

How to Make a Fidget Quilt

Your top will need to be the size of a placemat– or really any size that will fit across your lap.

Around a fat quarter or 18" X 20". Feel free to customize this to what you need! There is no right answer or size here.

It will need a stabilizer in between the layers. You can use batting, peltex, or multiple layers of flannel. Again keep it simple. You want this to not be floppy, but not crazy firm.

1. Layer the quilt top and backing fabric – right sides together.
2. Lay this on top of the batting or stabilizer
3. Sew all the way around the outside, leaving a 3" opening for turning
4. Snip the corners, turn right sides out and stitch 1/8" from the edge to secure the layers and close the opening.
5. Grab your supplies and lay them out on top of the fabric.
6. Pin in place the items and start stitching them down by hand or machine. Because your stitching will go through all the layers, this will keep them more secure and quilt the layers together, making it wear better through washings and use.

EXAMPLES:

