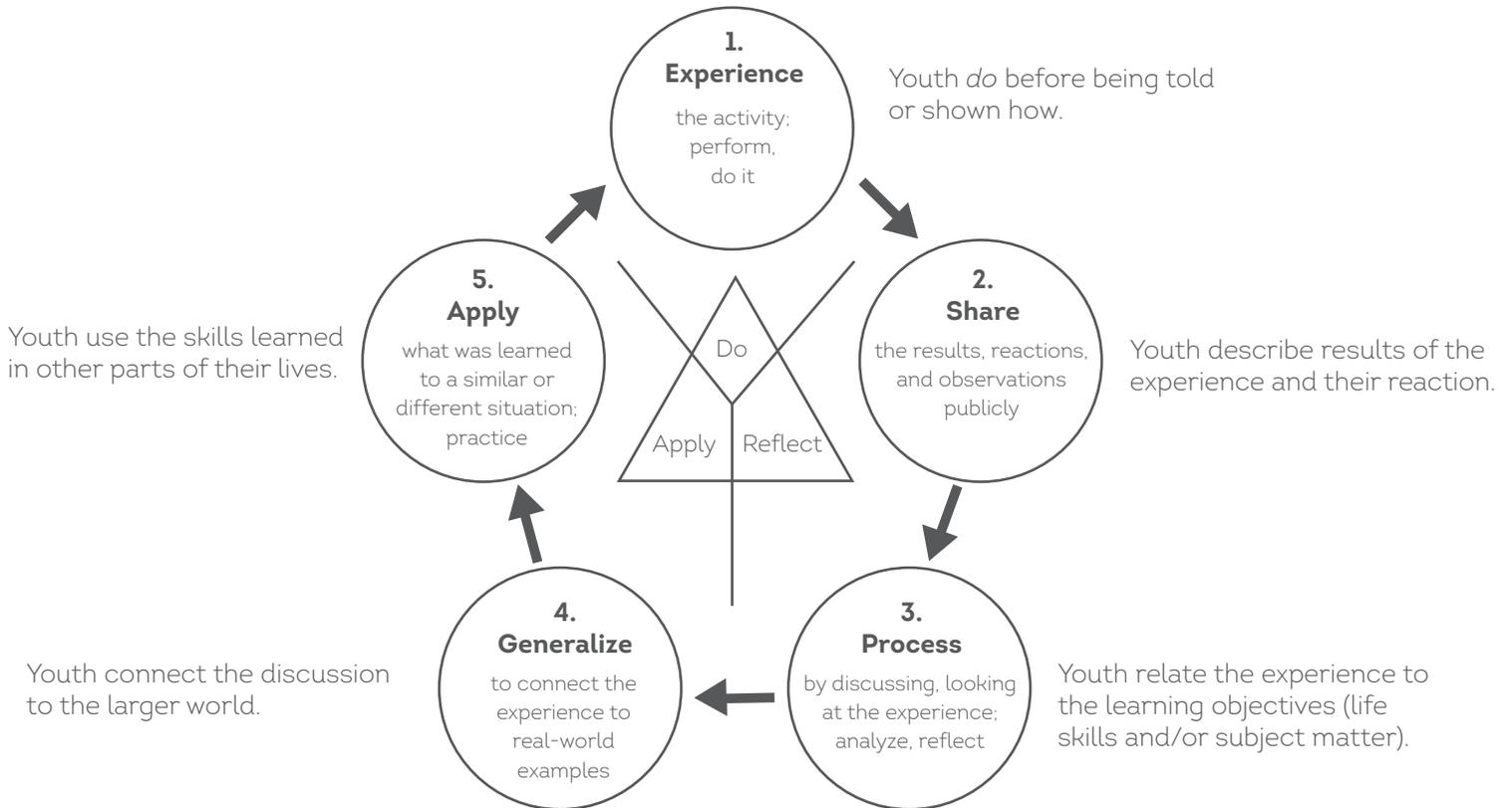
1. **Belonging**: a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity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

1. Experience the activity; perform, do it

Youth *do* before being told or shown how.

2. Share the results, reactions, and observations publicly

Youth describe results of the experience and their reaction.

3. Process by discussing, looking at the experience; analyze, reflect

Youth relate the experience to the learning objectives (life skills and/or subject matter).

