

## **Fidget Quilts**

Instructions provided by Lynn Cos

### **Supplies:**

20 ½ " square for backing. Anything that is washable.

Slippery fabric was recommended

20 ½" square for batting (optional if backing is a heavy fabric)

20 5 ½" squares for the top

Any fabric that is washable.

Tactile fabric such as fleece, corduroy, burlap, flannel,

Denim or any bumpy fuzzy stuff. May be pieced.

The more different textures, the better.

2 ¼" strips for binding

### **Fidget Items**

All these items should be washable or removable for washing - be creative

Keys

Empty thread spools

Old bobbins

Old jewelry

Plastic bottle caps

Curtin rings

Velcro strips

Ribbon

Shoe lace

Yarn

Rickrack

Lids from paper cups

### **Construction**

Place backing on flat surface. Cover with batting (if desired). Combine 5 ½" squares in horizontal rows of four. Attach the fidget items to the string, ribbon or shoe laces and enclose the ends of the "Hangers" in the side seems between the squares.

Add the next row seaming horizontally with right sides together enclosing the hangers in those seams. Continue until all 4 rows have been seemed.

Machine baste around all four edges being careful to catch all four layers.

Add binding folded in half lengthwise sewing back edge first then folding over and zigzag edge of binding down on front side.