

REVISED (8/22) - MRQ Charitable Interests Fidget Quilts

Basic Quilt Specifications

Size to be no larger than 16" by 20" finished. Backing can be one whole piece of fabric or pieced. Front is good to have several different textures if possible. We have Minky scraps if you would like some. It works best if you put various "fidget" articles onto the top of the quilt first while you are piecing the top. Bright or fun patterned prints add some interest. Zippers and flaps with buttonholes can be anchored into seams. Also, any ribbons or beaded items need to be securely put into a seam (double or triple stitch). All buttons need to be attached securely. Thin strings are not to be used. These will be washed so do not glue on anything but secure it with stitching so they can survive a wash now and then. It was suggested that, if possible, ties that are about 10" long be sewn into the corner seam somewhere so that the quilt might be tied onto the patient's chair or walker, so it doesn't fall off their lap. The fidget quilts will be put together the same as a regular quilt, top, batting, and backing. Our prototypes were layered with right sides of front and backing together and then the batting laid on top. Stitch around the outside leaving an area to turn the sandwich through. Turn the quilt through and then top stitch all around the edge of the quilt. This will secure the open edge. Then do some additional sewing along seam lines or meander to hold the quilt together in the center. Items to add to you quilt:

Zippers

Small plastic measuring spoon

Minky (we have scraps)

Pockets

Loopy/Fuzzy Yarn

Prairie points

Ribbon loops

Elastic

Parts of old Handkerchiefs

Flaps that button down

Beads on a strong string (best to secure both ends)

Bumpy Minky

Stretch Hair Bands and Ties

Rick Rack

Stuffed Fuzzy shapes (Dollar Store)

D rings

Lace

Have fun finding things to add to yours!!



Fidget Sleeves

For those of you who knit or crochet, you can make a “sleeve” tube that will fit on the forearm (large enough to slide on by itself or over clothing). Sleeve should measure 8” to 10” in length. To this you can attach a few fidget items from the above list. Just make sure everything is securely attached! Acrylic yarn would probably be best due to washing and allergies.



Bead Chasers

These are little rectangles that can be made of fleece, fabric or Minky. They are 6” x 8” and have 1 bead or marble inside that you work with your fingers through the “maze” you sew. Diagram is included. The edges are zigzagged on the fleece, and you should be able to do it on cotton also but may need to put the zigzag stitches a little closer. The bead should be no more than $\frac{3}{4}$ ” to fit between the sewing lines. Fabric may need a smaller bead, so it doesn’t hang up in the channel. (See Attached Bead Chaser Diagram)



Bead Chaser Diagram

Rectangle 6” x 8”

Straight stitch 5 lines from the outside edge to about $1\frac{1}{2}$ ” away from the opposite edge (as shown by the dark lines) backstitching securely on both ends. If you have cut the rectangles 6” x 8”, there will be $1\frac{1}{4}$ ” between each row and the outside row of stitching will be approximately $1\frac{1}{2}$ ” from the edge. If you are using fleece, the fabric gives a little, but if you are using fabric, make sure your bead or marble will fit between the sewn rows. Put the marble into one of the center channels and zigzag the two pieces together completely around the outside edge. **Make sure you have the marble inside before you are done zigzagging!**