4. Generalize to connect the experience to real-world examples

Youth connect the discussion to the larger world.

5. Apply what was learned to a similar or different situation; practice

Youth use the skills learned in other parts of their lives.

Do — Apply — Reflect

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 CROCHET CLUB *Meetings*

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Supplies

- Skein or ball of medium acrylic yarn
- Size H-8 crochet hook
- Scissors
- Pony beads (These beads are sold by the bag. One bag is enough to complete both bracelet and necklace. Look for beads that have larger holes so the yarn will fit through.)
- Yarn needle

WHAT TO DO

☐ Select preferred color of yarn and beads

☐ Learn how to make a slip knot, chain, and thread beads:

http://goo.gl/yAz1L0

ABBREVIATIONS

ch - chain stitch

" - inch

' - foot

Getting *Started* 🧶

STITCHES USED: Slip knot and chain stitch

MEASUREMENTS: Bracelet- 5 ½ -7", Necklace-16-23"

Acrylic yarn will have some stretch, slide easily over a hand and then spring back into shape. However, if a child's hand is very small, consider eliminating one bead. If it is larger, add another bead.

1. Make a slip knot leaving a 6' length of yarn at the end.
2. Insert the crochet hook through the slip knot loop. The loop should fit loosely around the hook. If it is too large, gently pull on the end of loop to make it smaller.
3. Grab the yarn from the ball or skein with the hook and pull it through the slip knot to form another loop. You just made one chain stitch (ch)! Again, gently pull on the end of the loop just completed to make the loop smaller.
4. Ch 2.
5. For the next ch, bring up a large loop, pinch the end of the loop and insert it through a bead. Slide the bead down to the base of the loop. Insert the crochet hook and ch 1.
6. Add another bead and ch 1.

7. Bracelet: Repeat Step 6 seven more times so you have nine total beads for your bracelet.
8a. 16" necklace option: Repeat Step 6 20 more times so you have 22 total beads for your necklace. (Skip to step 9.)
8b. 23" necklace option: Repeat Step 6 34 more times so you have 36 total beads for your necklace.
9. When the bracelet or necklace is the length you like, cut yarn, leaving 6" tail. Pull tail all the way through last loop. This prevents the chains from unraveling. Slip tail into another bead and tie a knot to secure.
10. Thread yarn onto yarn needle, thread yarn back through chain of five beads. Trim the yarn tails.
11. Close the bracelet around your wrist by inserting the last bead into one of the first chain stitches.

Reference: http://www.craftyarncouncil.com/C10

Reflect
• What stitches did you learn while doing this activity?
• How do you correctly add a bead to a chain stitch?
• What other items could you crochet using these stitches?
• What would you change about your bead bracelet or necklace? (color, bead spacing, yarn color, etc.)

Apply
• What can crocheting teach you about the importance of practice?
• How can you use your crocheting skills to help the humanitarian cause?

Supplies

- Crochet hook size I-9
- 0.5 oz. worsted weight yarn in preferred color
- Scissors

WHAT TO DO

☐ Select preferred color of yarn
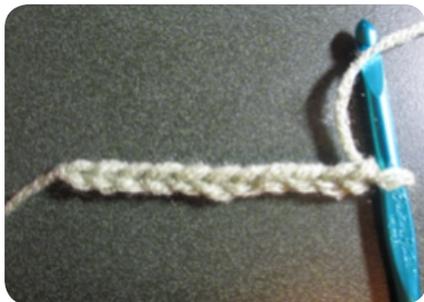
☐ Learn how to chain stitch and slip stitch:
http://goo.gl/yAz1L0

ABBREVIATIONS

- **ch** - chain stitch
- **sl_st** - slip stitch

Making the *Headband/Bracelet*

FOUNDATION CHAIN:

