



My Space



4-H MOTTO

Learn to do by doing.

4-H PLEDGE

I pledge

My HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service,

My HEALTH to better living,

For my club, my community and my country.

4-H GRACE

(Tune of Auld Lang Syne)

We thank thee, Lord, for blessings great

On this, our own fair land.

Teach us to serve thee joyfully,

With head, heart, health and hand.

This project was developed through funds provided by the Canadian Agricultural Adaptation Program (CAAP). No portion of this manual may be reproduced without written permission from the Saskatchewan 4-H Council, phone 306-933-7727, email: info@4-H.sk.ca. Developed in November 2012.

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DT Communications



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada



AGRICULTURE COUNCIL
OF SASKATCHEWAN INC.



NEW! MY SPACE PROJECT

My Space is a project that focuses on creating a redecoration plan for an actual room that is regularly used by the member. The room could be his/her bedroom, or a room that is shared by the entire family, such as a family room, bathroom, or office.

This project blends the digital age by utilizing Pinterest and other internet sources, with well researched written material. Topics members will learn about while doing their redecoration plan include:

- Basic principles and elements of design.
- Developing and expressing personal creativity, style and taste preferences.
- Working cooperatively on other projects.
- Preparing a budget.

This project resource includes more information and planned activities than typical 4-H project resources. Please feel free to participate in activities outside of this book, but be sure to record them for the sake of your project leader and District Officer.

Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- Completing the project Achievement Day requirements
- Completing a communication project
- Completing a community project
- Completing an agriculture awareness project
- Taking part in Achievement Day
- ***You must complete all of these things in order to qualify to show at Fairs/Exhibitions***

MY SPACE ACHIEVEMENT DAY REQUIREMENTS

- Completing 10 of 23 listed activities..... 40
- Plan for redecoration 20
- Before and After pictures of space you redecorate 40
- Total100

EXHIBITION REQUIREMENT

Before and after pictures of space you redecorate*

*Remember—in order for the judge to get a good grasp on the work you’ve done, they need both broad pictures of your space, and close ups of specific changes made. Don’t be afraid to point out certain things. Make sure the display or scrapbook is neat and tidy.

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INTRODUCTION

Goal

The overall goal and product of this project is the creation of a redecoration plan for an actual room that the member uses on a regular basis, for example a bedroom, bathroom, family room, office. The plan does not need to be used in order to meet the project goals.

Objectives

Upon successful completion of this project, members will be able to:

- Discuss and apply the basic principles and elements of design in interior decoration.
- Express personal creativity.
- Have an awareness of their own style and taste preferences.
- Assemble the components of a room's décor.
- Work cooperatively with other members on decorating activities.
- Prepare a budget for redecorating a room.

Materials/Equipment Required

- Project Manual (provided)
- Scrapbook (basic old-fashioned paper kind)
- Decorating magazines and books
- Computer with Internet access
- Good-quality colour printer access
- Design board (art board, corrugated plastic, etc.), 46cm x 61cm (18 x 24 inches)
- Samples of paint, fabric, flooring, etc.
- Rubber cement, scissors, ruler, black Sharpies
- Bristol board, white (2) and colour of your choice (2)
- Tempera Paint (red, yellow, blue), brushes
- Digital camera or smart phone

How to Get the Most from the 4-H Experience

- Attend club meetings
- Complete activities
- Listen and ask questions
- Participate in discussions
- Be a team player

Achievement Requirements

- A completed record book
- A hardcopy scrapbook with clippings and pictures of design ideas that YOU like
- A virtual scrapbook on the Pinterest website
- A portfolio of project activities
- A design board for a room of YOUR choice

Note to Project Leaders

Adequate computer access is crucial to the successful completion of this project. The project leader in conjunction with the club may need to secure the use of computers for those members who do not have the required equipment at home, which is a computer with reasonably high speed Internet access and a good quality colour printer. Some possibilities could include a school computer lab after school hours or the public library.

This project requires members to create a redecoration plan for a room of their choice. They are not required to execute all or any of their plans. This allows for inclusion of members who would otherwise not have the necessary finances or permission.

Pinterest Alternatives

As Pinterest is connected to social media (Facebook and Twitter) where there is a minimum age requirement for membership, guardian permission and/or involvement will be required for members under 13. Other options to members having a Pinterest (and either Facebook or Twitter) account would be:

- Set up boards within his/her guardian's Pinterest account.
- Save images to his/her home computer and create the "virtual" scrapbook in Publisher, or another computer program.
- The leader could set up an account on Dropbox, or a similar program, and create a folder for each member to create his/her board.

Tips for Online Safety

- NEVER attach any personal information (names, addresses, phone numbers, date of birth, what school you attend, etc.) to the questions you post online. ALWAYS REMEMBER the person you are talking to in a forum may not be the person he/she claims to be.
- When using social networking sites such as Facebook and Twitter, set your online profile to private. That way, the only people who will be able to see your profile will be those you approve. Don't give out your passwords to anyone but your parent or guardian and never meet anyone in person that you just met on such sites.
- If anything happens online that makes you feel scared, uncomfortable or creeped out, ALWAYS tell your parent or guardian. Report any inappropriate comments or messages if they violate the terms of service for that site.

SECTION 1: Let's get started!

- ❓ What is "interior decoration" and why do we care about it?
- ❓ Why are you interested in this project?
- ❓ Why do some people have whole careers decorating "interiors"?
- ❓ Why do some people spend millions of dollars to decorate the inside of their houses?

Most of the world has a climate that requires human beings to live indoors much of the time. Because of cold, wind, rain or snow, shelter is one of the most important human needs. When we are inside our shelter, we like to arrange our 'stuff', our furniture, tools and toys, in a manner that is both convenient and pleasing to the eye.

That humans always cared about the inside of their rooms is evident in the cave paintings found in many parts of the world. These paintings were a method of written communication and a way to pass the time but they also fulfilled a need to decorate the interior of their home too.



Sharing objects and memories that are important to you is the most natural expression of your style.

Antonson, Kathleen Hackett. *Pottery Barn The Complete Book of the Home*. San Francisco: Welden Owen, 2011

Decorating is not about imitating style. It's about expressing your own.

Antonson, Kathleen Hackett. *Pottery Barn The Complete Book of the Home*. San Francisco: Welden Owen, 2011

Interior decoration has evolved right along with human beings and is part of every culture and is every bit as variable as language, costume, music and cuisine. What makes for a very beautiful room in one culture can be quite odd and unattractive to another.

4-H has offered projects in interior decoration for over fifty years. This project is about interior decoration for the 21st Century, showing you how to create rooms that express YOUR style, taste and individuality.

What is the difference between “interior design” and “interior decorating”?

While “interior design” and “interior decorating” are often used interchangeably and as synonyms, they are really talking about two different stages of the building process.

Interior design is part of the initial structural design of a building. Much of a room’s interior is dictated by the surrounding building. Things like the height of the ceiling and the placement of the doors and windows are part of the interior design that is determined at the time of the building’s construction. Architects, and even engineers to a degree, determine quite a lot of the room’s basic character. Interior designers usually have university degrees and must have definite qualifications to work together with architects when a building is first constructed or renovated.

While interior designers often complete the interior decoration of a room too, especially in new commercial buildings, interior decorators often take over where the interior designer leaves off. Interior decorators have no specific training. Many are self-taught and some have diplomas from a variety of college programs or independent short courses. Some decorators get into the business by selling one of the decorating components like paint and then expanding from there. Decorators tend to start with the basic shell of the room and choose the “finishes” and furnishings.



The funniest decorator in film:

<http://www.youtube.com/watch?v=VKFtRedJxTw>

Activity: Other times, other places



What you will learn

The way we decorate the interior of our homes and buildings has changed as much through history as how we dress and varies as much between cultures as the language we speak.

What you will need

Books, magazines, websites

Instructions

Choose one of the following topics and research it in relation to interior decoration:

- Feng Shui – Ancient to Modern China
- Medieval castles in Northern Europe
- Islam
- A Mongolian “ger” or yurt
- A Native American/Canadian house, e.g. tipi, wigwam, longhouse, igloo, adobe
- A traditional African home (many types)

Try online encyclopedias like *Encyclopaedia Britannica Online* or *World Book Online Reference Center* available FREE on your home computer with a membership at your local public library or at your school or a free trial online.



Report back to the group with at least four colour pictures/photos from books or magazines or printed from the Internet.

Time

- 60 minutes to research your topic
- 60 minutes to share your discoveries with the group

Let's Talk

- How is the interior decoration then/there different than most of our homes here today?
- How is the interior decoration then/there the same as most of our homes here today?
- What do you like about then/there? What do you not like?

Myth Busters

There are a lot of myths about interior decorating that serve to discourage ordinary people like us from having confidence in our decorating abilities.

Creating attractive rooms takes a lot of specialized knowledge.

While the initial construction of a building requires expertise in the area of building and safety codes as well as structural issues, choosing colours, materials and furnishings does not. Interior designers would like everyone to believe that hiring one of them is essential to the decorating of an attractive room but that is simply not true.

Creating attractive rooms takes a lot of money.

It can take a LOT of money if you hire someone to make the decorating decisions for you and if you choose expensive finishes, furnishings and accessories. But with just a bit of looking around you will discover that a good look is more good taste and imagination than money. One of the best examples of this can be found in the Canadian magazine *Style at Home*. Every monthly issue has a High/Low feature where two almost identical rooms are shown, one costing a great deal more than the other, often as much as ten times more.

Only certain colours look good together.

There are so many RULES floating around that many modern designers have been disregarding for years! Colour is a very personal thing and what looks good to one person may not to another. There is a lot of science surrounding colour and how colours are related but rules are a thing of the past.

Lighter Colours Make a Room Look Bigger, Brighter Colours Make a Room Look Smaller.

Colour alone will not make a room look bigger or smaller. The eye needs to travel around the room, and colour is only one way to cause that to happen.

There are right ways and wrong ways to arrange furniture.

Rules again! One expert in a magazine will tell you one thing, and another will tell you the opposite. If it looks good and it works... then why not! There are tips and tricks of the trade however and sometimes you will come across an idea for furniture placement that you would never have thought of on your own. Many of the old rules were devised for very large rooms/mansions and are completely unreasonable for our modern humbler homes.

Once a room is decorated you should leave it that way forever.

This might be true if you paid some decorator thousands of dollars to do it for you, and you spent thousands more on the furniture and decor, but once you know how easy and affordable it can be to "change things up", you will realize just how unnecessary it is to not make some changes when you want or need to.

***Nothing is in good taste unless it suits the way you live.
That's practical is beautiful...and suitability always overrules
fashion.***

Billy Baldwin (Famous American Interior Decorator)

Activity: What is interior decorating anyway?

What you will learn

The difference between “interior *design*” and “interior *decoration*”, “interior *designer*” and “interior *decorator*”

What you will need

Decorating books, magazines, websites

Instructions

Look in books, magazines and websites for the use of the two terms.

Time

- 30 minutes with the group

Let's Talk

- Is one term used more than the other?
- Did you find any difference in their use?
- Does it matter which term is used?



Interior Decoration:

the decoration of the interior of a building or room, especially with regard for colour combination and artistic effect.

<http://oxforddictionaries.com/>

Interior Design:

the art or process of designing the interior decoration of a room or building.

<http://oxforddictionaries.com/>

Activity: What's YOUR style?

What you will learn

More about YOUR own style and decorating preferences

What you will need

A computer with Internet access, preferably high speed connected to a printer.

Instructions

Go to some or all of the websites on the following page and complete some or all of the quizzes. Print or record the results to share with the group.

