

# How to Make a Fidget Quilt

## Supplies

Embellishment suggestions: large buttons, ribbon, plastic rings, small bits of crochet, buckles, empty spools, pockets, rick-rack, etc. —the embellishment possibilities are endless!

Commonly used fabrics include: cotton, denim, corduroy, Minky, fake fur, etc.

It should be completely washable.

## Instructions:

Most fidget quilts are about 15"x20", but you can make yours any size. They should be able to fit on a lap.

5-6" squares of fabric are commonly used, but you can use whatever you like. Feel free to customize this to what you need. There is no right answer or size here.

Make sure the fidget items are "failure free" so that they will not frustrate the person receiving it.

Lay the squares on your work surface in a pleasing manner, usually, 4 rows across and 3 rows down.

Embellish the squares as desired. Not all squares have to have embellishment.

Sew squares together using a 1/4" seam allowance.

Place top, batting, and backing together and finish with traditional binding or pillowcase/envelope finish.

To keep the layers together, either stitch in the ditch between the squares or tie the fidget quilt. You may also want to wait and sew all the embellishments on after the quilt is put together.

Grab from your ribbon box, or your do dad bin. You will find there are a lot of materials out there that have great textures, colors, and things that will keep fingers busy.

Google fidget quilts to get more ideas about embellishments.

**Most importantly have fun and know your fidget quilt will be serving a valuable purpose.**