

Fidget Quilt

Materials:

- Two pieces of material 18" x 22" (fat quarters). These can be the same or different designs.
- 1 Piece of batting 18" x 22"
- Matching thread

Directions:

1. Sandwich the fabric right sides together with the batting on top (so when turned, the batting will be inside). Leave a 6-inch opening for turning. Trim the corners and turn the quilt right side out.
2. Press the quilt and top stitch $\frac{1}{4}$ inch around the edge. This will close up the opening.
3. You can now add items to the quilt. Be sure that they are large enough that they can't be swallowed and secured so that they can't come off easily.

An alternative way to make a fidget quilt is to piece together squares for the top, adding embellishments as you go. Then sandwich, quilt, and bind as desired. More information on this method can be found on the YouTube video with Rob at <https://www.youtube.com/watch?v=GhojSOjTAn4>

Some suggestions for items that can be added to the quilt:

- flowers with faces that are stuffed to be 3D
- small fuzzy material animals
- 7" zippers
- crochet items (snowflakes, trees) buttons and button holes
- fringe, lace, bows, rick rack
- key chain on ribbon
- cloth glove
- a line of prairie points
- a strip of Velcro pockets