1. Ch 11.

ROW 1

2. Sl_st into the 5th ch from the hook.

3. Ch 2, skip 3 and sl_st into chain.

4. Ch 3, skip 2 and sl_st into the last ch. Total of 3 semi-large oval spaces. Ch 4 and turn.

ROW 2

5. Sl_st into the first oval space.

6. Ch 3 and sl_st into middle oval space.

5

7. Ch 4 and sl_st into the last oval space. Ch 4 and turn.

ROW 3

8. Sl_st into first oval space.

9. Ch 3 and sl_st into the middle oval space.

10. Ch 4 and sl_st into the last oval space. Ch 4 and turn.

ROW 4+

11. Repeat Row 3 steps until desired length. Don't forget to stop and stretch every few rows!

FINISHING

12. Ch 2 and sl_st into first oval of Row 1 and flip.

13. Ch 2 and sl_st into the first oval on the last row and flip.

14. Ch 2 and sl_st into the middle oval on Row 1 and flip.

Crochet Clue
This is making a fishnet-type pattern that stretches a lot. After you have completed 7-8 rows, place your fingers in the circles of the beginning row and the last completed row and pull. When stretched out, it should be equal to the desired length.

7

15. Ch 2 and sl_st into the middle oval on the last row and flip.

16. Ch 2 and sl_st into the last oval on Row 1 and flip.

17. Ch 2 and sl_st into the last circle on the last row.

18. Ch 1. Remove hook and pull yarn through the chain. Pull tightly until a knot is formed. Weave tails in and trim excess.

Reflect

- What stitches did you learn from this activity?
- What was the most difficult part about crocheting this headband?
- What changes would you make to your headband if you were to make it again?
- What is one quality of a fishnet type pattern?

Apply

- What other hobbies do you enjoy that require specific instructions?
- How can you apply what you have learned while crocheting to other aspects of your life?
- How can you use your crocheting skills to help the humanitarian cause?

Option 1: Boppin' Bitty Bow/Boffin* Bow-tie

*Boffin is a British slang word for a scientist or engineer.

Supplies

- Crochet hook size I-9
- 0.5 oz. worsted weight yarn in preferred color
- Scissors
- Measuring tape
- Tapestry needle (optional)

WHAT TO DO

☐ Select preferred color of yarn

☐ Learn how to chain stitch and half double crochet: http://goo.gl/yAz1L0

ABBREVIATIONS

- **ch** - chain stitch
- **hdc** - half double crochet

Making the *Bow-tie*

FOUNDATION CHAIN:

1. Ch until 3½ inches long (or until preferred length).

Crochet Clue

Tension is important in crochet! Make sure that your stitches are not too loose, but don't pull them so tight that you can't fit the hook through.

ROW 1

2. Make hdc in second loop from hook.

10

3. Continue making hdc across the row. Ch 2 and turn.

ROWS 2-7

4. Hdc in second loop after chain (ch 2 serves as the first stitch). Repeat steps 2 and 3 until a total of 7 hdc rows have been completed.

FINISHING

5. Once the 7th row has been completed, ch 1. Cut yarn, leaving a 20-inch tail. Remove hook and pull yarn through the chain. Pull tightly until a knot is formed.

6. Weave tail through the last row until you have reached the center.

7. Fold bow three times like an accordion.

8. Wrap the tail end of yarn tightly around the center until little remains.

9. Pull tightly, then weave tail underneath wrapped section and trim off the ends.

Making the *Necktie Band*

FOUNDATION CHAIN

Measure your neck. This will be the length of the foundation chain.

ROW 1

Make hdc in second loop from hook and continue making hdc across the row.

FINISHING

Ch 1. Remove hook and pull yarn through the chain. Pull tightly until a knot is formed.

Using the tail, fasten the band to the back of the bow. On the opposite side of the fastened side, attach a small button. Loop the unattached side of the band over the button for a clasp.

12

Reflect

- What did you find was the most difficult part when constructing your bow?
- How do you plan to use your crocheted bow?
- Why is tension important when you are crocheting?

Apply

- What can crocheting teach you about the importance of practice?
- How can you use your crocheting skills to help the humanitarian cause?

Supplies

- Crochet hook size I-9
- 0.5 oz. worsted weight yarn in preferred color
- Scissors

WHAT TO DO

☐ Select preferred color of yarn

☐ Learn how to chain stitch, slip stitch, and double crochet: http://goo.gl/yAz1L0

ABBREVIATIONS

- **ch** - chain stitch
- **sl_st** - slip stitch
- **dc** - double crochet

Pretty *Posy*

FOUNDATION CHAIN:

1. Ch 7 and sl_st to close the circle.

Crochet Clue

As you make a stitch in the center, slide tight against the previous stitches, otherwise all 5 petals will not fit.

