



Fiber Arts Challenge: Macramé



Macramé is the art of ornamental knotting. It originated as a decorative way to finish a woven fabric and became a technique for creating entire items or garments. Tatting also is based on knotting and forms a type of lace or decorative motif. There are many different macramé knots and techniques to learn about. More intricate pieces are a combination of different knots.

Inspire Kids to Do

Skill Building

It is best to start with small items using materials that are pliable, uniform, and of a size appropriate to the item, but not too fine. The smaller the diameter of the materials, the harder it is to see the knot being formed. More knots might be needed. Members can build their skill by trying larger projects using more complicated knots.

Goals

- Learn to tie macramé knots.
- Create a macramé project.
- Share what I have learned with others.

Project Ideas

Try your hand at making coasters, belts, placemats, animal leads or leashes, napkin rings, key chains, hatbands, jewelry, purses or bags and more.

Self-Evaluation Before

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know how to ...

- Create macramé knots 1 - 2 - 3
- Add beads or other objects to a macramé project 1 - 2 - 3
- Identify the Elements and Principles of Design 1 - 2 - 3

Starting Out

- Learn to tie the basic macramé knots.
- Learn about the different types of twines and yarns used, and what works best for each project.
- Make a simple macramé project using one or two different knots.

Learning More

- Learn how to combine basic knots to make new designs.
- Learn to tie more advanced knots.
- Try using two or more colors to create a design.

Expanding Horizons

- Learn about the Elements of Design and apply them to your macramé project.
- Learn how to use added materials like beads, wood or ceramic pieces in your project.
- Create your own design using the knots and techniques you've learned.

Fiber Arts Challenge: Macramé

| Challenge Instructions | Helpful Tips | Leadership | Curriculum and Resources |
|---|---|---|--|
| <ul style="list-style-type: none"> • Try tying the basic knots. • Make a keychain using one basic knot. • Create a Friendship Bracelet. Gather all the supplies before beginning. Create one for you and one to give away to a friend. • Learn about the Elements of Design and put them to work making your own creation. <p>When finished, please visit: www.tinyurl.com/KS4H-Challenge to tell us what you learned. Thanks.</p> | <ul style="list-style-type: none"> • Use the following types of string to create your projects: embroidery floss, cotton string, hemp cord, bamboo cord, linen cord, nylon cords, sisal cord or any cord that is strong enough for the intended project. • Pull knots so they have the same tightness and are even. • Use painters tape or masking tape to mark straight, even lines if there are gaps of straight string between knots. | <p><i>(Suggested for Intermediate and Advanced Levels.)</i></p> <p>Teach someone what you have learned.</p> <ul style="list-style-type: none"> • Demonstrate how to tie the basic knots. • Teach other 4-H'ers how to tie basic knots. • Hold a "friendship bracelet" party for your friends. • Other _____ | <p>To learn more about the Fiber Arts project, visit the Kansas Fiber Arts project page.</p> <ul style="list-style-type: none"> • Oregon State University 4-H Fiber Arts • 4-H Mall - Crossroads Sketchbook – Drawing, Fibers, Sculpture; Youth Art Activities with Helper Information • Search for YouTube videos about macramé. |

Life Skills Learned (check all that apply)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Share

- Teach someone else how to tie the basic knots and used in macramé.
- Share a friendship bracelet with a friend.
- Other _____

Evaluate Your Experiences!

Which knots did you learn to tie? _____

What was the most challenge part of this Challenge? _____

What did you create with your new knot tying skills? _____

To complete the Challenge, take a selfie while doing the activity. Upload the photo and take the survey about your Challenge experience. www.tinyurl.com/KS4HChallenge

Local Contact Information

Self-Evaluation After

Using the rating scale below, answer the following:

- 1 = not at all
- 2 = a little
- 3 = a lot

I know how to ...

