



## Introduction to Quilting: Four Block Sampler Pillow

Video Playlist: <https://bit.ly/introductiontoquilting>

### Materials and Supplies List

#### To complete this entire project, you will need:

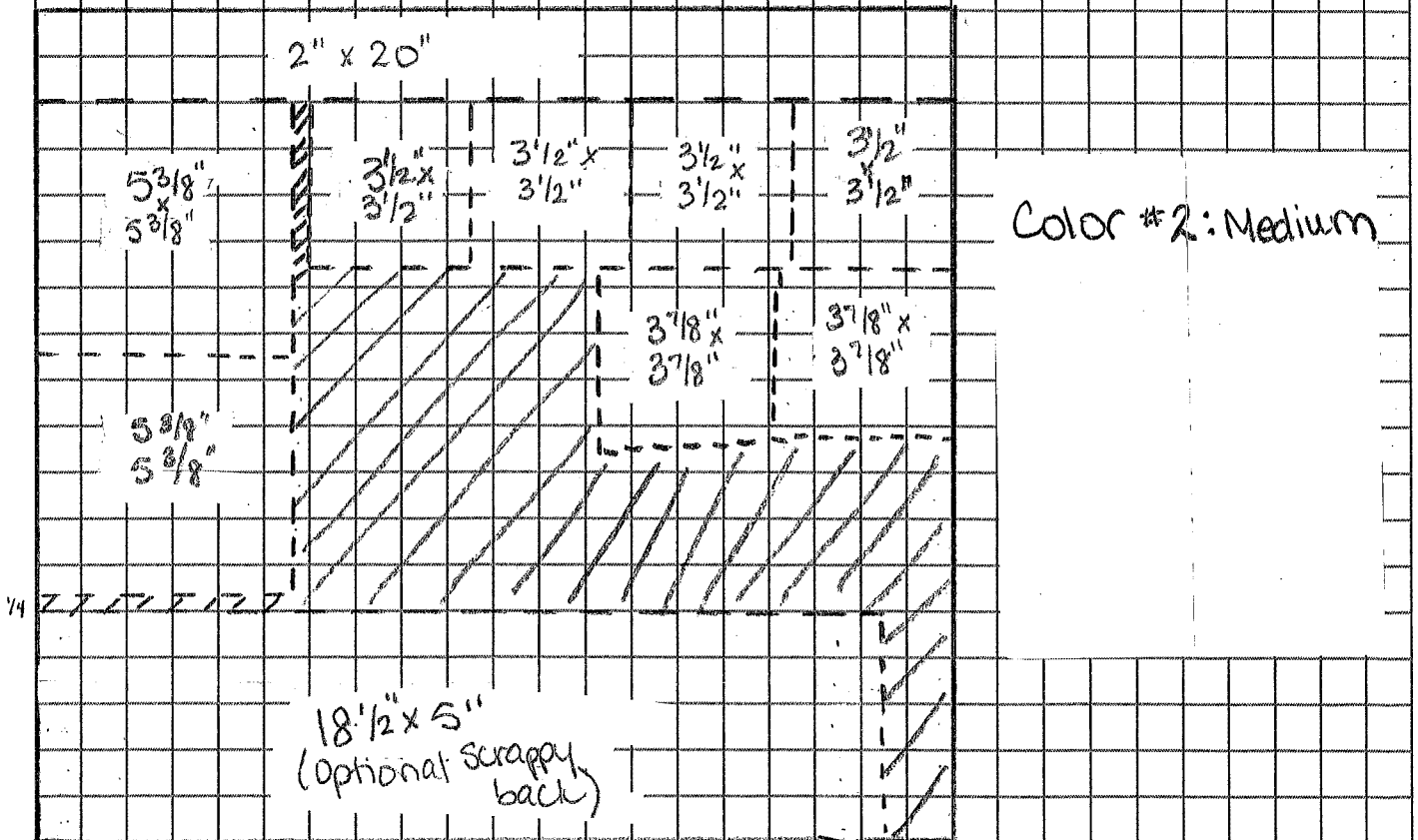
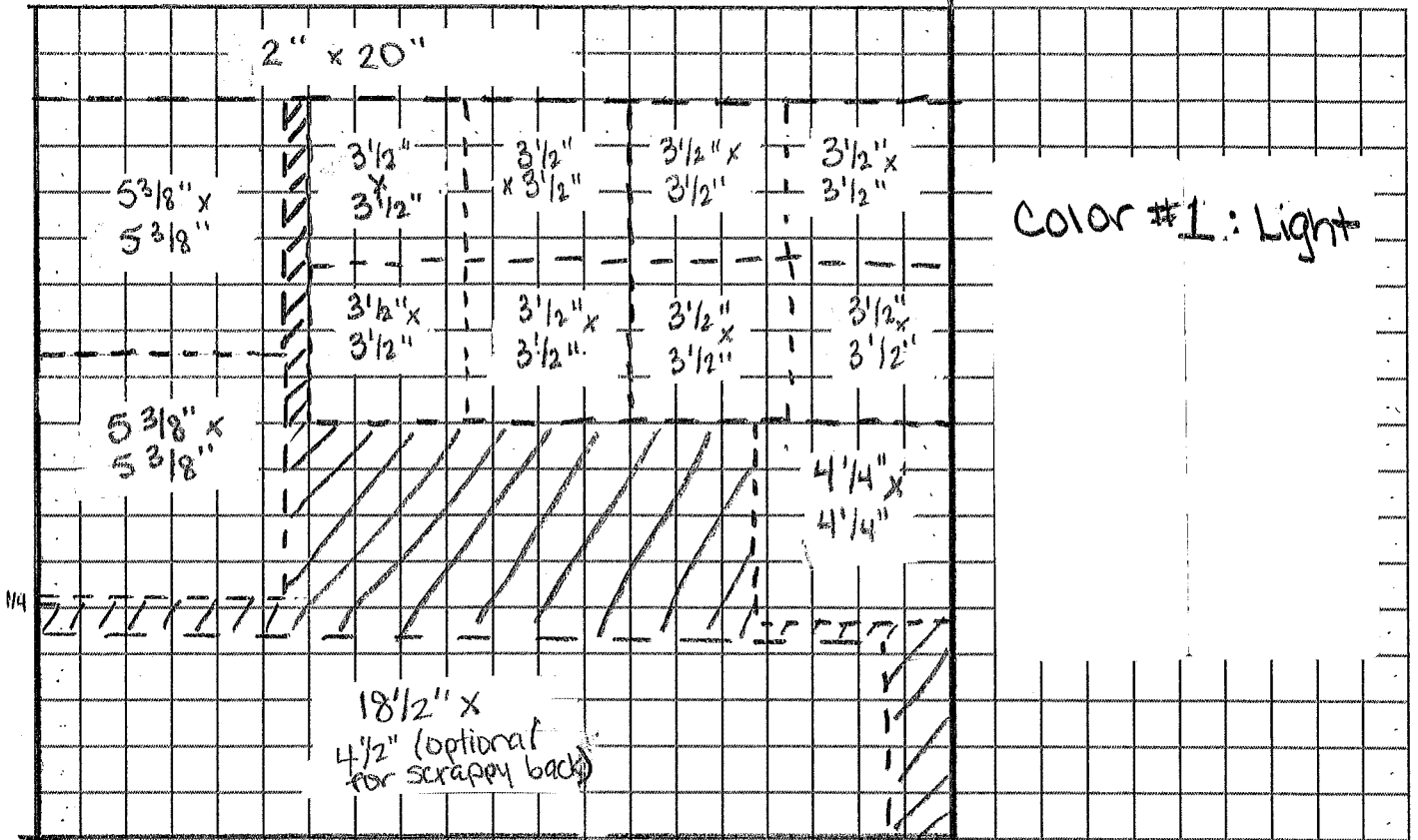
- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors or Shears
- Ruler
- Pencil or fabric marking pen/marker
- Rotary Cutter, Cutting Mat, & Cutting Ruler (Optional)
- Three coordinating fat quarters of cotton quilting fabric: One light color, one medium color, and one dark color
- Thread that coordinates with fabric
- 18-inch Pillow Form
- Seam gauge
- Optional: Additional quilting cotton fabric in a coordinating fabric for a solid pillow back (Instructions for a “scrappy” back are also included. A “scrappy” back will utilize leftover fabric from your first three fat quarters of fabric.)
