

Fancy Blocks

Below are some suggested block designs you may wish to try.

Symbolic Blocks

Hands are symbols of warmth and welcome! People respond to them by putting their own hand over the quilted one. Draw around your hand on a piece of paper (or freezer paper) and use this as a pattern to cut out a hand; any fabric will do, but suede has a nice skin-like feel. Machine applique the fabric hand onto the backing square. Add a heart in the palm if you like.

Other possible symbols include pets, hearts, words (love, names, etc).



Bonnie's Dragon Block

Cut:

1 quilt size block of textured fabric.

4 to 6 fabric squares ranging in size from 3.5" [9cm] to 4.5" [11.5 cm] for Prairie Points.

1 piece 1" wide ribbon or tape 10" [25cm] or 11" [28cm] long (if using fabric to make tape cut 1.5" [4cm] wide and fold 1/4" [.63cm] under on each side)

Sew:

Make Prairie Points: <https://www.youtube.com/watch?v=omYkPfNmTlo&t=676s>

On the textured fabric quilt square, draw a line diagonally across the right side of the background 1" from upper left corner to 1" [2.5cm] from lower right corner (reduces bulk in the corners). Arrange two or three Prairie Points on each side of the line, bases almost touching, and 1/2" [1.3cm] from edges. Points can overlap a bit. Zigzag/sew the prairie points in place. Lay ribbon over rough edges and stitch along both sides of ribbon.



Push Toy Block

In this simple block, 1 to 3 plastic buttons are encased under a strip of cloth so they can be pushed around. Start with a square of background material - block size. Lay over this a 2" [5cm] or 3" [7.5cm] strip of fabric preferably one which can be seen through so patients can see what they are doing, and is strong and is long enough to go diagonally/straight across the background block. With ribbon or tape cover the edges of the strip and sew it down. Stay stitch one end of the block to the background 1/8" [.3cm] from the edge. Put the button into the cage and stay stitch the other end to the background. Quilt over the ribbon to ensure that the cloth cage is secure.



Here are two variations of this push toy block.



Pull Squares Block

Make this one with one, two or three pull squares, as you wish.

Cut:

1 block size of textured fabric

2 square pieces for each Pull Square Base:

Largest (A) 1" [2.5cm] smaller than quilt block

Middle (B) - 2" [5cm] smaller than quilt block

Top (C) - 3" [7.5cm] smaller than quilt block

Sew:

Sew A squares, right sides together, leaving a 2" [5cm] opening on one side for turning. Turn right side out and press. Top stitch close to edge all around, closing the opening. Repeat for B and C if using. Position A on background. If using B and C, position them, centred on A. Sew all layers together with a 1" [2.5cm] diameter circle in the centre. When quilting, sew over this circle twice. **This much quilting is necessary** to prevent squares from being pulled off. Also quilt background well under the squares. You can also attach the pull squares with a yo-yo as shown. Cut a 3.5" [9cm] diameter circle of yo-yo fabric.



Make yo-yo's: <https://www.youtube.com/watch?v=tSJq2J3zrwY>

Centre and attach the yo-yo circle on top and sew all layers together with a $\frac{3}{4}$ " [2cm] circle in yo-yo's centre. Leave yo-yo open until quilting is finished, then close the yo-yo.

Deco-pus Block

Cut:

1 background of textured fabric block size

1 medallion piece: your choice as to shape plus $\frac{1}{4}$ " [.6cm] seam allowance.

Ribbon pieces: $\frac{3}{8}$ " [.9cm] or $\frac{1}{2}$ " [1.3cm] wide

A. 1 pieces 6.5" [16.5cm] long,

B. 3 pieces 5.5" [14cm] long,

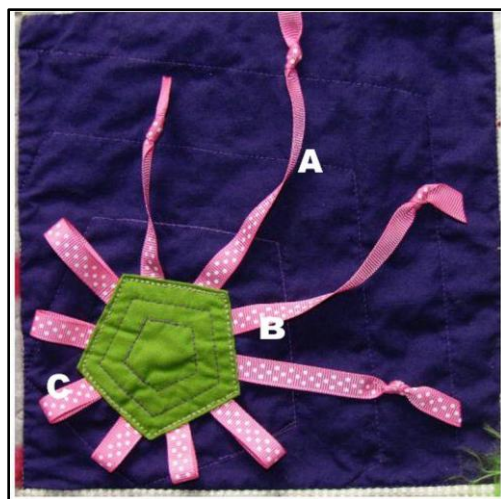
C. 6 pieces 4.5" [11.5cm] long or lengths of your choice.

