

Community Service—Fidget Quilts  
April 7, 2022

We will be making fidget Quilts for Ahlziemer patients as our next Compassion Quilting Session.

Quilts will be made of 6-9 1/2" squares. Batting and a flannel or fleece backing will be used and there will be no binding as we will sew together and turn inside out. Everything must be sewn on very sturdily as there will be a lot of pulling and tugging.

You can make them for females, men or gender neutral.

Here are a few of the items you might want to consider finding or saving for the quilts.

**Suggested items: I will bring my tubs of items to use as well.**

**Textures:** Flannel, velvets, wools, onion bags with netting, satin or slick fabrics, lace, trims, fabric that is used for non -slip footies, vinyl, anything with texture. Amazing what you can find in your scrap bins. Old polyester works well too.

**Ribbon and trims**

**Elastic**—yes, I have even cut off my husband's old underwear elastic. LOL

**Velcro**

**Old ties**

**Pockets**, I often cut them off of old shirts or jeans.

**Little squishy stress balls, or beanie baby sized stuffed animals**

**Buttons, larger is better.**

**Cording**

**Old spools**

**Zippers**

**Marbles for a maze.**

**Old waist bands with belt loops.**

You can always Goggle "Fidget Quilts" and find lots of ideas, just have fun creating.