Time

- 60 minutes (or more) to complete online quizzes
- 60 minutes (or more) to share with group

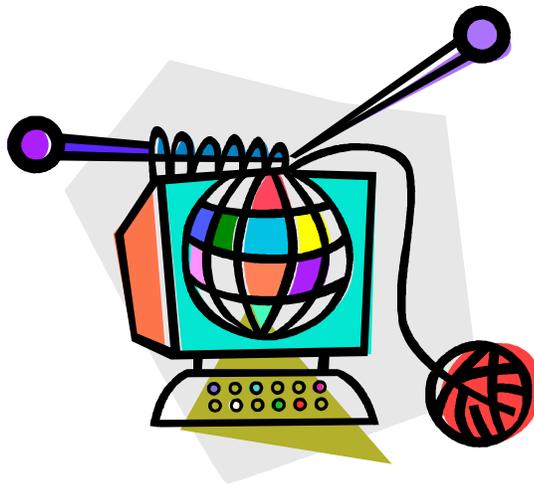
Let's Talk

- What were your results?
- Were you surprised with any of the results?
- How accurate do you think these quizzes were?
- Do the quizzes contradict each other?
- Are there better ways to find out your style?



Websites

- <http://www.bhg.com/decorating/color-personality/>
- <http://www.stylishhome.com/Design/Style-Maker-Quiz>
- http://www.styleathome.com/decorating-and-design/design-lesson/quiz-what-s-your-decorating-style/q/12#quiz_12
- <http://www.homegoods.com/quiz.asp>
- <http://www.realsimple.com/home-organizing/decorating/decorating-style-quiz-0000000030420/index.html>
- http://www.bhg.com/bhg/quiz.jsp?quizId=/templatedata/bhg/quiz/data/DecoratingPersonality_01212004.xml
- http://www.ethanallen.com/style_quiz
- <http://just-for-mom.quiz.kaboose.com/42-what-s-your-decorating-style>
- <http://iscd.edu.au/personal-style-quiz/>
- <http://www.sproost.com/>
- <http://www.thehomestylist.com/get-interactive/style-quiz/>
- <http://my.hgtv.com/style-finder/stylefinder.esi>



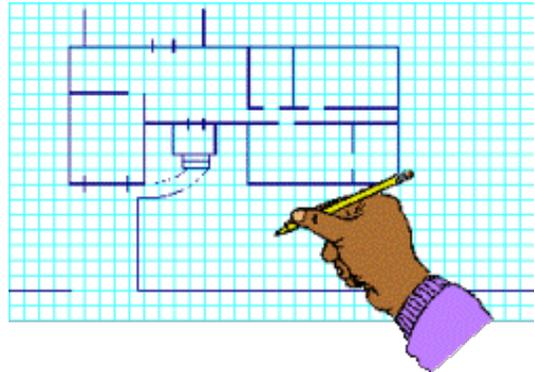
SECTION 2: Floor Plans



It is crucial to not start decorating your space until you have done an analysis of your space and an accurate floor plan. Drawing a floor plan of your room gives you something concrete to work with and lets you experiment with different options before you spend the time and money to actually make those changes. Plus it helps you map out how much material, for example, paint or flooring, you need for the job. Measure → draw to scale → then take your floor plan with you when you shop.

Tools

- Graph paper
- Pencil and eraser
- Straight edge or ruler
- Measuring tapes (7.6m/25 foot steel and 1.5m/5 foot cloth)
- Chalk
- Camera



Measuring Your Space

Start with a rough sketch of your floor plan on which you can record your measurements. Indicate doors and windows and any other irregularities that will affect your design.

- Using a steel measuring tape, measure along the baseboard of each wall from one corner to another and record the number to the nearest 1/4 inch on your rough sketch.
- Measure the distance from floor to ceiling. Don't just assume it is the standard eight feet.
- Measure the room's doorways/openings, both width and height, and indicate the direction the door swings.
- Measure windows, both height and width. Measure the distance from the floor to the bottom of the window frame/casing.
- Measure any architectural features, for example, built-in book cases, fireplaces, etc.
- Measure where all the electrical outlets, switches and other controls are located.
- Mark all of these measurements on your rough sketch.

Drawing Your Plan

Now you're ready to transfer the information from your rough sketch to your graph paper.

- Note on your paper the room's dimensions.
- Using a straight edge and pencil draw the room's perimeter.
- Add the room's major areas.
- Indicate where all the permanent switches, outlets and controls are located.
- In addition, draw each wall's elevations which will assist with deciding where to place art and what to do with the windows.
- Photocopy your finished plan and keep the original in a file in case you need more.

Critiquing Your Space

Evaluating your floor plan's strengths and weaknesses will help you decide what to emphasize and what to downplay or correct.

- Are the windows located in good places? Is the view attractive? Or does it need camouflaging? Does the room receive excessive sunlight? Are you visible to the street or the neighbours? If so, you may want blinds.
- Do you like the room's shape? Or do you need to use paint colours to create an illusion of better proportions? For example, a long narrow room can look better balanced if both end walls are painted a strong contrasting colour to the side walls.
- Is the room a good size? If the room seems small or excessively large, wall colours can once again create an illusion of larger or smaller area.
- Does the room have enough wall space to accommodate all the furniture you need? If not, decide what you need to exclude or replace.
- What are the room's strong features? If there are none then consider creating a focal point, for example, wall mural, fake fireplace, important piece of furniture, the view.

Furniture – What?

After you've analyzed your floor plan, you're ready to determine the furniture layout.

- What is the primary function of this room? Watching TV, sleeping, dining? All these activities are clues to the kinds of furniture you'll need and where it should go. Don't forget the secondary functions of your room. Does your bedroom also serve as your office? Listing functions and considering necessary furniture can help you to see whether or not your expectations are reasonable and doable.
- How many people normally use this space? Do you need additional seating?

Furniture – Where?

You can try different furniture arrangements using templates (to-scale tracing guides). Or you can make your own to-scale furniture on heavier paper like cardstock that you can push around your floor plan.

- Find your focal point (see page 46)
- Locate the traffic paths
- Allow adequate space around individual pieces of furniture and furniture groupings.
- Keep in mind that furniture templates on graph paper look smaller than furniture does in real life.

Evaluating Your Plan

If you answer “no” to any of the following questions, revisit your plan.

- Does this plan meet all my function requirements?
- Is the plan flexible? Will this plan work at all times of day and in all seasons?
- Does the plan take advantage of the room’s good features and correct or disguise the bad ones?
- Does this plan have the look of openness or intimacy that I want?
- Will my guests feel welcome?
- Will I enjoy moving about and living in this room?

Before you put pencil to paper you might enjoy planning your room using one of the free web based tools available. While they don’t provide enough detail for this project, they are quick and fun to use:

- www.seemydesign.com
- www.bhg.com/decorating/arrange-a-room/

Activity: Let's Get Scrapping!

What you will learn

Interior decorating is all about ideas and this project is about YOUR ideas so you need to learn how to start collecting and organizing ideas for your interior decorating projects.

What you will need

- Magazines and catalogues for cutting up
- A paper scrapbook, scissors, glue
- Computer with Internet access

Instructions

- Start collecting pictures of rooms, furniture and decorating ideas that **YOU** like from magazines, catalogues, flyers and newspapers.



Activity: Before and After

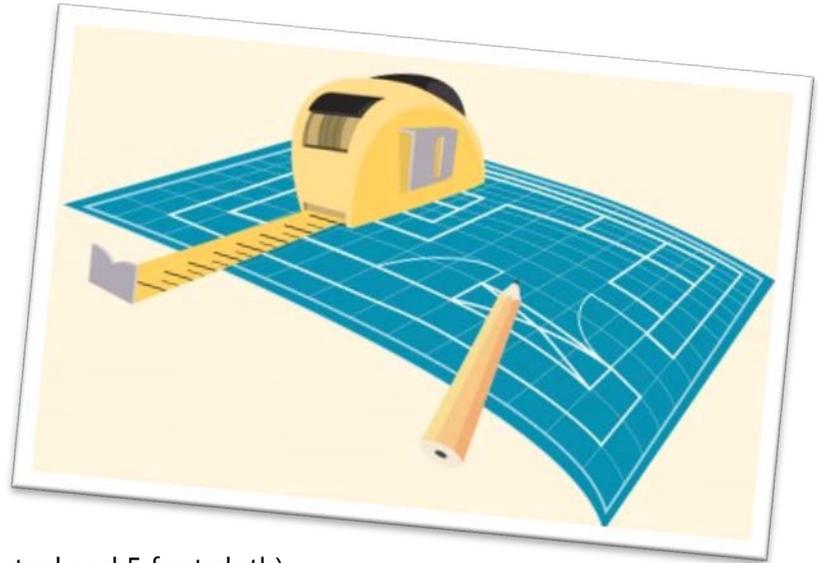
All decorating projects involve a "before" and "after". Where do we start? By evaluating your space!

What you will learn

How to draw and evaluate a basic floor plan to scale

What you will need

- Graph paper (1/4 inch squares)
- Pencil and eraser
- Straight edge or ruler
- Measuring tapes (25 foot steel and 5 foot cloth)
- Chalk
- Camera



Time

- 15 minutes to plan the activity with your group
- 30 minutes to measure and record your space
- 60 minutes to share discoveries at the next meeting

Let's Talk

What are your floor plan's strengths and weaknesses?



Using your smart phone or a camera, take photos of your space from several different angles to compare with your finished project!

SECTION 3: Budget

There are two steps in the budgeting process. First, figure how much money you have to work with and second, decide what to spend that money on. Or you can reverse the steps, list all the things you want and then eliminate items until the totals match.

- **Be honest.** Tell yourself what you have to spend and remember that a lower budget requires more creativity, not less style.
- **Research.** Look at typical prices at retail sources, and then compare items of similar style and value at discount stores and online (remember shipping costs!).
- **Be practical.** Get good quality for less at bargain stores like *Homesense*, second-hand stores like *Value Village*, or even garage sales.
- **Be realistic.** Don't fixate on a few high-priced items that will deplete your budget and leave your decorating project incomplete.
- **Be creative.** Economical sources, good decorating ideas, and patient shopping can get you the look you want on-budget.



Questions to ask BEFORE you spend that money:

- **Do you own this room?** You can visually improve your rental in ways that make good budgetary sense. If you don't want to invest in someone else's property, buy only items that you can move when you do: rugs instead of carpet → stand-alone cabinets instead of built-ins.
- **Should I decorate for myself or others?** No one can tell you what decorating style, colours or items make you happy. Don't try to please others, except for any family members who share the space with you.

Upcycling and Bargain Hunting

- **Be patient.** Patience is a virtue that saves you money. Waiting for seasonal sales can save you a lot.
- **Frame art in stock-size frames and mats.** Custom framing can be very expensive.
- **Get crafty.** Check out craft and DIY (Do it Yourself) magazines and websites for ideas. Stencils, faux paint finishes can turn that sow's ear into the silk purse your decor needs.
- **Go minimal on window treatments.** Leaving beautiful windows with beautiful views bare can save a bundle. Buy stock-size where you can but as with framing, custom blinds, curtains and drapes can run into big money. Do you sew? Make your own.
- **Recycle.** Furniture from one room can serve a different purpose in another.
- **Shop in unorthodox places** for interesting, offbeat and inexpensive accessories, for example, auto and farm supply.
- **Paint** gives you the most bang for your buck but poor quality paint is no bargain.
- The next best bang for your decorating buck is **candles**, **cushions** and **flowers** (both real and artificial). Refer to the Candle Safety page at the end of this Section before deciding to use candles in your decorating.
- **Buy inexpensive fabric remnants** for cushions and other textile accessories that require minimal sewing skill.
- **Update** light fixtures, mirror frames, and other accessories with spray paint. Display collections (shells, buttons, rocks or other treasures) in glass canister jars.
- **Check out websites, books and magazines for ideas.** For example:
 - Better Homes & Gardens. *501 Decorating Ideas Under \$100*. Hoboken: Wiley, 2010. Print.
 - Florke, Randy, and Nancy J. *Restore. Recycle. Repurpose: Create a Beautiful Home*. New York: Hearst, 2010. Print. Country Living.
 - <http://pinterest.com/search/boards/?q=furniture+upcycle>
 - <http://pinterest.com/search/boards/?q=decor+upcycle>
 - <http://www.upcyclemagazine.com/>
 - <http://inhabitat.com/tag/upcycled-furniture/>

Upcycle:

reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original

<http://oxforddictionaries.com/>

Consider:
Shabby Chic

Shabby Chic is a form of interior design where furniture and furnishings are either chosen for their appearance of age and signs of wear and tear, or where new items are distressed to achieve the appearance of an antique. Think casual, pastel colours, lots of white, vintage items, distressed furniture, colourful prints and worn upholstery.