Sew:

Iron seam allowance of medallion to back of fabric.

Seal one end of each A and B (*Fray Check* or other sealants, if the ribbon is polyester heat sealant will work). Make a half hitch knot close to the sealed end of each A and B ribbons. Fold C's in half. Position medallion on the right side of the background block and draw the outline of the medallion on fabric.

Position and pin ribbon arms with $\frac{1}{2}$ " [1.3cm] inside the drawn pentagon. Sew to background just inside the drawn pentagon. Position medallion over ribbon ends and topstitch around edge sewing it to background. Add several inner rows of sewing over the medallion to firmly secure ribbons.



Four-Patch [Nine-Patch] Feely Shapes Block

Cut:

1 background block fabric (use a bit heavier fabric)

1 top fabric piece a bit larger than block size, many choices: regular quilting fabric, thinner, possibly stretchy or see through.

Depending on the number of spaces, 2 [4] pieces $\frac{1}{2}$ " [1.3cm] wide grosgrain ribbon or tape longer than block size, 4 [9] foam shapes or soft fuzzy balls.

Sew:

Lay top fabric on background so $\frac{1}{4}$ " [.6cm] extra is even around outside. For a **smaller block**: Lay one ribbon across the centre of the block and sew both edges through top and back. Lay the second ribbon piece at right angle to first across the centre of the block and sew both edges through top and back. For **larger block** Lay two ribbon pieces across the block dividing it into thirds. Sew edges down. Lay one ribbon at right angles and a third of way in. Sew edges. Put one shape/ ball into the centre square. Lay and sew the final ribbon. Tuck one shape or ball into each square and stay stitch $\frac{1}{8}$ " [.3cm] from the edge around back. You only need to quilt over ribbon or tape.



Simple Liz's Twist Block (Makes a 7.5" or 8.5" block)

Cut:

2 background pieces of textured fabric 4.5" X 7.5" [11,5cm X19cm] or 5.5" x 8.5" [14 X 21.5cm]

1 twist piece 3" x 9" [7.5 X 23 cm] or 3" x 10.5" [7.5 X 26.5cm]

1 piece cord or heavy string 9.5" [24cm] or 10.5" [26.5cm] long

Sew:

Fold twist piece in half, wrong sides together, place string next to fold on inside. Using zipper foot, stitch as close to the string as possible. Stiffen the twist below the string with stitching, Position the twist between the two background pieces, right sides together and sew the three pieces together. Baste bottom end of twist in one direction along one edge of the background piece and in the opposite direction on the other edge. Trim block to square.



Rings on a String Block

Cut:

1, 2 or 3 (as many rings as you want) pieces 3" x 7.5" [7.5 X 19cm] from colorful sturdy non textured fabrics (A).

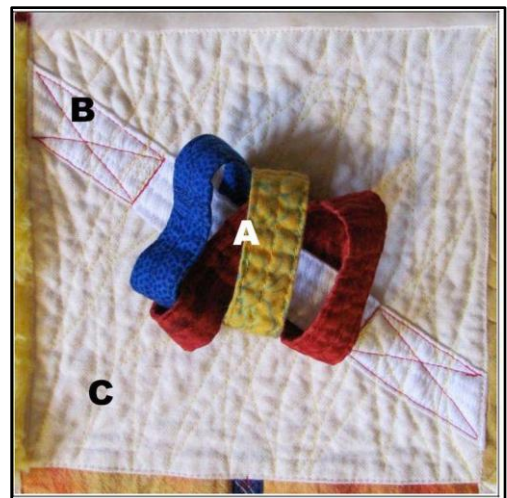
1 piece 4" [10cm] wide X 10.5" [26.5cm] quilting fabric for 'string'(B).

1 background block size piece (slightly heavier textured fabric).

