

## Fidget Quilts

**Materials:** 12 six and a half inch squares of light weight fabric in bright colors with contrast between squares when possible. Flannel and cotton work best. A piece of flannel or fleece fabric 19 X 25 inches for the backing (this fabric keeps the quilt from sliding off laps). Various embellishments.

### Steps:

1. Sew 3 rows of 4 squares each. Alternate flannel and cotton to add texture when possible. Sew the rows of squares together, don't worry about perfection, this quilt is for comfort not a quilt show. Press the quilt top.
2. With right sides together, pin the quilt top to the flannel backing. There is no batting in these quilts. Cut the quilt backing about an inch larger all around. Sew around the quilt top leaving about the width of one square open to turn it right side out. After right sides are sewed together, trim around the quilt so that the backing is fairly even with the quilt top.
3. Turn quilt top right side out and press. Keep track of where your opening is. There is no need to sew the opening closed, sew about 1/2 to 3/4 inch around the entire outside of the quilt, this will close the opening.
4. Now the embellishment fun begins. Embellishments are what holds the body of the quilt together. There is no quilting. Color of thread does not matter. It is very important to **securely attach the embellishments to the quilt top.**
5. Place a larger embellishment in the center of the quilt such as a men's tie, doily, pot holder or something textured that can be felt or pulled on. A men's tie can be cut about 12" long with the top being turned under and sewn several times to securely attached to the top. The remaining tie can be cut into smaller pieces and used separately as additional embellishments.
6. Smaller embellishments such as keys hanging on a cord, large wooden beads, empty thread spools, 1 1/2" or larger buttons, key rings, etc. These can be attached with ribbons, jute or cording sewn several times to secure. Buttons should be hand sewn securely.
7. Use your imagination, think texture. Pieces of felt, fleece, crinkly ribbons, silky blanket binding on one edge, pockets, zippers that easily open and close, shoe strings, Velcro about 6-8" long, every kind of lace, rick rack, kitchen Scrubbies, knit or crochet items, etc.

**There are kits available at the Guild meetings with all the materials to make a couple Fidget Quilts. Please feel free to add your own imagination and embellishments Completed Fidget Quilts can be turned in at the Guild meetings as well . Have fun!**