<http://www.shabbychic.com/>

<http://www.hgtv.com/topics/shabby-chic/index.html>

<http://www.styleathome.com/decorating-and-design/styling-secrets/10-ways-to-get-shabby-chic-style/a/40980>

Candle Safety

Candles can be an affordable and attractive accessory in the decor of any room, but they can be a serious fire hazard if not used properly.

Some candles also have design flaws that increase the risk of fire. Others may contain materials like lead that present health hazards, especially for children. Health Canada

recommends a number of things you can do to

reduce health and safety risks when you burn candles. Talk to your parents first before adding candles to your décor. Follow the instructions printed on the label.

- Trim candle wicks to a height of 5-7 mm (1/4 inch) before lighting the candle. Trim them again every 2-3 hours to prevent high flames.
- Take extra care if you are burning candles with more than one wick. Avoid buying candles with multiple wicks that are close together.
- Use well ventilated candle holders that are sturdy and will not tip over. Avoid wooden or plastic holders, as these can catch fire. Use caution with glass candle holders, which can break when they get too hot.
- Never drop objects, like matches, into candles.
- Keep burning candles away from materials that can catch fire (like curtains, decorations and clothing). If your clothes catch fire, "Stop Drop and Roll."
- Keep burning candles out of reach of children and pets.
- Do not leave candles burning with no one in the room.
- Extinguish all candles before you go to sleep.
- Do not burn candles that have lead in the wicks. When you buy candles, ask the retailer if the wicks contain lead.
- Avoid using decorative oil lamps with liquid fuel if you have children under the age of five in your household. If you choose to use this type of candle, keep the fuel locked away, out of sight and reach of children. If you think a child has swallowed liquid fuel, contact your nearest poison control centre immediately.



Teach children to be careful around open flames. Make sure they understand that candles are not toys, or something they can eat or drink. Consider "flame free" or flameless candles which are battery operated and now available in different sizes, designs and colours. They provide the ambience without the risk. Also see: <http://taostrading.wordpress.com/2011/12/22/smart-candles-create-the-effect-without-a-flame/>

Activity: Get your ducks in a row!

What you will learn

How to prepare a budget for a decorating project

What you will need

- Calculator
- Pencil
- Chart (next page)
- Catalogues, Internet access, Telephone

Instructions

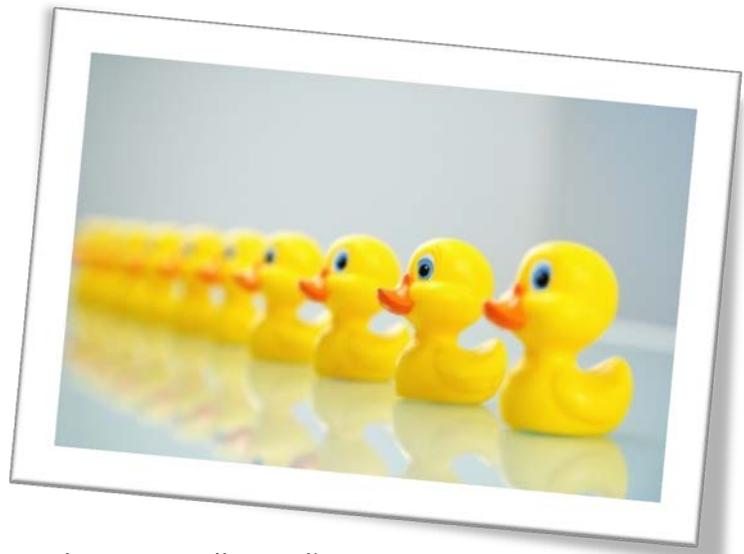
- Gather prices for decorating materials from catalogues and merchants as well as online, keeping in mind that you need prices for where you live which may involve shipping costs.
- Please keep your budget to a realistic maximum of \$1,000. You are not expected to actually spend all or any of your budget.

Time

- 15 minutes to plan the activity with your group
- 60 minutes (or more) to research and record costs
- 60 minutes to share discoveries at the next meeting

Let's Talk

- Were the costs what you expected?
- What will you need to change in your plan?
- Is there a cheaper option than the one you included?



My Space Decorating Budget



What	Details	How Much?
Walls		
Ceiling		
Window Treatment		
Flooring		
Lighting		
Furniture		
Accessories		
TOTAL		

Activity: Upcycling

What you will learn

How to stretch your budget by recycling, reusing, repurposing, rethinking, refinishing, repainting, redoing furniture and accessories that you already own or can obtain cheaply

What you will need:

Ideas! Imagination!

Instructions

- Select or locate at least three things you can reuse, recycle, and refinish, etc. in your decorating project.

Time

- 15 minutes to plan the activity with your group
- 60 minutes (or more) to research ideas on your own
- 60 minutes to share discoveries at the next meeting

Let's Talk

- What did you choose to "RE"?
- What are you still looking for?
- Did you find anything that you don't need or want but someone in the group could use?
- What was the best source of ideas for you?



Think

“RE”

recycle, reuse, repurpose,
rethink, refinish, repaint,
re-do, rearrange ...



SECTION 4: Your Design Board

Also called a **Colour Board**, **Presentation Board** or **Mood Board**,

a Design Board is a tool to display the colour scheme, materials and furniture arrangement of your room. Your board is where you put it all together.



Colour Scheme

Choose a colour scheme for your room. This colour scheme should be reflected in the samples that you use on your board.

- **Flooring, wall treatments and ceilings:** Use swatches of carpet, flooring samples, paint samples, or sample wall treatments (free at most building supply stores). Mount these on the board to show what type floor and wall treatments you will use.
- **Stripes:** Any stripes on wallpaper or fabric should be mounted on your board vertically.
- **Fabrics:** Include two swatches of fabric that will be used in the room (example: pillows, comforter, chairs, etc.). Fabric should be pinked (cut with pinking shears) or wrapped. To wrap fabric, cut a square from posterboard or cardboard. Wrap fabric around this square, securing raw edges to the back of the square.
- **Labels:** Label board (example: bedroom) and any swatches of fabric, paint or floor samples for their use (example: pillows, curtains, comforter, dust ruffle, etc.).

See also:

- <http://www.ikeafans.com/home/design-board/>
- <http://theweekendhomemaker.com/creating-a-mood-board-in-picasa>
- <http://www.monkeysee.com/play/23274-how-to-make-an-interior-design-colour-board>

Activity: Get it together and keep it that way!

What you will learn

How to keep track of your stuff for this project

What you will need

Two sheets of Bristol board in YOUR choice of colour and duct/Duck tape also in YOUR colour choice.

Instructions

Tape the two short and one long side of the Bristol board together creating a giant envelope or portfolio. Decorate or leave plain.

Time

- 15-30 minutes with the group

Let's Talk

- Can you think of a way to attach handles or a closure to keep the contents from falling out?
- How can you finish the outside of your portfolio to make it YOURS?

Portfolio:

A large, thin, flat case for loose sheets of paper such as drawings or maps

<http://oxforddictionaries.com/>

Activity: You won't be bored with this board!

A design board is really just a sample of your whole decorating project. It helps you visualize all of your colours and components when all the samples are there together on your board. It also lets you change your mind so you can avoid costly mistakes.

What you will learn

How to prepare a design board to display samples of the materials for your decorating project

What you will need

- Design board (art board, corrugated plastic, etc.), 56cm x 76cm (22 x 30 inches)
- Foam core or foam board for mounting samples
- Samples of paint, fabric, flooring, etc.
- Rubber cement, tape, scissors, ruler
- Word processor and printer for making labels

Time

- 15 minutes to plan the activity with your group
- 60 minutes (or more) to collect samples
- 60 minutes (or more) to complete board during the course of the project

Let's Talk

- What is your "colour scheme" for this project?
- Where are you going to get your samples? What will you do if you can't get an exact sample of one of your materials?

The three web links provided in the "My Space" Reference Book show you three different ways to do a design board but for this project this short video will probably be the most helpful:

<http://www.monkeysee.com/play/23274-how-to-make-an-interior-design-colour-board>

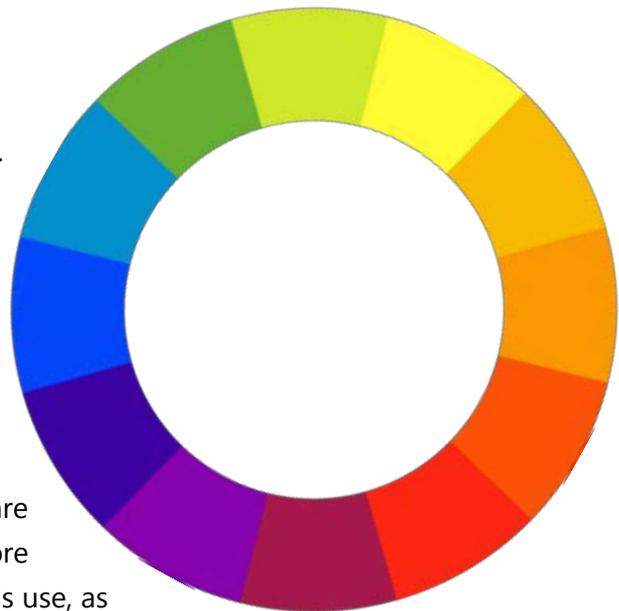
SECTION 5:

Principles of Design – Basic Elements

- Colour
- Line
- Texture
- Form
- Mass
- Focal Point
- Scale/Proportion
- Rhythm
- Balance
- Harmony/Unity
- Contrast
- Variety

Colour

Colour is the most important element because it produces both psychological and aesthetic effects. Colours tend to have a big influence on how people feel, and so the colour you decorate a room could have a big impact on how you feel about the room. They can transform dark into light, dull into bright, gloomy into cheerful and drab into beautiful. Colour can create the illusion of peace, luxury, warmth or coolness. A lot of thought should go into what kind of colours you are going to use in any room you are decorating. Before choosing a colour scheme, bear in mind the room's use, as the colours you select will set the tone of the room.



- **Chromatics:** The Science. The study of colour is called chromatics and it is a very complex process involving how our brains perceive light waves. All we need to know about the science is that light is broken up into colours like a rainbow. When we bend a rainbow into a circle we have a colour wheel. The colour wheel makes seeing colour relationships much easier.
- **Hue:** the name of the colour. Red, yellow and blue are hues or names of colours.
- **Primary:** All other colours are made from red, yellow and blue.
- **Secondary:** If you mix equal amounts of any two primary colours you will get a second group of hues known as secondary colours – green, violet and orange.

