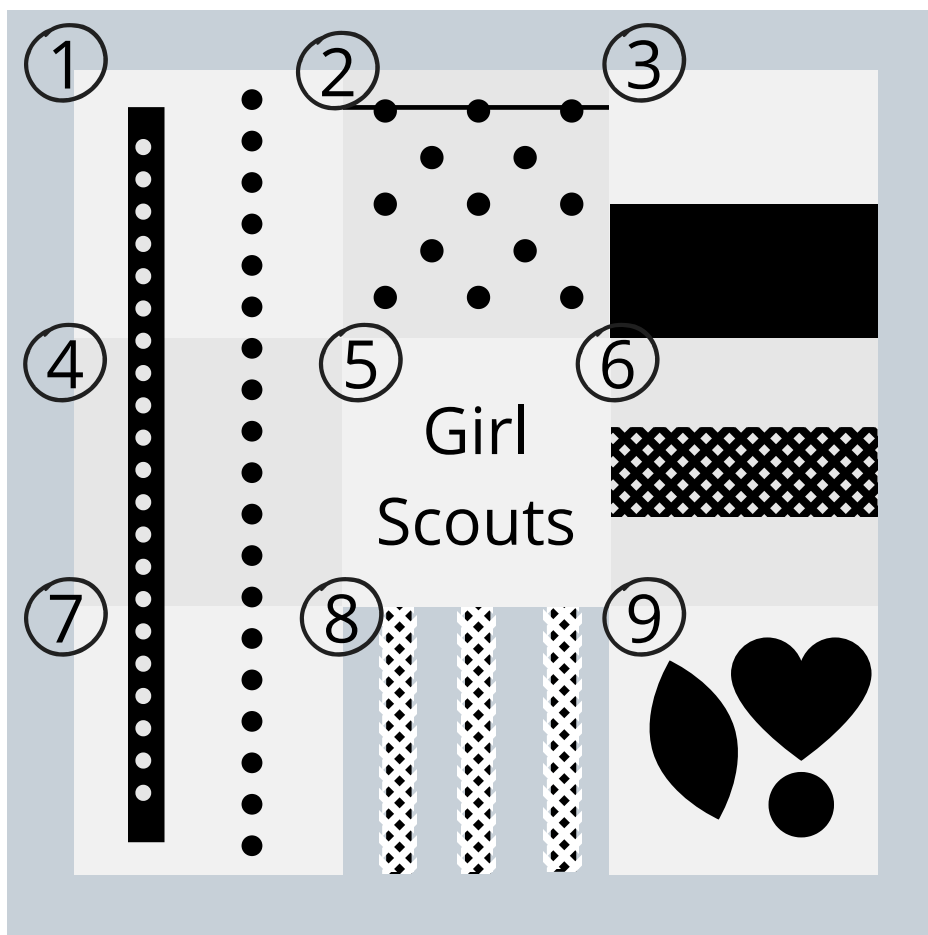




## Fidget Quilt Instruction Manual

Ava, Troop 28332  
Girl Scout Gold Award 2020



### Fidget Quilt Overview

- 1,4,7: Zipper
- 2: Fidget 1
- 3: Fabric Pocket
- 5: Decorative Block
- 6: Fidget 2
- 8: Fidget 3
- 9: Fidget 4