PETAL 1

2. Ch 2.

3. 2 dc in the center of the circle.

4. Ch 2 and sl_st into the center of the circle.

PETALS 3-5

5. Repeat petal 1 steps until 5 petals have been made. Slide the stitches together so they are tight in the center of the circle. This will allow all the petals to fit.

Ch 1. Remove hook and pull yarn through the chain. Pull tightly until a knot is formed. Weave tails in and trim excess.

Reflect

- What stitches did you use while constructing your bow?
- What was the most challenging part when constructing your Pretty Posy?

Apply

- What can crocheting teach you about the importance of practice?
- How can you use your crocheting skills to help the humanitarian cause?

Supplies

- Crochet hook size H-8
- Three colors of yarn
- Poly fiberfill
- Yarn needle
- Scrap of black and white felt
- 2 google eyes and glue (L-20mm) or
- 2 1/2" buttons (if for use with small children)

WHAT TO DO

☐ Select three preferred colors of yarn
☐ Learn how to create a slip knot, chain, and single crochet
☐ Learn how to sew a seam
☐ Learn how to stuff a body
☐ Learn how to glue
   http://goo.gl/yAz1L0

ABBREVIATIONS

- **st** - stitch
- **ch** - chain stitch
- **sc** - single crochet

Instructions

BODY, COLOR 1

- With first color, make a slip knot that has a 14-inch tail.
- Ch 14 stitches.

ROW 1

- Sc in the 2 ch from the hook, and in each ch across (12 sc crochets). Ch 1 and turn.

ROWS 2-32

- Sc in the first sc and in each sc across. Ch 1 and turn. Leave a long strand of yarn, cut.
- Pull strand through the loop and tie off. Fold in half. Using the long strand, thread a yarn needle and sew side seam.
- Using an 8-inch piece of color 1 yarn, thread a yarn needle and sew the second side seam.
- Lightly stuff with poly fiberfill. Using the beginning long yarn strand, thread a yarn needle and sew across the bottom seam.
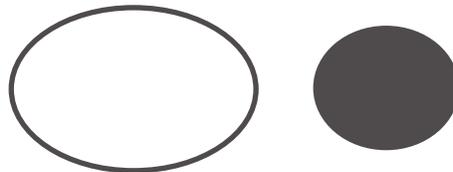
17

LEGS

- Using color 3, thread a yarn needle and place a straight st in between st 6 and 7. Stitch up row 1-6 to form the legs.

HAIR

- Cut 33 5-inch long strands of color 2 yarn.
- Fold three strands in half, insert hook between first two st at the top edge, hook the folded end and pull through creating a loop. Using the hook, grab the ends and pull through the loop tightly. Repeat across the top edge. Trim ends.

EYES

- Using the pattern below, cut two large white and two small black ovals out of felt. Glue the black oval to the white oval. Sew on buttons or glue the google eyes to the black felt and glue to the monster. (Do not use glue on eyes if it is for small children's use; this is a choking hazard.)

Reflect

- Why do you think it's important to know the different stitches in crochet?
- What was something new that you learned while constructing your Monster?
- What would you change about your monster to make it better?

Apply

- Teach a friend how to crochet a monster, then enter the monster in your county fair.
- What can crocheting teach you about the importance of practice?
- How can you use your crocheting skills to help the humanitarian cause?

18

Supplies
- Crochet hook size G-6
- 1 skein of 4-ply yarn, scrap of yarn for Doily

WHAT TO DO
☐ Select a plastic hanger
☐ Select preferred color of yarn
☐ Learn how to tie a slip knot, chain, single crochet, slip stitch, and sew together: http://goo.gl/yAz1L0

ABBREVIATIONS
- **ch** - chain stitch
- **sc** - single crochet
- **sl_st** - slip stitch