Sew:

For each ring - Fold A in half the long way, wrong sides together, and press. Fold long raw edges into centerfold right sides out and bring towards center and press. You now have a strip 7.5" [19cm] long and 3/4" [2cm] wide. Open these folds, fold across the short way and bring towards center to form a ring, right sides together, and stitch the short ends together with 1/4" [.65cm] seam. Press seam allowance to one side and refold the piece into a ring with raw edges hidden. Stitch around the double folded edge and spiral to make a line of stitching around the middle and again around the single folded edge. End by sewing over the seam allowance joining the short ends.

Fold B in half right sides together, and repeat as described above. Sew along double folded edge and three more rows 1/4" [.65cm] apart. Position string across back C at an angle. Sew one end of string to the raw edge of C for about 2" [5cm]. Put rings onto string and sew the other end of string to other raw edge of C for about 2" [5cm]. Quilt block background firmly especially under the centre of string and across the attached ends of string. When rings are pulled, the whole quilt should rise with them.



Yo-Yo Bouquet Block

The trick to making a yo-yo flower bouquet is to leave the 'flower' open until *after* you have *quilted* the circle inside the flower. So make the stem of each as above or use a narrow ribbon or cord. Lay the stems on the backing square and stitch into position. Cut a circle of quilting fabric for each flower about 2.5" [6.5cm] to 3" [7.5cm] in diameter.

Make yo-yo's:

<https://www.youtube.com/watch?v=tSJq2J3zrwY>

Before drawing the fabric yo-yo closed, centre the partially made yo-yo circle over the end of its stem, right side to the back, and hand sew an 1/4" [.65cm] circle in the centre attaching both flower and stem to the backing fabric. Do not draw the yo-yo closed until you quilt this circle again as you are quilting the quilt. Then pull the running stitches to gather the yo-yo.



Yo-Yo Flower Block

Yoyo's start with large circles – 8" [20.5 cm] placed on the back to back to form a group of flowers.

Make a stem by pressing a 1" [2.5cm] wide strip of quilting fabric in half (making it 1/2" [1.3cm] wide) and then folding the raw edges into the centre to make a 1/4" [.65cm] stem or use commercially made bias tape. Stitch the open side closed.

Cut two circles of quilting fabric about 2.5" [6.5cm] to 3" [7.5cm] in diameter. Put the two circles right sides together, sandwiching an end of the stem between them so it crosses the centre point by 1/4" [.65cm]. Machine sew the two circles together with a circle 1" to 1.25" [2.5 to 3.2cm] in diameter, then crisscross this circle with two or three lines of stitching to make the stem secure. Now complete the yo-yo. See yo-yo video:

<https://www.youtube.com/watch?v=tSJq2J3zrwY>



I Spy Door Block

If you are making a quilt for someone you know, you can personalize the picture behind the door: Find a picture of the breed of dog that the person loved when he was about ten years old. Any animal — dog, cat, horse — that the person generally loves will be attractive, as might an old car (the first car he owned?). If you have a good, crisp photo of a sibling or parent as they were when the patient was about ten, a photo transfer may work. Where the quilt goes to a nursing home, dogs and cats, an old car, a Superman or Batman, a bright flower, a monster, a Laurel Burch lemur — anything, really, that has oomph — will please when the door is opened. You can also make a traditional quilt pattern like flying geese. The picture does not need to be square; it can be oblong, either wider or longer than square. It should be no bigger in any direction than 5" [13cm] for a 7" [18cm] finished square, or 6" [15cm] for an 8" [20cm] finished square. Cut the cloth with the picture to size appropriate to the picture plus a 1/4" [.65cm] seam allowance. Iron under the seam allowance and top stitch down to the background block.

To make the door: Cut the 2 pieces of fabric the same size as the photo plus additional 4" [10cm] to the length. With the right sides together, sew 2 pieces together on three sides leaving one width open. If you want to put piping on the door, sew the piping 1/4" [.65cm] around both lengths and top width of the front piece before sewing the 2 pieces together and then stitch a seam 2" [5cm] down from the top. Sew hook Velcro to the back of the door as shown in the photo.

Attach the door to the picture by turning under the open width so that the door matches the picture in size and iron down and then sew in place to complete the door .

Sew fuzz Velcro in place (under the hooks) on the picture surround.