- Create macramé knots 1 - 2 - 3
- Add beads or other objects to a macramé project 1 - 2 - 3
- Identify the Elements and Principles of Design 1 - 2 - 3

Kansas Clover Classroom

Adapted from NW 4-H Advisory Challenge created by Patsy Maddy, 4-H Youth Development Agent, Twin Creeks Extension District



Basic Macramé Knots You Need To Know

Lark's Head Knot



Half Knot

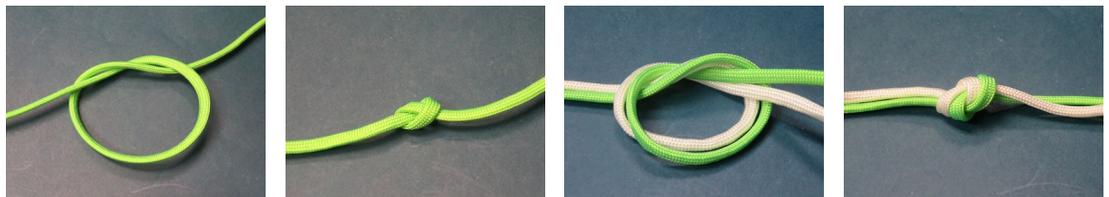


Square Knot

Step 2 of the Half Knot to make the Square Knot



Overhand Knot



Single Half-Hitch Knot



Double Half-Hitch Knot



Elements and Principles of Design

You create art with your imagination combined with a variety of tools and materials. But the tools of art are more than brushes, paint, and other materials. You use the elements and principles of design to bring your concepts to life.

Elements of Design

Color and Value

Color is reflected light. Characteristics of color include **hue** (for example, red, blue, or green), **value** (lightness or darkness), and **intensity** (brightness or dullness).

Form

Form is a three dimensional shape with length, width, and depth. Balls, cylinders, boxes, and pyramids are forms.

Line

Line is a mark longer than it is wide. It can be straight or curved, thick or thin, and run on the horizontal, vertical, or diagonal.

Shape

Shape is a closed line. Shapes are flat but have the dimensions of length and width. They include triangles, squares, circles, and freeform.

Space

Space is the area between and around objects, or a feeling of depth.

Texture

Texture is surface quality, such as rough, smooth, soft, hard, slick.



Photo by João Ferrão on Unsplash

Do you see the interplay of color, texture, pattern, and repetition in this photo? What other elements and principles of design can you find?

Principles of Design

Balance

Balance refers to the sense of stability that is created when the elements of design (objects, colors, texture, and space) are combined. Balance can be symmetrical, asymmetrical, and radial.

Emphasis

Emphasis is the part of the design that stands out and catches attention. Emphasis usually is achieved by using contrast.

Movement

Movement is the path the viewer's eye takes, often directed by lines, edges, shape, and color.

Pattern

Pattern is the repeat of an object or symbol throughout the design.

Proportion

Proportion is the feeling of unity when all parts of a design (their sizes, amounts, or number) relate well to each other.

Repetition

Repetition works with pattern to make the design seem active. Repetition of elements creates unity.

Rhythm

Rhythm is created when one or more elements is used repeatedly to create a feeling of organized movement. Variety is essential to keep rhythm exciting and active.

Unity

Unity is the feeling that all the parts work together.

Variety

Variety is the use of several elements to hold the attention.

**4-H at
HOME**



► To discover a wide selection of 4-H activities and experiences,
visit 4-H.org/4HatHome

