

Sleepy Heads Quilting Camp: An Out-of-school Program Guide

General Program Goal: To provide youth participants working with an adult mentor/helper the satisfaction and achievement of sewing a quilt with matching pillowcase in a safe and positive environment.

Objectives: To introduce youth participants to basic sewing/quilting skills including selecting coordinating cotton prints, pre-washing fabric, pressing and cutting fabric, and using a sewing machine while following instructions, practicing decision making skills, self reliance, and dedication to complete a lengthy project.

Outcomes: Youth participants will be able to select coordinating and contrasting fabrics for a simple log cabin quilt with a matching pillowcase, run a sewing machine, sew straight seams, listen to instructions, and exhibit discipline to achieve the goal of completing a pillowcase and coordinating quilt within a week.

The complete program guide including award certificates, program evaluations, activity sheets, instructions for the projects, and teaching resources can be purchased for \$6 to cover production and shipping expenses.

Sleepy Heads Quilting Camp has not yet been submitted for approval from **National 4-H Curriculum** but it was developed and written under the supervision of state 4-H staff and Washington State University campus staff using **Targeting Life Skills Model** and **4-H Experiential Learning** as guides and inspiration for content. Current 4-H publications were also used to provide similar and familiar content and evaluation tools.

<http://www.n4hccs.org/About/index.shtml>

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**Order Form: *Sleepy Heads Quilting Camp***

Please include cash or check for \$6 to cover production costs and shipping.

Name: \_\_\_\_\_

Street Address or PO Box: \_\_\_\_\_

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**Circle All That Apply:**

- |                               |                             |
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| State 4-H Staff               | Home-school                 |
| County 4-H Staff              | After-school Programs Staff |
| 4-H Leader                    | School Volunteer            |
| Youth Program Volunteer: YMCA | Scouts                      |
|                               | Campfire                    |
| Other:                        | Church Affiliated           |

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