- **Tertiary:** When primary and secondary colours are mixed a third group of colours known as *intermediate* or *tertiary* are produced. These have hyphenated names, for example, yellow-green, blue-violet and red-orange. Note: the primary colour is named first.
- **Value:** Value is the lightness or darkness of a colour, in relation to black and white. The nearer to white, the lighter or higher in value. As it approaches black, it becomes darker or lower in value.
- **Tint:** If a colour has had white added, it is known as a *tint*. If you add white to red, you get pink, a tint of red.
- **Shade:** If a colour has had black added, it is known as a *shade*. If you add black to blue, you get navy, a shade of blue.
- **Intensity:** This is trickier. Intensity refers to the amount of *pure colour*. A colour on the wheel is an intense or pure colour. A colour is made less intense by adding its complement (the colour directly opposite it on the colour wheel). If these two colours are mixed in equal amounts, a neutral or grey colour will result. Colours can also be greyed by adding grey.
- **Tone:** A colour which has been greyed is known as a *tone*. (One of North America's most successful paint companies has built their success on their expertise with tones when creating new colours.)

Note: This mucking about with colours is how the paint companies manage to come up with new colours all the time. Wouldn't making up names for paint colours be a fun job?



Hot chick? Cool cat?

Warm colours are reds and yellows. **Cool colours** are blues and greens.

If you draw a line down the middle of the colour wheel, one side is warm and the other cool. Every warm colour has a cool complement. Mild warm colours stimulate; intense ones motivate.

Warm colours are relaxing, friendly and more informal. They advance toward the viewer, speed up heart rate and create excitement. Cool colours are more refreshing and emotionally distant. They seem to recede from the viewer, slow the heart rate and relieve tension. Mild cool colours soothe; intense ones sedate.

- **Colour Schemes:** A combination of colours. Decorators talk about colour schemes in terms of where colours are in relationship to other colours.
- **Monochromatic:** One-colour schemes, a single colour or tonal variations.

Scheme:

A plan or arrangement

<http://oxforddictionaries.com/>

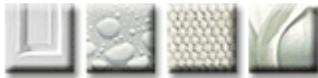
- **Complementary:** Complementary colours are opposite each other on the wheel. When using two complementary colours together, it works best to use more of one complementary colour than the other because equal amounts create tension. Red and green are complementary and unless you are making Christmas decorations you need more of one than the other to create a pleasing colour scheme.
- **Analogous:** Colours are next door neighbours on the colour wheel like red and yellow. Mix them together and you have orange. Because they are so closely related they work well together.
- **Triad:** Uses three colours the same distance apart on the wheel, for example, orange, green and violet.

Colour Psychology

Check out: <http://www.dreamhomedecorating.com/what-colors-mean.html>

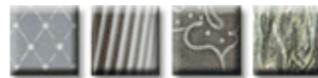
Colour can help you create a desired mood in interior design.

White



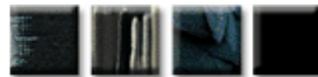
You can use the colour white to create a fresh, clear, serene atmosphere. The colour white can make a room seem larger than it is. You don't need a lot of white to take advantage of its dramatic effects. White accents like door and window cases can perk up the look of the whole room. Too much white, especially with a modern decor can look sterile and high-maintenance. White can create a crisp, clean feel in your room.

Grey



You can use the colour grey to lend an elegant formality. It is the colour of understated elegance. However, you need to be careful with the shade of grey used. It can have an undertone of yellow, brown, blue or green and can look quite muddy when used with the wrong colours. Try to find a clear grey that contains only black and white. Grey can create a subtle, sophisticated look for your room.

Black



Black gives an air of sophistication and elegance to an interior design scheme. Used wisely, black can act like "eyeliner" for a room drawing attention to details like picture frames, small furniture or the pattern in a cushion or upholstery. Black can also vary in shade or intensity so try to keep your blacks the same for an elegant, bold look in your room.

Brown



You can use the colour brown to create warmth and depth in your room's design scheme. Brown consists of a mixture of colours, and so doesn't actually have a spot on the colour wheel. Nature is full of the colour brown and in most parts of the world, brown is the colour of the earth or soil itself. The many shades of brown can be a source of rich, organic and warm interiors.

Orange



Orange is generally experienced as the warmest colour on the colour wheel. It is emotionally stimulating, energetic, vibrant and fun. However, the effects of orange are much gentler in its pastel, and more earthy shades like peach and terra cotta. Use orange to provide a warm, energizing feel to your room.

Red



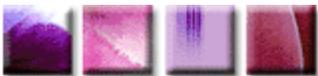
Red is an extremely powerful colour. It is the colour of blood and, therefore life itself. The colour red often signals danger. Red is also a very immediate colour and appears closer than it actually is. It is a favourite of the food-packaging and restaurant industry because it is believed to enhance our appetite. As with other colours, the effects of the colour red depend very much on its intensity. Use it to create a vibrant, stimulating feel in your room.

Pink



The colour pink is a "tint" of the colour red, also called a pastel, a colour that has been mixed with white. That is why it does not appear on the colour wheel but it is the only tint of a primary colour with its own name. Pink has been considered a "girly" colour only since the 1940s. Before that blue was the colour for girls! The colour pink is described as soothing and comforting, however like red it comes in many different hues. Use the colour pink to create a fresh, soft look for your room.

Purple



The colour purple has been the colour of royalty since ancient times probably because the dye was once very difficult and expensive to obtain (it was made from crushed mollusks!). The psychological effects of the colour purple depend on how warm or cool it is. Bluish purples can be serene, calming and a bit mysterious. Reddish purples can demand more attention and dominate a room. Purple is a rich, satisfying complex colour that can add real luxury to your room.

Blue

Blue is the universal “favourite” colour. Probably because of the association with the sky and the ocean, it has a calming effect. The colour blue can create a reflective, intellectual atmosphere. It has been shown to lower blood pressure and heart rate. Light blue can expand walls and cool down a hot, sunny room. It can provide a meditative, spiritual environment. Use the colour blue to create a cool, serene feel for your room.

Green

The psychological effects of the colour green are similar to those of the colour blue. Green is perceived as calming and reassuring. It is the natural colour of safety, a “feel good” colour. The lighting in a room influences any colour but none more so than green. Colours change their personalities under different lights so always test your green paint under all light conditions. Use the colour green to create a gentle, relaxed feel in your room.

Yellow

People respond strongly to the colour yellow and it tends to be a love it or hate it colour. But if you like yellow, use it! Yellow can add a burst of sunshine to any room and is often described as optimistic and life-affirming. It’s not a good colour for a sunny south-facing bedroom but yellow accents can be added anywhere. Yellow can brighten any dark spots. Use yellow to provide a bright, cheerful feel to your room.

What's YOUR Colour Personality?



A fun quiz to help you determine what your favorite colours say about you:

<http://www.realsimple.com/home-organizing/decorating/find-your-color-personality-quiz-0000000044040/index.html>

See also: <http://www.prattandlambert.com/color-and-inspiration/learn-about-color/>

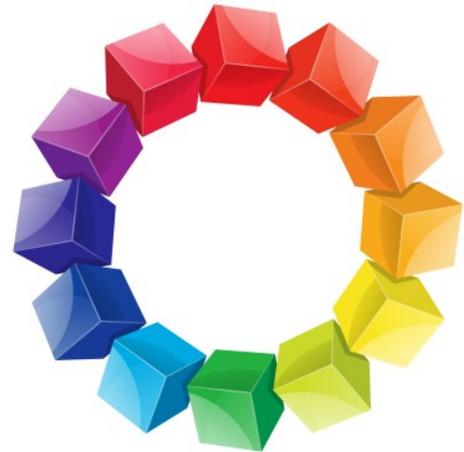
Activity: Rolling with the Colour Wheel

What you will learn

How to make secondary and tertiary colours from primary colours and some “colourful language”

What you will need

- Bristol board, white – a half sheet
- Tempera Paint (red, yellow, blue)
- Brushes and water for cleaning
- Styrofoam trays for mixing colours



Instructions

- A colour wheel is like a clock. Paint a large dot of red at 12:00, yellow at 4:00 and blue at 8:00. These are the primary colours.
- Now mix equal parts of red and yellow together to make an orange dot at 2:00, blue and yellow to make green at 6:00, and blue and red to make purple at 10:00. We call these secondary colours.
- Now it gets trickier. Add a bit more:
 - red to the orange to get reddish-orange at 1:00
 - yellow to the orange to get yellowish-orange at 3:00
 - yellow to the green to get yellowish-green at 5:00
 - blue to the green to get bluish-green at 7:00
 - blue to the purple to get bluish-purple at 9:00
 - red to the purple to get reddish-purple at 11:00
- Label your colour wheel.

Time

- 30 minutes to complete your colour wheel
- 30 minutes to discuss “colour” with the group

Let’s Talk

See the “MySpace” Reference Book, pages 12 to 14:

- Take turns reading the colour terms and colour psychology. What is your favourite colour(s)? Do you agree with its description in the Reference Book? Why or why not?

Line

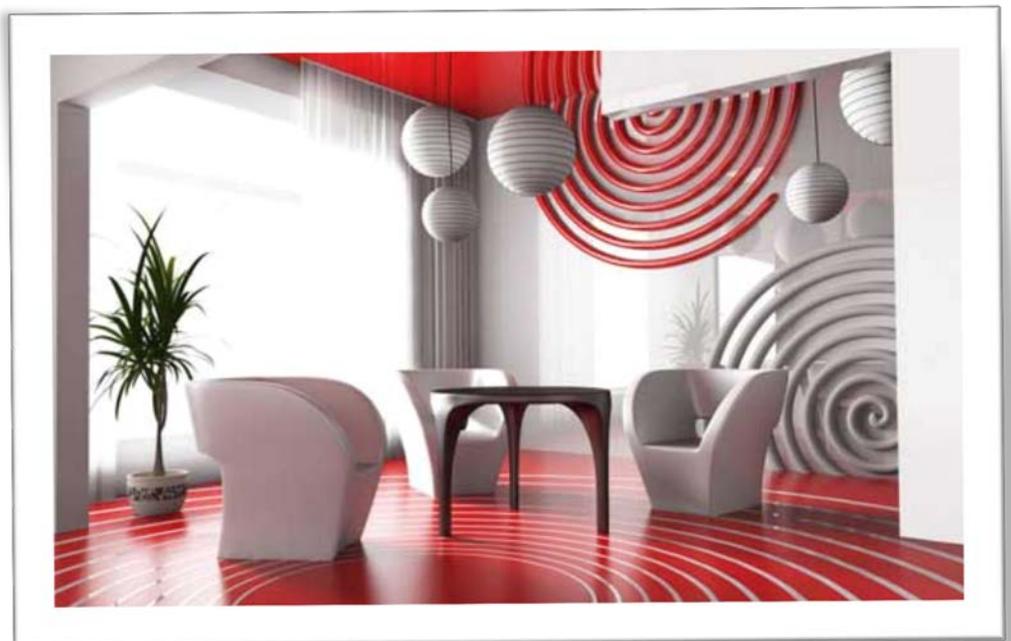
All lines create movement. Lines can be real lines or implied and they occur everywhere in design, including doors, windows, columns, arches, paneling, flooring, furniture, wallpaper and fabric. Too many lines make a room look too busy; too few lines leave a room looking empty. Line contributes towards the overall mood created in any arrangement to either create harmony or contrast.

Lines can be associated with the position of the human body. Horizontal lines suggest repose, steadiness and tranquility. They are found in tables, low-backed chairs and bookshelves, and balance the severity of the vertical lines. Vertical lines suggest life, activity and dignity, like when a person is standing and ready to act. They create an illusion of height, as in draperies and doorways. A diagonal line suggests movement and energy, as when a person bends forward to run. They give a feeling of sophistication and refinement to a room, as in stair cases and in some fabrics. A curved line seems gracious and flexible, relaxed. They are found in tied-back curtains and in the legs and corners of furniture. Line can be a unifying factor in home decoration.

- **Vertical Lines:** Draw the eyes up and down, producing alertness. Vertical lines suggest stability, dignity and formality.
- **Horizontal Lines:** Move the eyes from side to side, creating a sense of restfulness. Horizontal lines are informal.
- **Diagonal Lines:** Promote rapid eye movement and suggest fast movement.
- **Curvy Lines:** Are natural and feminine. Simple flowing curves are gentle, tighter more exaggerated curves are more exciting.