MAKE YOUR OWN

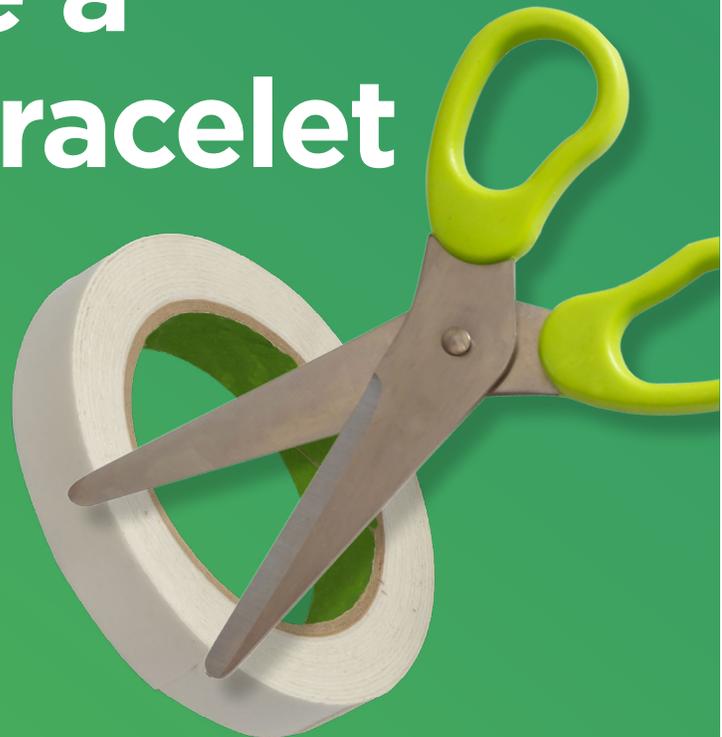
FRIENDSHIP BRACELET



How to Make a Friendship Bracelet

Supplies & Tools

- Embroidery floss
- Scissors
- Tape



Activity Steps

- 1 To determine the length you need to cut your strands, measure your wrist diameter and multiply by 5. Or approx 30 inches should be a good length.
- 2 For beginners, 6 strands is good to start with. You can add more once you get the technique perfected. Cut the strips and tie them together with an overhead knot at one end.
- 3 Tape at the knot to a table.
- 4 The way you make the ridged, woven looking surface of a friendship bracelet is by making lots of small knots. First you need to decide what order you want your strands to be in. This will determine the order of the color of your rows. If you want thick stripes, place the same strand colors next to each other. Or you can mirror the colors from side to side.
- 5 Once they're in order, grab the first two strands. The strand farthest to the left is going to create your first row. You'll be knotting it around the other strands of floss/yarn to achieve this. Take the first strand, and pass it over the second strand, and then behind as shown in the photo. It is important you knot OVER the second strand, it'll give it the right look. Now hold the second strand taut, and pull the first strand up and towards the large knot. Pull until you meet resistance, but not any harder! This will create a small knot on the second strand. Make another knot by tying the first strand around the second strand again - just repeat what you did before. Continue moving across to the right, using the first strand to create two knots on each strand of floss/yarn in the bracelet. Once you've knotted all the way across to the right and reached the last strand of floss/yarn, begin again using the first strand on the left. Make sure you're making TWO knots on each strand. Keep going until you have 3-4 inches of knotting done.
- 6 Once you've got 3-4 inches worth of knotting done, you're fine to finish up your bracelet. Make another overhand knot right at the end of the main part of the bracelet. From that knot, braid three inches and then knot again. Now cut off the extra floss/yarn from both ends of the bracelet.

Chevron Pattern

- 1 To determine the length you need to cut your strands, measure your wrist diameter and multiply by 5. Or approx 30 inches should be a good length.
- 2 For beginners, 6 strands is good to start with. You can add more once you get the technique perfected. Cut the strips and tie them together with an overhead knot at one end.
- 3 Spread the thread in a pattern like 1 2 3 3 2 1. The left should mirror the right side.
- 4 Start at the left string. Make a knot by making a number “4” over the second string, go under and through the hole, and then pull tight. Do another knot — you should have 2.
- 5 Place a cut strip across that line of glue.
- 6 Repeat until you get to the center. Then grab the most right string and repeat working to the center. Then knot the center strings together.
- 7 Then you will start the process over, starting from the left until you get the string to the center, then go start at the right.



Grades: 3-12

Topic: Crafting

Time: 45 minutes

Brought to you by **JOANN**

This project challenge was developed with the cooperation and permission of the National 4-H Council and JoAnn.

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