Hanger *Instructions*

HANGER
- Chain approximately 130 stitches. Lay on the outside edge of the hanger frame (from the base of the hanger hook down the slopped shoulder, across the bottom up the slop, stopping at the base of the hanger hook) to check the length. Then take off three stitches for a snugger fit.
- Row 1: In second stitch from the end sc all the way across to the end of the row. Ch 1 and turn.
- Row 2-4: In the second stitch from the hook sc. Sc all the way across to the end of the row. Ch 1 and turn. (Repeat for row 3 and 4)
- Row 5: Start at the hanger hook and wrap the crocheted covering around the hanger frame. You can either crochet or sew the stitches shut.
  Crochet Option: Pick up the outside loop of the first row and the outside loop of the last row and sl_st the two rows together.
  Sew Option: Pull the thread through the last loop, leaving a 40 inch thread. Thread the yarn through a large eyed needle and pick up the outside stitch from the first and last rows to sew the hanger together. Connect the two ends together at the hook.

HANGER DOILY CAP
- Leave a 10 inch thread of Yarn to tie the doily together, make a slip knot and ch 10, sl_st together in the first chain making a circle. Ch 1.

- Row 1-4: Sc in the center of the chain loop. Sc 11 (total of 12 st). Sl_st in the first single crochet. Ch 1. (Repeat for row2, 3,and 4.)
- Row 5: Attach new second color using a square knot at the bottom of the sl_st. Ch 6, skip a stitch from the row below and sc in the second stitch. Ch 6, single crochet in the second stitch from the row below.
  Repeat around the doily. Connect and tie off. Slip over the top of the hanger tying together with the thread from the beginning chain.

Reflect

- What stitches did you use for this activity?
- What did you learn while crocheting the hanger cover?
- What was the most difficult part of this project?

Apply

- Demonstrate to someone else how to do a single crochet stitch.
- What have you learned about following directions, and how can you apply that to other activities?
- How can you use your crocheting skills to help the humanitarian cause?

Supplies
- Crochet hook size G-6
- 1 skein 4 ply cotton yarn (2-2.5 oz skein)

WHAT TO DO
- ☐ Select preferred color of yarn (Variegated yarn is good for beginners: it is fun to get to the next color.)
- ☐ Learn single crochet stitch
- ☐ Learn to crochet tbl (through back loop)
- ☐ Learn to slip stitch the hot pad closed
  http://goo.gl/yAz1L0

ABBREVIATIONS
- **ch** - chain stitch
- **sc** - single crochet
- **st** - stitch
- **sl_st** - slip stitch
- **sp** - space
- **tbl** - through back loop

Instructions

HOT PAD HOTTY

1. Chain 40.

2. Sc in 2nd ch from hook and in each ch across.

21

3. 2 sc (one on each side of last ch).

4. Sc across other side of starting ch.

5. Do not join rows. You will work in a continuous round.

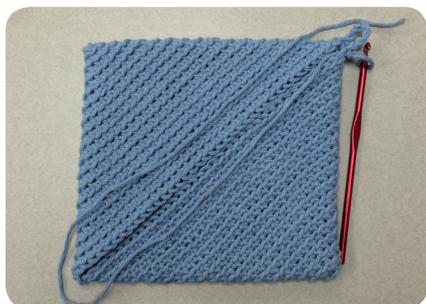6. Continue to sc tbl in each sc around.

7. Repeat until the hot pad becomes a double square. The hot pad will bow in on itself on the diagonal making it double.

8. End at corner of diagonal edge of square, ch 7 (for hanging loop).

9. Attach ch to end with sl st.

10. Leave a strand of yarn double the diagonal length of the hot pad to sl st hot pad closed.

11. Place edges together evenly and sl st closed through one loop of each sc on each side.

12. Finish sl st through last loop twice to secure.

23

13. Run the yarn to the inside.

14. Clip off excess yarn.

Variations

OPTION 1

Crochet hot pad sc through both loops. This makes a smooth textured hot pad.

OPTION 2

Crochet using leftover scraps of yarn from other projects for a fun colorful hot pad. Tie yarns together using a square knot. Be sure knot is on the inside of hot pad. There is no need to weave in the ends. They will be hidden inside the double hot pad.

Reflect

- What stitches did you use for this project?
- Why is it important to weave in the ends of the yarn when ending your hot pad?
- Which of all the projects was your favorite to construct?

Apply

- How do you plan to use the crocheting skills you have learned in the future?
- What have you learned about following directions, and how can you apply that to other activities?
- How can you use your crocheting skills to help the humanitarian cause?