This room makes good use of exciting tightly curved lines.

Note also: the contrasting colours



Activity: Looking for Lines

What you will learn

Although lines, *vertical*, *horizontal*, *diagonal* and *curving* are not always obvious in a room's decorating, they ARE there and make a difference to the room's overall look and feel.

What you will need

- Magazines and catalogues for cutting up
- Scissors and thin black Sharpies
- Printer paper and rubber cement

Instructions

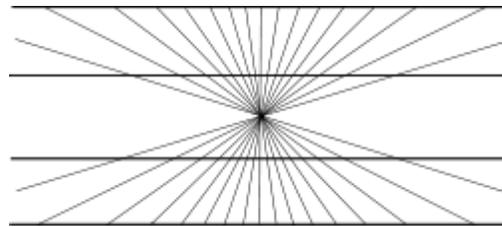
Look for six pictures of rooms where you can see the use of lines, cut them out, glue to paper and trace the key lines in the room with a Sharpie.

Time

- 30 minutes to prepare pictures
- 30 minutes to share your findings with your group

Let's Talk

- Was it difficult to find obvious lines in the room photos?
- Do different styles of rooms use different line patterns?



Texture

Texture is the surface characteristics of objects, and appeals strongly to the senses of sight and touch. Texture refers to the roughness or smoothness, shine or dullness, softness or hardness. Texture gives character and beauty to objects.

Texture isn't as visible as colour, so people often don't notice texture until they feel it which can be surprising. Nubby chenille, fine silk, rough hemp, cool marble and warm wood provide a tactile experience and, like colour, are powerful mood-makers. Texture is extra important in a room with little or no pattern. Texture can be created in wall finishes, rugs, wood work, oil paintings or furniture.

Traditionally, texture is used in a room with a fine texture on the ceiling so it never seems heavy, a medium texture on the walls (so they seem supportive) and a heavier texture on the floor (hard, smooth, even and sturdy). But you can be more creative with texture too.

Consider the use of texture in flooring: smooth ceramic tile, rough quarry tile, embossed vinyl, warm wood or downy carpet. Walls and ceilings can be finished with bricks, wood paneling, ceramic tile, wallpaper, grass cloth, stucco, mirror and fabric. Furniture provides a huge range of options for texture: wool, velvet, linen, leather, brocade, vinyl and cotton. Window coverings can involve many of the preceding plus wood. Accents such as pottery, baskets, cushions and plants are other ways texture can be added to your room.

Rough texture absorbs more light, and smooth surface reflects light. So in small dark rooms, smoother textured material should be used to reflect more light, whereas large rooms with more light can show rough textures gracefully. Texture is all about contrasts, and contrast means less unity. With less unity, a space seems smaller so keep contrasts subtle in small spaces, but go bolder in larger ones.



The rough stone fireplace, smooth glass-topped tables and granite hearth, the wicker tray and the slightly coarse couch upholstery and cotton cushions combine to create a wonderful variety of textures to appeal to the eye and hand. Notice also: the many tones and shades of blue.

Activity: Feeling with fingers AND eyes

What you will learn

Texture is the surface characteristics of objects and appeals strongly to the senses of sight and touch. Texture refers to the roughness or smoothness, shine or dullness, softness or hardness. Texture gives character and beauty to objects.



What you will need

- White heavy Bristol board, corrugated plastic or foam board – about 28cm x43cm (11 x 14 inches)
- Rubber cement
- Six samples – 10cm (four inches) square – of decorating materials with different textures, e.g. fabrics, wood, metal, wallpaper, paint samples, flooring, glass
- A method of labeling your board, e.g. computer processed, Sharpie, etc.

Instructions

- Look around home for materials with interesting textures, or ask local retailers if they have any samples of textures you might want to include.
- Prepare samples to required size
- Attach to board and label

Time

- 30 minutes to prepare texture samples
- 30 minutes to share your samples with your group

Let's Talk

- Which textures do you prefer? Why?
- Are there any textures you dislike? Why?
- What textures will you be able to change in your project?

Form

Form is sometimes referred to as area or shape. It is closely related to line, as in combination they create certain effects in the overall design of a room. Lines joining together define the form or shape of objects. The most common shapes found in our homes are squares, rectangles and triangles – created by straight lines – and circles and ovals – created by circular lines.

The square represents the pure and the rational; like the triangle, it's a stable, serene figure but it becomes dynamic when standing on one of its corners. All rectangles can be considered to be variations of the square; however, rectangular shapes are more pleasing to the eye than square ones.

Rectangular shapes are clearly the norm in architectural and interior design, however too many rectangular shapes can become boring. Add interest by varying their size, proportion, colour, texture, placement or orientation.

The triangle represents stability, but it's also a dynamic shape because of the different angles formed by its sides. A triangle resting on one of its tips implies motion, too. The circle is a compact shape that represents unity and continuity; although it's normally a stable shape, it can appear to have motion when combined with other lines and shapes. Curvilinear shapes, like curved lines, express softness and fluidity.

However, too much variety in form creates chaos in interior decoration. Without the beauty of form, excellent colour, texture and decoration are of no use. Furniture form should echo the architecture. Tall straight slender chairs seem formal, and fit well in an elegant high-ceilinged room while short, squat, curvy chairs seem casual and fit in rooms with lower ceilings and relaxed mood.



An egg-shaped (or half of one) bath tub makes a delightfully original use of form in this very modern bathroom. Notice also the use of various textures.

Activity: Shape up!

What you will learn

The shapes of objects in a room affect the room's overall feel and design.

What you will need

- A computer with Internet access and MS Paint program (found under "Accessories" in your menu of programs on your computer)
- A colour printer



Instruction

- Find six different decorating objects on the Internet using a Google Image Search or Pinterest.
- Open MS Paint and create the shape of the object
- Copy and paste your object inside your shape.
- Print your six framed forms for sharing

Time

- 60 minutes to prepare your framed forms
- 30 minutes to share your pictures with your group

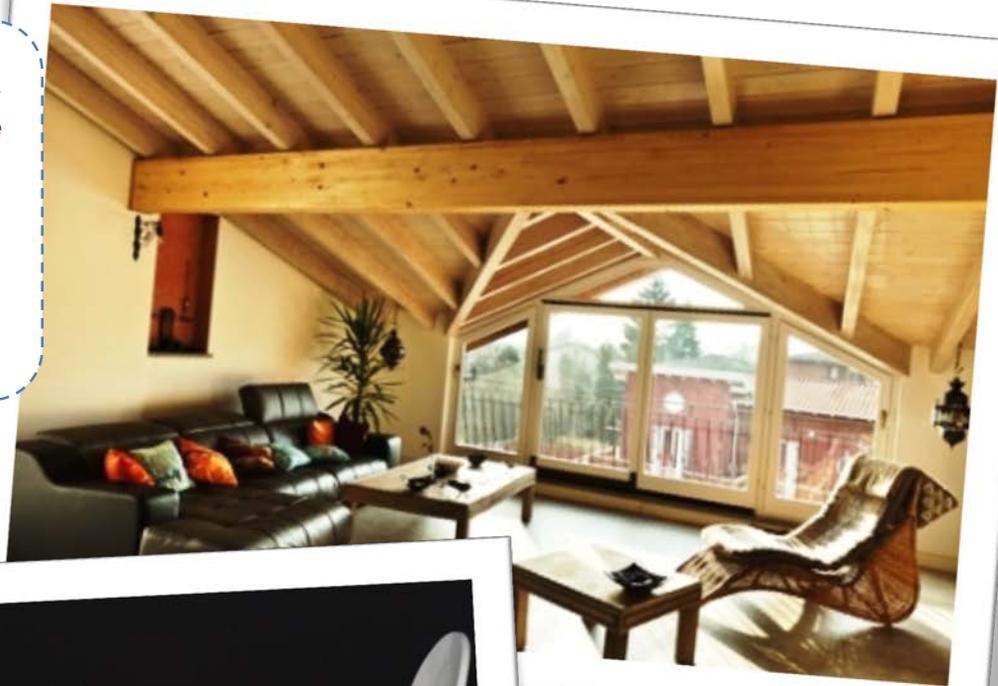
Let's Talk

- Did you choose the object to fit a shape or did you make a shape to fit the object?
- Could you do this with most of the things in your room now?
- Are there certain shapes that you prefer? Why?

Mass

Mass is the bulk of an object that occupies space. All objects have mass or bulk which refers to how much space an object occupies, or seems to occupy, how much weight an object seems to have. Often people perceive an object's mass not by its weight or how much space it actually takes up, but by its appearance. A couch with exposed legs, for example seems to take up less space than the same couch with a skirt. A dark-coloured object appears to take up more visual space than the same object in a lighter colour. It is important to balance mass in a room by distributing heavy-looking objects evenly throughout the room.

The heavy ceiling is nicely balanced by the solid appearance of the leather section and chair. Notice also the use of various textures and informal balance.



A delicate table and chair like this has very little mass and takes of very little visual space.



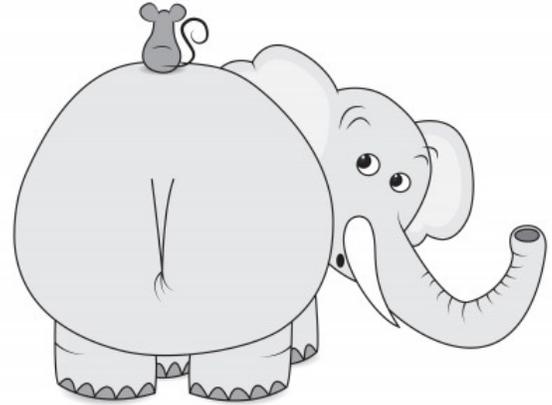
Activity: Bigger than a breadbox?

What you will learn

Some decorating objects or elements appear bigger, bulkier than others, while others appear smaller and more delicate. This can affect what things look good together.

What you will need

- Magazines and catalogues for cutting up
- A paper scrapbook, scissors, glue
- Computer with Internet access



Instructions

- Find six pictures that feature furniture or accessories that could present decorating challenges because of their very bulky or very delicate size.
- Cut them out for sharing.

Time

- 30 minutes to locate pictures
- 30 minutes to share your pictures with your group

Let's Talk

- Why do you think this object would be challenging?
- What would you need to have to make this object look good, e.g. a bigger room?
- Why can very tiny objects be challenging, e.g. a delicate chair?

Challenge:

A task or situation that tests someone's abilities

<http://oxforddictionaries.com/>

Balance

Balance is a sense that everything in the room is placed properly. It's like a teeter-totter. Balance is the appearance of equal visual weight between areas of the decor. A feeling of steadiness is created when the elements of a design are properly balanced. Large pieces of furniture or groups of furniture on one side of a room need to be balanced with furnishings of matching visual weight on the other side, or the room can seem lopsided.

In formal balance, one side of the room or furniture grouping is the mirror image of the other. Classical symmetry or formal balance achieves a sense of proper relationship by having each half of the room mirror the other half. Traditional and historic settings rely on symmetry because it creates a dignified, stable and restful feeling.

Informal balance achieves a sense of steadiness by placing different elements at uneven distances from the centre point. Asymmetrical or informal balance calls for a perceived, not real, relationship of balance, and has two unequal but balanced halves, for example, a heavier object balanced by a group of smaller objects. Informal balance suggests movement and excitement, and is used in more casual settings.



This room is a good example of informal balance. The couch and coffee table on one side are balanced by the bookcase, armchairs and end table on the other. Notice also the horizontal line.

Activity: Keeping Your Balance

What you will learn

Balance in decorating is just like balancing a teeter-totter. Both sides of a room need to have the same visual weight.

