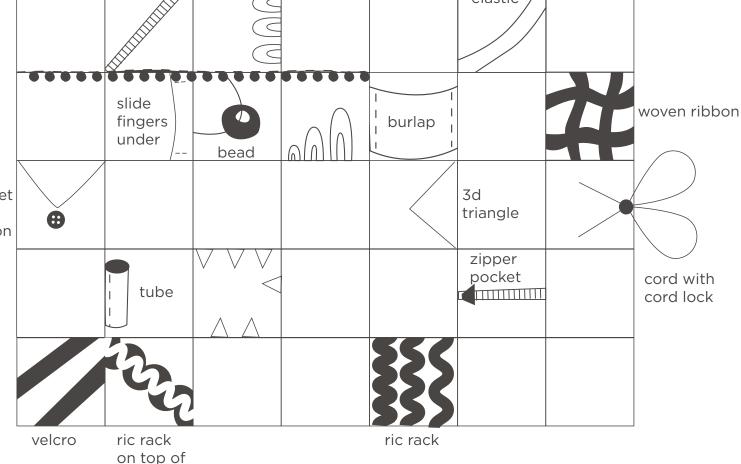


zipper

ric rack

without head elastic

pocket with button



- 1. Usie 5x5 squares layout to make a small lap quilt. Keep it manageable, and set a side extra squares for later use. My layout is five squares by seven squares.
- 2. Before assembling the quilt top set out the items to fidget with.
- 3. Take care when choosing items, think about safety, cleaning and learning skills involved. Items such as velcro, buttons, zippers, ribbons, snaps, pockets, ties, buckles just to name a few.
- 4. Work each fidget into the quilt, secure the items in the seams as you build columns of patchwork.
- 5. Assemble the columns together capturing the rest of the fidget items as needed. Items may also be added after the quilting is completed.
- 6. Baste with backing and batting and machine quilt using the "stitch in the ditch" method.
- 7. Bind the project, you may also capture fidget objects in the binding as well