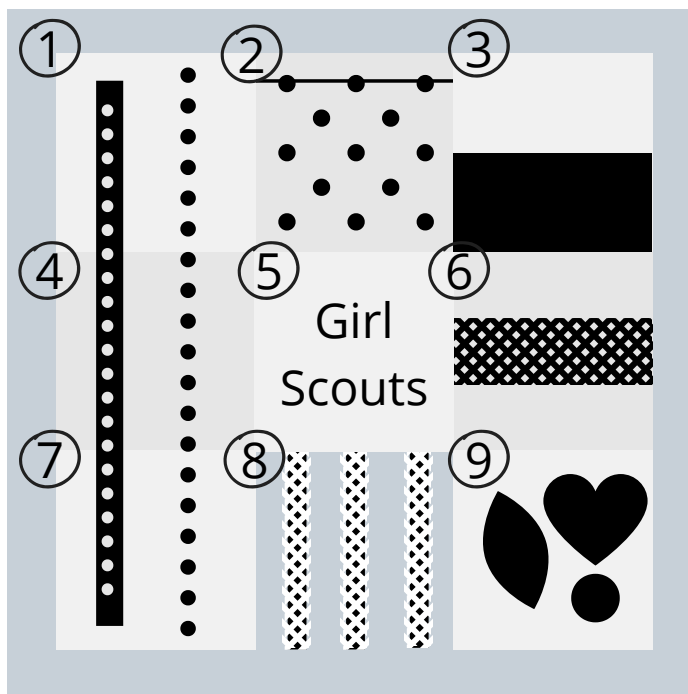


## Materials

- 8 Quilting Blocks (5 1/2" x 5 1/2")
- Decorative Quilting Block [(5 1/2" x 5 1/2") ex. colorful print, leather, silk, hand colored block]
- Fusible batting
- Fabric for backing
- Fabric for a pocket
- 1 zipper (14")
- Fabric marker
- Small white piece of fabric for a label
- Various supplies for four different fidgets
- Sewing machine
- Thread
- Scissors
- Hot glue gun/Glue
- Clothing Iron
- Pins

## Instructions:

1. Wash and iron all fabric and quilting blocks
2. Determine what fidgets you would like to use. For inspiration visit our website or Instagram to see examples of quilts or search "fidget quilt Alzheimer's" into Google Images.



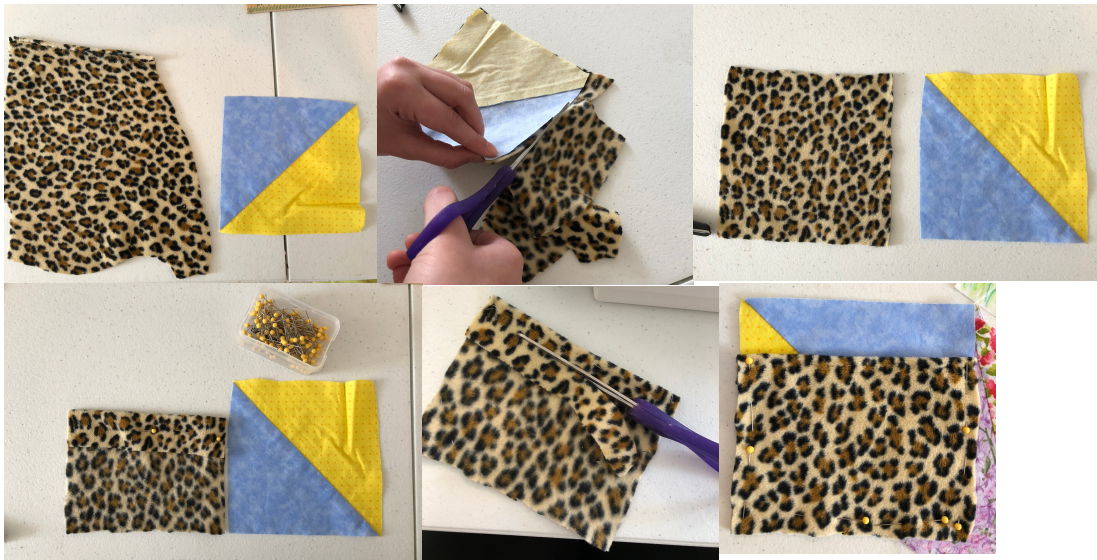
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3. Lay out all of your quilting blocks as demonstrated in the Fidget Quilt Overview and make a plan for what fidget will go where

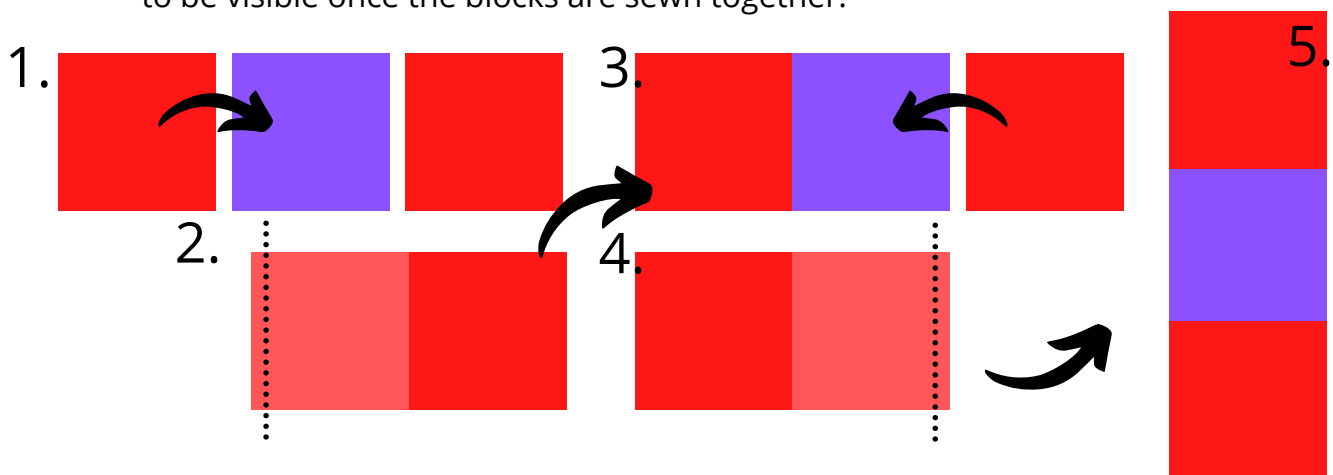




4. Referencing the Overview, securely attach your fidgets to quilting blocks 2,3,6,8, and 9.

a. Block 3/Pocket:

- i. Lay your fabric intended for the pocket directly on top of Block 3.
- ii. Cut the fabric to the same size as the quilting block.
- iii. While face down, fold the top edge of the pocket fabric to your desired pocket height and sew it down to create a sturdy edge for the top of the pocket. Trim excess.
- iv. Aline the block and fabric then sew around the two sides and bottom of the pocket. The stitches should be close enough to the edges of the block so as not to be visible once the blocks are sewn together.

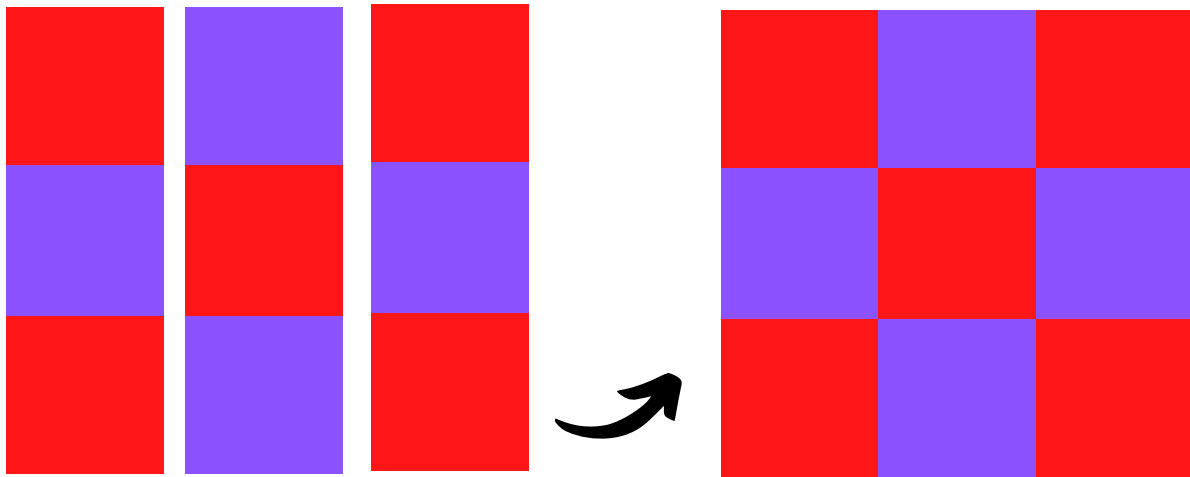


5. Sew together blocks 1, 4, and 7, and iron.

- a. Make sure to sew the blocks "face together" so that the bright colors are face up on all of the blocks.



6. Sew the zipper across the three blocks (1, 4, 7).



7. Now, attach all of the blocks, ensuring that the decorative block is in the center and remembering to sew the blocks "face together."

- a. Repeat step 5 for the remaining two columns then sew the three columns together.
- b. If you used hot glue to attach any of the fidgets, make sure that the hot glue is hidden in the seams of the quilt face.



8. Cut the batting and fabric to size.

- a. Lay your quilt face on top of the batting and cut the batting either to the same size as the quilt face or up to 1/4" larger than the quilt face. (The sides should be roughly 1'2"-1'4").
- b. Now lay your quilt face and batting on top of your backing. Cut the backing roughly 1/2"-3/4" larger than the batting.



9. \*Optional\* Write your name, Aid for Alzheimer's, and anything encouraging you want on a piece of white fabric with the a fabric marker.

a. Flip the fabric face down and fold the sides down. Now iron and sew the note as a label on the center of the backing fabric.



10. Pin together the quilting blocks, batting, and backing fabric.

a. Fold the backing fabric so that there are no edges, iron, then fold once more and pin.

11. Iron/fuse the batting.

a. Make sure you iron on the back side of the quilt so as not to mess up the fidgets. Focus the heat on the edges of the quilt so that the batting doesn't move while sewing.



12. Sew the perimeter of the quilt to attach the backing.

13. Share a picture of your quilt with us on social media or email it to [aidforalzheimers@gmail.com](mailto:aidforalzheimers@gmail.com)!