What you will need

- Magazines and catalogues for cutting up
- Optional: computer with Internet access and printer

Instructions

- Divide the group into two teams.
- Each team finds six good photographs of attractively decorated rooms and then cuts these photos exactly in half.
- The two teams come together to see how many “balanced” rooms they can create with their twelve half pictures. Hint: pretend the pictures are in black and white. All you are looking for is balance.

Time

- 15 minutes to find and cut out pictures
- 15 minutes to create balanced rooms

Let's Talk

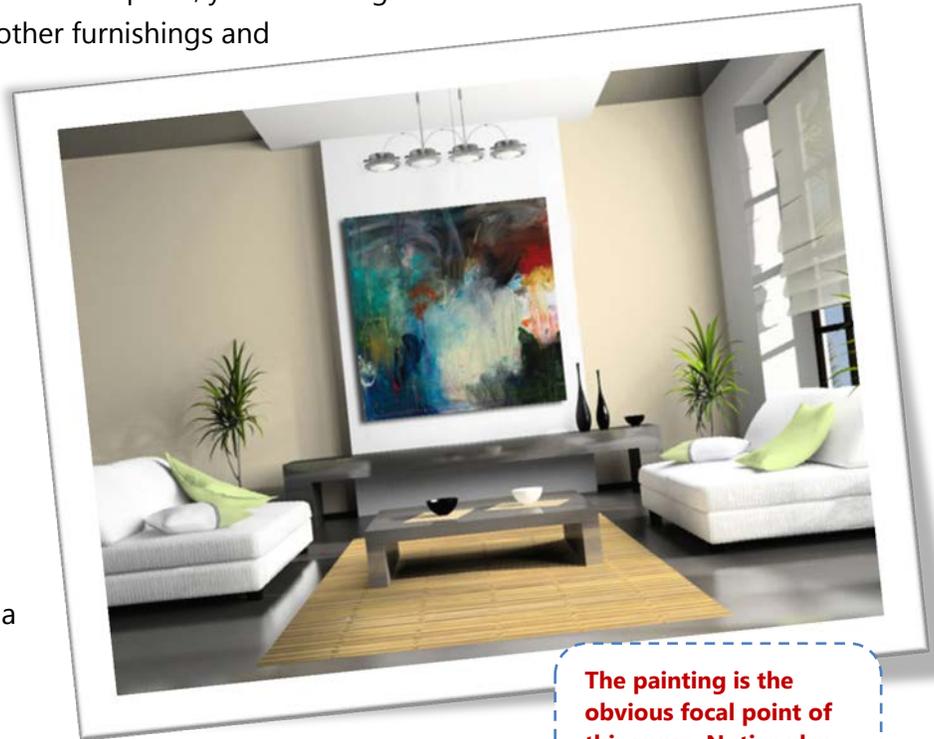
- How many balanced rooms were you able to make?
- Were they mostly formal balance or informal balance? Why?
- What are some examples of formal or informal balance in your room designs for this project?



Focal Point

All compositions need a focal point. Think of a focal point as home base where your eye can rest. A focal point occurs architecturally with a fireplace, a bay window or a built-in wall unit. A focal point can also be a beautiful view, a large work of art or a special object like a grand piano. If your room has more than one focal point, you need to give one element in the room special status, and all other furnishings and objects should play a supporting role.

- You can create a focal point for the room, by focusing on artwork, floral arrangements, paint colour or shelving, or by painting one wall a different colour from the rest and accessorizing with a wall arrangement, artwork or display shelves.
- Focus on your room's best qualities by choosing a focal point.
- Decorate and 'frame' a focal point with plants, curtains and art.
- Use contrasting colours to make the focal point stand out. For example, use a light wall colour behind a dark wood dresser.
- If an outdoor view is the focal point, orient the furniture inside and outside to take advantage of window areas.
- Remember to try choosing the 'first thing' you see or the biggest item for a focal point.



The painting is the obvious focal point of this room. Notice also the formal balance.

Activity: Keep your eyes on the prize!

What you will learn

How to decorate a room around a focal point

What you will need

Digital camera or smart phone

Instructions

Use a digital camera or smart phone to take photos of the focal point of at least six different rooms. Use rooms in your own house, or homes of friends and family. Not all rooms have a focal point, and some rooms have several. YOU be the judge. What catches your eye first when you walk into the room? Is there an object or view around which most of the room seems to be arranged? Be prepared to show your photos to the group by printing or displaying them on your phone.



Time

- 60 minutes (or more) to collect photos
- 60 minutes for sharing photos with the group

Let's Talk

- Was it difficult to find rooms with one definite focal point?
- Do you think it's easier or more difficult to decorate with a focal point? Why?
- If you were building a home, what kind of focal points would you include in your rooms?

Focal Point:

The centre of interest or activity

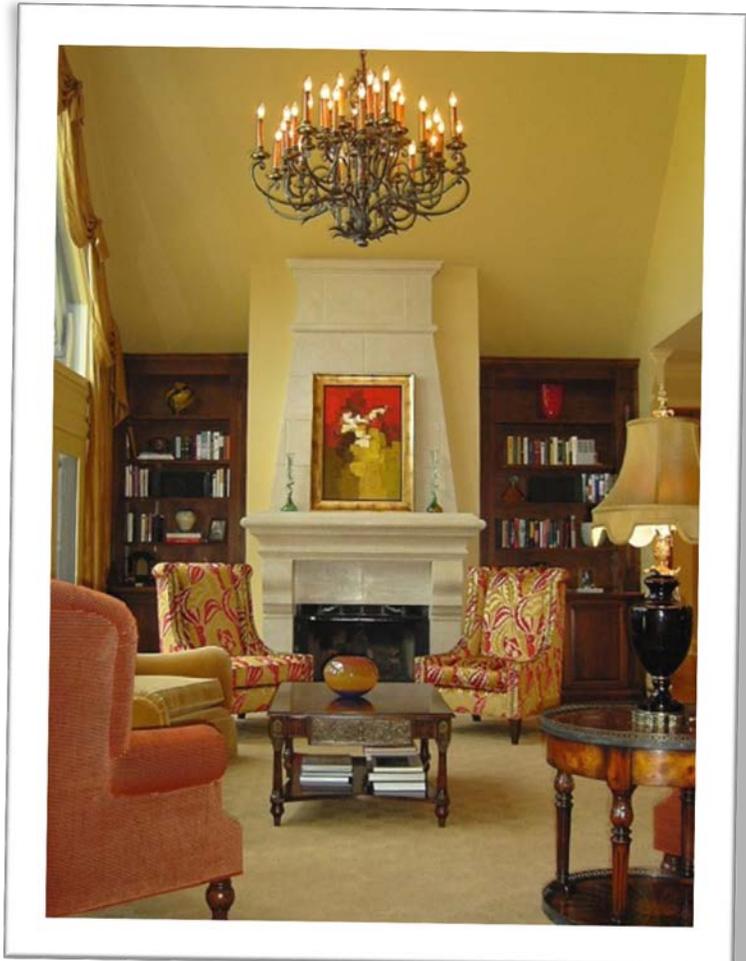
<http://oxforddictionaries.com/>

Scale/Proportion

Decorating is about relationships and size is always relative. We tend to compare the size of everything else to ourselves and we need a certain amount of space around our bodies for physical and psychological comfort. People consciously or unconsciously compare the size of objects in a room too. In decoration, actual size isn't as important as relative size. Scale is the relationship between humans, objects and the space they occupy. When furniture scale is too small, you may feel like you are in a large doll house, but when it's too big, you feel like you shrunk.

Throughout history high-end furniture tended to be quite large because it was being made for the large high-ceilinged homes of the wealthy. In the past century, more ordinary folks with more modest homes have been buying better furniture and the scale has been reduced. In addition, the increase in number of apartments and condominiums has contributed to the demand for more compact good-quality furnishings.

The tall bookcases and fireplace, high draperies and large chandelier are in proportion with the high ceilings of this room. Notice also the formal balance.



Activity: But will the piano fit in the bathroom?

What you will learn

That furnishings need to be in scale or proportion with the rest of the room and each other

What you will need

- Magazines and catalogues for cutting up
- Printer paper, scissors, glue
- Optional: computer with Internet access and printer

Proportion:

The relationship of one thing to another in terms of quantity, size, or number; ratio

<http://oxforddictionaries.com/>

Instructions

Part of the fun of cartoons is that things are often out of scale. Cut out out-of-scale people and things from magazines, catalogues or from online printouts and combine them together to create a visual cartoon. Glue them to paper for sharing.

Time

- 60 minutes (or more) to collect photos
- 60 minutes for sharing photos with the group

In Scale:

In proportion to the surroundings.

<http://oxforddictionaries.com/>

Let's Talk

- Why do you think some antique furniture is so huge?
- Was there anything you had to leave out of your room plan because it was out of proportion with everything else?

Part of the charm of a doll house is that the furnishings are in **PROPORTION** to the tiny rooms.



Rhythm

When you look at a room, your eye follows a certain path around, and across the decor. It moves across lines, shapes and textures. Your eye notices placement and colour. Rhythm is the quality that makes your eye travel over the design along a specific path. In order to have rhythm, you must have movement.

Repeated visual elements establish rhythm. It is the way colours, patterns and shapes occupy a room. This constant eye movement keeps the space interesting. The tempo can be lively and playful with bright colours and patterns, or slow and restful with soft colours and textures. Usually, curved or connected lines allow the greatest amount of movement and rhythm.



The stair case and the wall decoration appear to march around the corner and up to the next floor with a staccato beat. Notice also the horizontal line and the use of a variety of textures.

Harmony/Unity

Harmony describes how various elements and principles come together to make a totally unified look like when several different voices come together to sing a song. Harmony refers to the blending of elements, while unity refers to the overall sense of belonging together. All the parts within a design must have at least one thing in common to look like they belong together. When a design is not harmonious, the various items appear to have fallen together accidentally without any purpose or forethought.

Harmony is the goal we keep in mind when adding each new piece of furniture or accessory. We ultimately strive for "gestalt", a German term meaning that the whole is greater than the sum of the parts.

All of the elements in this room appear to belong together. The chairs, stools, plant and vase have an elongated organic look about them. The plant, trio of pictures, vase contents and apples on the pass through appear to be natural materials. The colours are all subdued and serene.



Contrast

Contrast places opposites side by side, such as rough and smooth, hard and soft. Putting two elements in opposition to one another, such as black and white pillows on a sofa, is an example of this design principle. Opposition can also be implied by contrasts in form, such as circles and squares used together. Contrast can be quite jarring, and is generally used to enliven a space. Be careful not to undo any hard work you've done by introducing too much contrast! Contrasts need to be balanced to maintain a sense of overall unity.

High contrast puts two diametrically opposed colours, textures or shapes together, for example, red and green, or satin and stone. Low contrast uses more subtle differences, for example, light blue and a darker blue, or glass and metal.



The bright red and white print of the chair cushions contrast sharply with the quiet grey-green of the walls and chandelier, but it works because both colours (and the green of the rocking chair) are incorporated in the tablecloth fabric.

Activity: Yin and Yang

What you will learn

Contrast of colours, textures and shapes can be an effective way to put life in a space but too much can have a negative effect.

What you will need

Your design board which you have been working on

Instructions

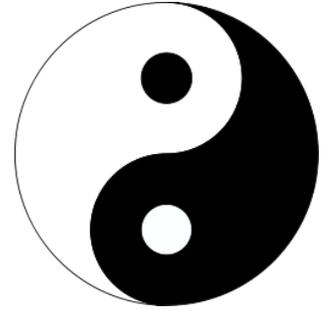
Examine your board for examples of high and low contrast colours, textures and shapes.

Time

- 60 minutes to share your boards.

Let's Talk

- Do you have any high contrast? Low contrast?
- Does high contrast "jazz" up the design?
- How would too much contrast affect your decorating plan?



