

Quilting

Quilting is when layers of fabric are joined together with stitches. Quilting makes warm but lightweight bedcovers, often called quilts today, and can also be used to make things like clothing. Patchwork, which sews smaller pieces of fabric together like in this activity, is a kind of quilting that first became popular because it used scraps found at home, but has since become its own artform.



What you will need:

- Eight 5x5 inch fabric squares
- Sewing needle
- Spool of thread
- Scissors
- Pencil and ruler
- Pins or safety pins
- Iron (optional)

This craft takes at least four hours to complete. You can take breaks between steps. To watch a video tutorial, check out [youtu.be/lorlrR\)PqMM](https://youtu.be/lorlrR)PqMM).

Make your quilt

1. **Thread the needle.** Cut a piece of thread about twice the length of your arm. Put one end through the eye of the needle (the hole). Pull through until the two ends of the thread line up and the needle is in the middle. Holding both thread ends together like they are one thread, tie a knot about one inch from the ends. Tie another knot so that the first knot gets stuck in the second knot. You may need to tie a few extra knots to get two on top of each other—it takes practice.
2. **Sew two squares together.** Place two squares together so their right sides are facing each other. The “right” side of the fabric is the side with the brighter colors. Make sure their edges line up. Use a ruler and pencil to draw a line 1/4” from the edge of the fabric. Use a basic running stitch to sew along the line to stitch the two pieces together. Where the two pieces of fabric are stitched together is called a seam.



Make your quilt, continued

3. To finish a seam, knot the thread as close to the fabric as possible. Then try to knot the thread a second time and cut the thread. If the remaining thread is less than 10 inches long, get a new piece of thread and repeat the first step. Once done, lay the fabric so you can see both pieces, now sewn together. The seam, where the two pieces meet, should be facing up. Press the seam flat with your fingers or have an adult help iron the seams flat.
4. Repeat step two three more times. Before starting a new seam, make sure your thread is at least 10 inches long. If not, get a new piece of thread and repeat the first step. You will have four rectangles when you are done.

5. Sew two rectangles together to make a large square. Place two rectangles with right sides together, lining up the center seams of the rectangles. Sew them together along one of the long sides, just like you did with the squares. Repeat with the other two rectangles. You'll end with two larger squares that will be the front and back of your quilt.



6. Sew the two large square together. Place the two large squares right sides together, lining up the seams as best you can. To help keep this large piece of fabric in place, you can use pins or safety pins to pin them together. Don't forget, you can always draw a line around the edge like in step 2 to help keep your stitches straight. Start sewing in the middle of a side (not at a corner). Sew one long seam along all four edges, finishing the seam about two inches from where you started. Remove the pins when you are done.



7. Turn the quilt right-side out. Reach inside the hole left in your seam to pull the fabric through. When you're done flipping it right-side out, you can use the eraser-end of a pencil to help poke out the corners and straighten the fabric.
8. Sew the hole. Make sure the raw edges of the fabric aren't poking out. Sew the hole as close to the edge of the fabric as possible. Now the toy-sized blanket is done!

Bonus: Add quilting to your blanket. A true quilted blanket is one where the layers are sewn together with visible stitches, or quilting stitches. A common method of quilting is to stitch along the seams of the pieced-together fabric. You can also add designs by sewing a pattern in the middle of the fabric pieces, like a swirl, a heart, or a flower. To sew a more decorative pattern, draw the lines on the fabric with a pencil first, then stitch along the lines. It's like drawing with thread.