Supplies

- Crochet hook size G-6
- 4-ply cotton yarn (2-2.5 oz skein)
  One skein makes one hot pad. Use two skeins (same dye lots) for a matching set.

What to Do

- ☐ Select preferred colors of yarn
- ☐ Learn how to single crochet
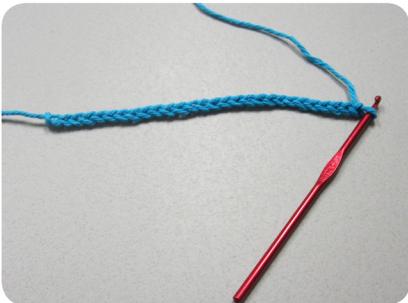- ☐ Learn how to count rows
  http://goo.gl/yAz1L0

Abbreviations

- **ch** - chain stitch
- **sc** - single crochet
- **sl_st** - slip stitch
- **st** - stitch
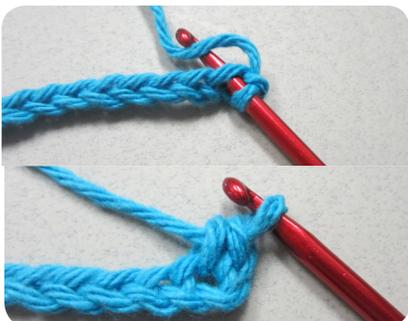- **tbl** - through back loop

Instructions
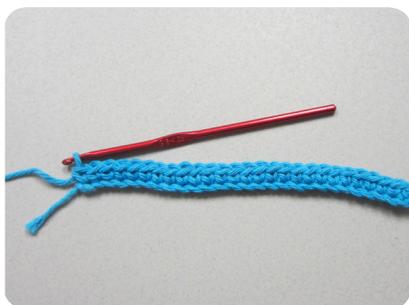
DOUBLE THICK NO-BURN HOT PAD

FOUNDATION CHAIN

Variation
Ch 30 = 8˝ square hot pad.

1. Ch 28.

ROW 1 FRONT SIDE

2. In the 2nd ch from the hook, sc tbl of the st.

26

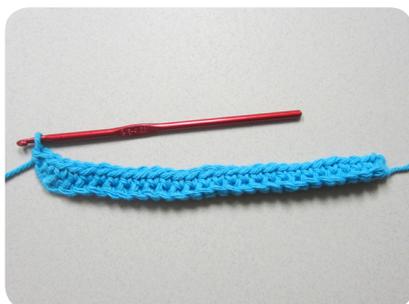**3.** Sc tbl of each st, continuing to the end of the row.

4. Ch 1 and turn.
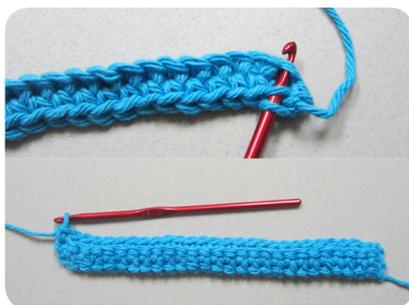
ROW 1 BACK SIDE

5. Skip first st and sc tbl of both the next st on the current row and the row directly below.

6. Continue this sc st all the way back to the beginning of the row. Ch 1 and turn.

ROWS 2 THROUGH 21

7. Repeat row 1 directions for front side and back side.

ROW 22 FRONT SIDE

ROW 22 BACK SIDE

CREATE LOOP

8. Repeat row 1 directions for front side.

9. Skip first st and sc through both loops of the st on current row and also through st on row directly below.

10. Continue back to the beginning of the row.

11. Ch 8.

12. Sl_st and tie off chain. Cut yarn, leaving short tail.

13. Using a yarn needle or crochet hook, weave beginning and ending tails into hot pad.

Finished size: approximately 7.5" square.

Reflect
- Why do you think it is important to know the different stitches when crocheting?
- Why is it important to weave in the ends of the yarn when ending your hot pad?

Apply
- What did you learn from crocheting the hot pad that you could apply to crocheting something larger like an afghan?
- What must you do before changing rows?

Continue Discovering 🍀

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 nine-year-old 4-H member from Davis County donated her project money to help a three-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