Yin and Yang:

In Chinese philosophy, opposites like light and dark, hot and cold, hard and soft are considered to be interconnected and need to be kept in balance.

Variety

Variety is the spice of life and the spice of rooms! You can add variety with colour, texture, pattern, mass and line. Variety is achieved by variation in the other design elements of colour, line, texture, form and mass. Vary your colours, shapes, patterns and themes within the room, but don't sacrifice unity to do it. The right combination of variety and unity will bring harmony to a room. A good balance between unity and variety must be established to avoid a chaotic or a lifeless design.



They've used every material AND the kitchen sink in this room and it works beautifully! Most of this variation has been done with texture. The river rock, painted cabinets, hewn-look pine, ceramic tile, stainless steel, granite and warm stained cabinets all combine to create the look of rustic elegance.

"Variety's the very spice of life that gives it all its flavour."

— William Cowper, 18th century English poet

Activity: That spice of life – Variety

What you will learn

How you can add variety with colour, texture, pattern, mass and line. Vary your colours, shapes, patterns and themes within the rooms, but don't sacrifice unity to do it. The right combination of variety and unity will bring harmony to a room.

What you will need

A camera or smart phone or small notebook



Instructions

Your leader will arrange visits to two or three rooms in homes or businesses with differing decor where you can see firsthand how variety can be achieved using colour, texture, mass or line. If your host wants to show you the entire house that is fine but, only two or three rooms with differing decorating styles are needed for this activity. A small gift of appreciation should be given to each host. Refer to the section on Variety in the "My Space" reference book, page 28.

Time

- Allow 15 to 30 minutes per room
- 60 minutes for group discussion after your field trip

Let's Talk

- How did the decorating styles differ? How were they the same?
- If that was YOUR room what would you change?
- Did you see any particular decorating challenges in that room? For example, a lot of windows and doors, an unattractive view, etc.

SECTION 6: Putting the Pieces Together

This project is assuming that you do not own the room you are decorating and, therefore cannot make structural changes to it. We will take a look at the main areas where you **ARE** able to make changes.



Walls

Walls are your background and can be changed almost as quickly as your mood.

Walls are the largest surface area in your room but wall finishes are also one of the most affordable decor components. The walls provide a sense of unity in a room, and in a whole house. You can create diversity with colour, pattern and texture without disrupting this sense of unity. Modern homes tend to start with walls covered with gypsum board which has been taped and sanded to create a smooth surface. There are several options for the finishing material but the following are the most affordable and least invasive:

Paint: The classic North American wall finish

Advantages

- Offers almost limitless possibilities for little cost
- Quite washable (depending on degree of gloss)
- DIY application easier to learn than most other finishes

Disadvantages

- Needs regular refreshing
- Easily marked, scratched, abraded



PENNY PINCHER IDEA

Paint is the ultimate inexpensive decorating tool! Almost anything can be painted with the right type of paint and it is the easiest way to get exactly the right colour to match your decor.

Wallpaper: Modern wallpaper isn't paper but vinyl or vinyl-coated.

Advantages

- Offers colour, pattern and texture
- Can be quite washable (depending on type)
- Wears longer than paint
- Can disguise imperfections in wall
- Small marks not readily visible
- Great decorating potential

Disadvantages

- Can be difficult to DIY
- Costlier than paint

Fabric: Popular in historic rooms, it's applied to walls with glue much like wallpaper.

Advantages

- A romantic and practical way to disguise disfigured walls and ceilings
- Provides the texture component as well as colour
- Can coordinate with upholstery and accessories
- Endless variety of sizes, colours and patterns

Disadvantages

- Can be costly to install if you can't do it yourself
- Not suitable for kitchens or bathrooms
- Not easy to clean

Mirror Tiles: Mirror has been used in decorating in varying quantity throughout history.

Advantages

- Visually expand small spaces and reflect light and views
- Stands up well to heavy traffic and cleaning
- Mirror tiles and strips easy to install

Disadvantages

- Suitable for limited area only



"Either this wallpaper goes, or I do."

Oscar Wilde, 19th century Irish writer
(His dying words, according to legend.)



PENNY PINCHER IDEA

Wallpaper in coordinating colours and patterns can be used in numerous creative ways to enhance your decor. You can use it to cover lampshades and storage boxes. You can line the back of bookcases and other open shelving. You can even frame attractive patterns to complement your decor.

Ceilings

Modern ceilings tend to be vast empty wastelands just waiting for some creative attention. Like walls, most ceilings start life as smooth gypsum board slabs. In recent years the trend has been to spray them with a white textured material that can be textured in a variety of ways. The only way to rejuvenate this ceiling finish is to spray paint it, scrape it off and start again or cover it up.

Ceilings should be in harmony with the architectural design of the house/room. Traditional and historic homes look best with smooth painted ceilings finished with crown moulding and decorative moulding around the light fixtures. Modern or contemporary homes are best suited to smooth paint or wood panel ceilings with no moulding embellishments.

The most affordable finish for ceilings is paint and its variations. White is the most common colour because it gives the illusion of height. However, if the ceiling is already too high to feel cozy, a darker colour will make it appear lower. Some people like a shade of blue for a sky-like feeling. Stencils and murals can take the paint finish to a whole new level.

An unattractive ceiling can also be disguised with wallpaper, fabric or even lattice. If noise is an issue the ceiling can be covered with acoustic tiles.



PENNY PINCHER IDEA

An affordable way to disguise an unattractive ceiling is with lengths of inexpensive fabric tacked across it creating a canopy effect. This can be especially attractive in a bedroom.

Window Treatments

“Treatments” is the decorating term with what you do to your windows. If privacy and sun are not an issue, you can leave them uncovered. If privacy or sun is an issue you have several options. If covering your windows, all windows in a room should have the same treatment.

- **Blinds** or **shades** are the most affordable option, and ready-made are much cheaper than custom made. Both are available in numerous styles and colours.
- **Drapes** are the most suited to a traditional or historic decor and again, ready-made are by far more affordable if the window in question is a standard size. Drapes tend to be used in one or more layers for greatest flexibility and are floor-length. Fabric for draperies is available in an almost infinite variety of colours, textures and prices.
- **Curtains** is a term often used for less formal drapes, usually only falling to the bottom of the window casing, and usually only one layer. These shorter window coverings tend to be reserved for less formal rooms like kitchens, bathrooms and some bedrooms.
- **Shutters** have been used for centuries to provide complete privacy but also block out all light so tend to be used only at night in high traffic areas.

Window coverings require EXACT measurements especially for something like inside-mounted blinds.

- Use a steel measuring tape.
- Round up to the nearest 1/8 inch.
- Measure both width and height and note which is which.
- Measure every window. Just because they look the same doesn't mean they actually are the same.
- With blinds decide if you want inside-mount or outside-mount. Use inside if you want an uncluttered contemporary look and/or you want the room as dark as possible when the blinds are closed. Use outside if you want the window to look larger, if you want to hide an unattractive window or casing, or if the window opening is too small to accommodate inside-mount.
- Check with the supplier or manufacturer for special measuring requirements.

The building and decorating industry standard is W x H x D. (Width, then height, then depth.)

If window coverings are not needed for sun or privacy, but you find your windows are too boring to be left plain, there are numerous options for dressing them up. For example:

- Add a valance or ruffle to the top of the window.
- Paint the window casing/trim a contrasting/complementary colour.
- Drape fabric, beads, artificial garland or even fish net across the top of the window and/or down the sides.
- Hang a stained glass picture or crystals in the window.
- Arrange a collection of glass objects on the window sill to catch the light.



**Now, here's
an interesting
window treatment!**

PENNY PINCHER IDEA

Fabric shower curtains come in a wide variety of fun colours and prints and make inexpensive window coverings.

PENNY PINCHER IDEA

Buy an inexpensive second-hand sewing machine and learn a bit of basic sewing. An ordinary straight stitch is all you need to make simple curtains, table cloths and runners, napkins and cushions. If a sewing machine isn't in your budget you can still do hemming of all of the above with an iron and fusible hemming tape.



Floors

There are even more floor covering options than there are wall finishes: wood, carpet, vinyl, laminate, ceramic tile, stone or concrete. The only real options available to a non-owner wanting to change the floor of a room they are decorating are:



Rugs

- Run the gamut from small mats in front of the door to large area rugs that cover most of the floor in a room. They have great decorating potential and provide both the advantages and disadvantages of carpet except for the fact that they can be removed for more thorough cleaning although that can be quite expensive if done well.

Paint

- Concrete and worn wood floors can be painted *IF* the owner is agreeable. As with all painting projects, proper surface preparation, and the correct product for the job is required. But after that, the colour, patterns and effects are up to you. Some very interesting results can be created by "rugs" painted onto a bare floor.



PENNY PINCHER IDEA

The easiest way to disguise an unattractive floor is with an inexpensive area rug. You can also make your own "floor cloth" by painting a design on heavy canvas.

Furnishings

Furniture can be acquired in two different conditions:

Already assembled (think Ethan Allan), or **ready to assemble** (think IKEA). There are both good quality and poor quality furniture available of both types so careful shopping is required. Your budget and your agility with an Allen wrench will dictate which type you buy.



Nowhere is it more advisable to buy the best quality you can afford than in furniture. Often it isn't so much a matter of the amount of money spent as the amount of time shopping. Research, patience and consideration of alternatives to conventional furniture stores can yield the best buys for the least money.

Alternative sources of good quality furniture:

- Estate, garage and moving sales
- Auctions
- Flea markets
- Consignment stores
- Charity shops
- Websites for second hand goods

Remember: Always consider any shipping, delivery, refinishing and re-upholstery costs before buying. Find out exactly how much any necessary work will add to your final cost. Sometimes new is cheaper.

Furnishings can be organized in two categories: "case goods" which are not upholstered, and includes things like tables, dressers and desks, and "upholstered" which includes couches or sofas and arm chairs.

Case Goods

Case goods come in a wide variety of materials:

- Wood – includes:
 - Solid wood – all components are wood except hardware
 - Hardwood – from deciduous trees only, for example, oak, maple and cherry
 - Engineered wood – plywood
 - Medium-density fibreboard (MDF) – wood fibres fused with heat and adhesive and usually covered with laminate or engineered wood
 - Particleboard – Like MDF but not as stiff, thick or strong
- Glass – usually table tops and shelving, “tempered” for safety
- Laminate – plastic bonded to particleboard substrate, affordable, usually modern look
- Metal – includes chrome, stainless steel, wrought iron and more
- Plastic – wide variety of quality, watch for seams
- Wicker or Rattan – the heavier the better

Quality Indications

- Frames made of kiln-dried hardwood not softwood like pine, spruce or fir.
- Veneer is actually stronger than solid wood of the same type.
- More coats of finish mean more durability.
- Wood pieces should be joined by mortise and tendon, or dovetail before they are glued.
- Drawers should glide easily on heavy-duty rails.
- Insides of drawers should be sanded smooth.



PENNY PINCHER IDEA

Furniture with “good bones” but a worn or unattractive finish can get a whole new look with a couple of coats of paint! Just make sure that the correct surface preparation is done first, for example, sand smooth and apply a base coat. (Much like nail polish!)

Upholstered Furniture

Quality Indications

- Frames made of kiln-dried hardwood not softwood like pine, spruce or fir.
- Steel coil springs should be hand tied in several different places.
- Layers of cotton batting or fiberfill, a quilted pillow of high quality foam and a layer of muslin should cover the springs.
- Upholstery should be dense heavy-duty fabric with a high thread-count
- Sofa pillows should align smoothly.
- All exposed wood components should be well-finished, smooth and without blemishes.

Remember: Slip covers are a key item in the decorator's bag of tricks, and the answer to worn or unsuitable upholstery on otherwise good quality furniture.



PENNY PINCHER IDEA

If slipcovers are not in your budget, upholstered furniture that is worn or doesn't match your colour scheme can be disguised with a blanket that does match and liberal use of cushions.



When it comes to furniture, one person's junk really is another person's treasure.

Fabrics

Fabric is one of the most flexible elements in a room's decor and is used in:

- Upholstered furniture
- Draperies
- Wall coverings
- Accessories like pillows, runners and slip covers



While there are only a few number of raw materials used in textiles (cotton, linen, wool, leather, silk, rayon, nylon, viscose and acrylic) there are hundreds of types of weaves and thus, types of fabric. Some are more suitable for interior decoration than others, and some more appropriate for specific applications. For example, leather is excellent for sofa upholstery, but not drapes; grass cloth looks good on walls, but would be uncomfortable and wear out quickly on an armchair. The following are some fabrics more commonly used in interior decoration.

- Cotton canvas
- Wool carpet
- Silk brocade
- Leather
- Rayon satin
- Acrylic chenille
- Polyester velvet
- Burlap (Jute)
- Ramie (Grass cloth)
- Linen
- Cotton chintz

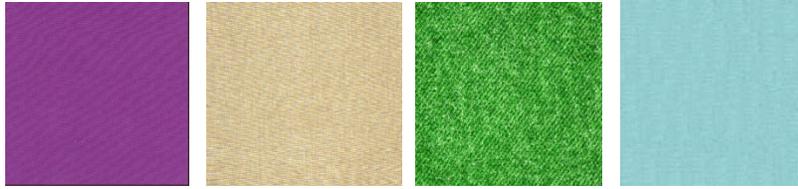
PENNY PINCHER IDEA

Need just a small piece of fabric? Check the bargain bins first! The end of rolls or remnants can often be purchased much cheaper than a small amount from a full bolt of fabric.

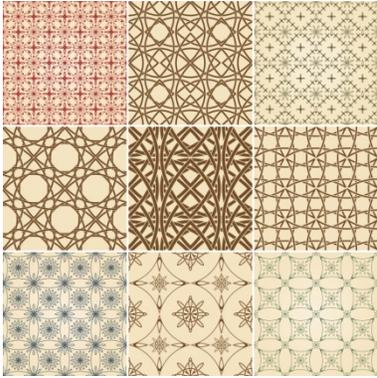


Fabric provides the opportunity to bring colour, texture and PATTERN into your room to create variety while maintaining harmony.

Solids



Small Overall Prints



Stripes



Geometric Prints



Organic Prints



PENNY PINCHER IDEA

Liquid starch is a quick, easy and affordable way to fasten fabric to a wall plus it's so easy to remove when you want a change.

Lighting

You don't have to be an electrician or spend a lot of money to do creative things with lighting when decorating a room. Lighting has both functional and decorative aspects.



Functional Lighting

Lighting needs vary from room to room. Kitchens and bathrooms have different lighting needs than bedrooms and living rooms. All rooms require both task lighting and general ambient lighting.

Decorative or Accent Lighting

Lighting can be used to create mood or ambience. It can also be used to highlight or draw attention to decorative details like a work of art or a stone fireplace.

- **Ambient** or general lighting illuminates an entire space with the flick of a switch for visibility and safety. General lighting is usually provided by ceiling light fixtures.
- **Task** or work lighting illuminates smaller areas more intensely, and can be provided in numerous ways, for example, recessed lighting, track lighting, pendants, table or floor lamps and under-cabinet light strips.

Good Lighting Requires

- **Flexibility** – almost all rooms benefit from being able to add or subtract light with ease. For example, most of the time we want our bedroom to be calm and restful, but if we drop an earring on the floor we want to be able to turn on more light to find it. Example two: Most of the time we want our kitchen to be bright and cheerful and our food preparation area well lit, but late in the evening when we're watching television in another room we want to be able to go to the fridge for a snack without feeling like we are walking through an operating theatre.
- **Avoiding Glare** – fixtures need to be positioned so the light never shines directly in someone's eyes or bounces off a glossy surface and creates a glare.
- **Balance** – the right light fixtures help balance the bright light entering a room through the windows or other light sources.

Light Fixtures

Like window coverings, a huge amount of money can be spent on light fixtures, or a similar look can be achieved with much less cash investment. Without the property owners' involvement the only type of fixture option available for this project are:

- **Portables** – are any type of light or lamp that is plugged in rather than directly wired.

Most fixtures specify a wattage limit. You risk damaging your fixture or fire if you exceed the recommended limit. Fixtures in a room should match or coordinate.

PENNY PINCHER IDEA

Fortunately, attractive table lamps can be very affordable and available in numerous great colours and fun designs from places like Ikea, Homesense and Jysk.

**Bulbs**

There are almost as many kinds of light bulbs as there are fixtures. Different bulbs give a different colour and quality of light, as well as varying hugely in energy consumption. Most fixtures require a certain type of bulb so it's up to the decorator to decide which is most important, the style of the fixture or the type of light.

- **Incandescent** – is the traditional style of bulb that produces a warm, cozy yellowish light and tends to use large amounts of energy, although there are now more efficient ones available for those who prefer that type of light and that shape of bulb. One of the major drawbacks to incandescent light bulbs is the amount of energy they convert to heat.
- **Fluorescent** – are up to five times more energy efficient than incandescent, and provide a whiter cooler light. These are what are used when you want a lot of light but the compact type that tries to mimic the incandescent style can be quite unattractive in certain fixtures. Fluorescents are also available in a variety of styles.
- **Halogen** – produces a brilliant white light, and tend to be smaller bulbs that last longer but run very hot.
- **LED** – is the main competition for halogen bulbs. They are also small and long-lasting, but their main advantage is that they run cooler. With halogen bulbs, about 90 per cent of the energy used is converted to radiant heat. With LED lighting, however, only a fraction of the energy used is converted to wasted heat.

Accessories

“The devil is in the details” and it’s the little things that really put the finishing touches on a room’s decor. Too many accessories can make a room look cluttered, and too few make a room look sterile, unlivid in and cold. Accessories can make a colour scheme “sing” but in the wrong hue, even the nicest cushions, candles and ornaments can blow the whole look you’re aiming for.

Accessories:

An article or set of articles that adds completeness, convenience, attractiveness, etc.

Contributing to a general effect; supplementary; subsidiary.

<http://oxforddictionaries.com/>



PENNY PINCHER IDEA

Accessories with the most bang for your buck: Candles, artificial flowers and cushions. These are inexpensive ways to enhance your colour scheme too!

Activity: Grow Your Own Decor!



At one time, almost everything decorating the interior of the home was made from local materials. Nowadays very little is produced where we live, however we can add products to our homes to not only add interest and creativity but also support local producers. And you don't need to live in a rural area to incorporate agricultural products into your decor. Some agricultural products to consider using:

- Locally grown grains, etc. in flower arrangements and crafts
 - <http://www.curiouscountrycreations.com/>
 - <http://www.drieddecor.com/>
 - <http://www.driedflowersdirect.com/>
- Wool and linen textiles from local artisans or learn how to spin and weave yourself!
 - <http://marshfieldschoolofweaving.com/WeavingIntensivesLinens.htm>
 - <http://www.maggieblanck.com/Blanck/Linen.html>
 - <http://halcyonyarn.com/news/>
- Fabrics dyed with plants and materials from local sources, e.g. broom, dock, fennel. See also:
 - <http://www.offthegridnews.com/2012/01/27/a-primer-on-growing-your-own-dyes/>
 - http://www.aurorasilk.com/tutorials_articles_faqs/natural_dyes/tutorial_how_to_use_natural_dyes.html
 - <http://www.pioneerthinking.com/crafts/crafts-basics/naturaldyes.html>



Current Decorating Trend: Cowhide rugs. Fill the freezer AND decorate the living room!

Activity: Community Involvement

4-H encourages members to give back to their community as volunteers. Upon completion of the “My Space” interior decorating project, members could do one or more of the following activities in their community:

- Offer their assistance with the interior decor aspects of the renovation of a local public building, e.g. town hall, senior’s centre, medical clinic waiting room, the rink off-ice area, the children’s ward in the local hospital, etc. Participating members would need to assess the project’s needs and budget, prepare a plan and present their recommendations including their rationale to the building/renovating committee.
- Create a fun interior decorating themed fund raiser for a renovation needed in their community, e.g. an ugly chair contest.
- Assist with other community building fundraisers.
- Arrange for a display of their design boards in a local public venue like the library as a public education project.
- Host a free public workshop on interior decorating with each member presenting on a different topic.



Note: Project leaders acting as liaisons with community groups will help establish the members’ credibility.

SECTION 7: Careers

- Probably the highest paid, most prestigious and demanding career in this type of work is that of a qualified interior designer, or architect which usually requires a Masters degree from a university.
- Many colleges, actual and virtual, offer Interior Decoration courses of varying length, cost and utility. It is very important for potential consumers of these courses to research the potential usefulness of the diploma or certificate from one of these colleges before committing their money and time to completing the program.
- Many individuals get into the interior decoration field through sales of the various decorating materials, for example, working for a paint or window coverings company. Often these companies send their employees for short training courses which can lead to greater expertise and more opportunities.
- Some tradespeople and artisans get into decorating via their particular speciality, for example, plumbers start designing bathrooms, carpenters learn to design kitchens, furniture makers move on to entire rooms and homes.
- Many people just get into interior decoration because they like it and are good at it so they look for an opportunity. For example, help a friend who refers you to another friend, etc.



Activity: Ask a Pro

What you will learn

About one person's career involvement with interior decorating.

What you will need

Your ears! And some questions.

Instructions

Your leader will invite a guest to your meeting to talk about their work in interior design. Depending upon where you live, this guest could be an interior designer, an interior decorator, an architect, a builder or a person involved in the sale of furnishings, paint and wall coverings, window coverings or flooring. All these people are involved in the decorating process.

Prepare some questions in advance. Once you know who your guest will be you can tailor your questions to fit their area of expertise. Use your imagination! For example: Your guest is the local paint dealer. Some questions you could ask would include:

- Have you noticed that choice in colours has changed since you started in the business?
- What do you think is the best paint finish for a bedroom: semi-gloss, satin, eggshell or flat?
- Why?
- Can you match a colour made by another company or from a fabric sample?
- What do you think of a contrasting feature wall or should the whole room be painted all one colour?

Time

- 15 minutes for your guest to explain their career
- 30 minutes (or more) for questions



SECTION 8: Resources

Books

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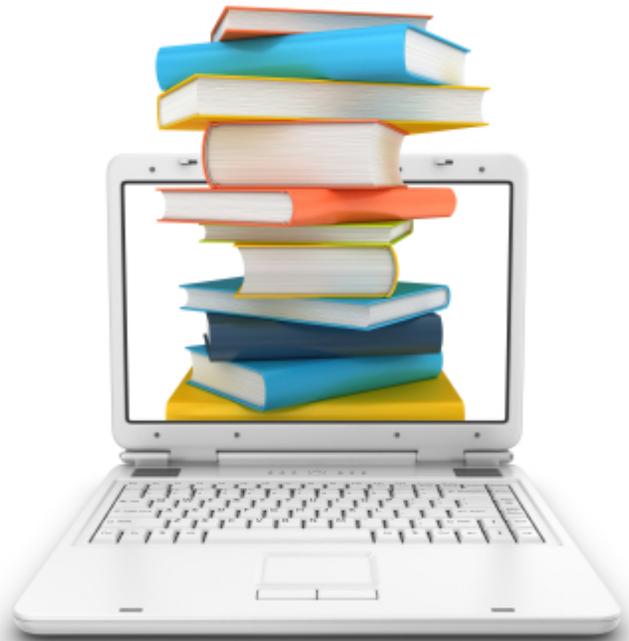
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