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)

#### Learning Objectives

Youth will...

1. Learn to measure and cut cotton fabric.
2. Learn to read a quilting pattern.
3. Learn to sew straight seams.
4. Learn the basics of strip quilting.
5. Learn the basics of sewing half-square triangles and quarter-square triangles.
6. Learn to piece quilt blocks together.
7. Learn to sew a basic pillow cover.
8. Make connections between sewing arts and careers.
9. Make connections between sewing skills and other 4-H project areas.
10. Practice math skills like reading a ruler.

# Cutting Instructions for Fat Quarters (Appx. 18" x 20")



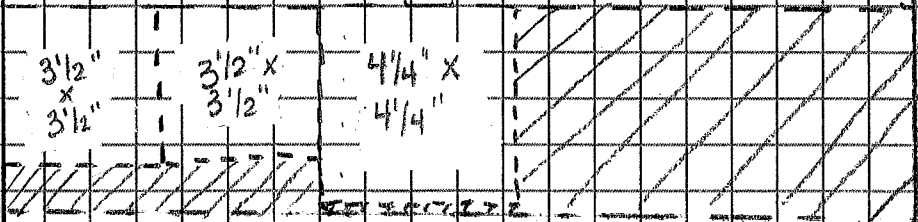
— = Fabric edge    ▨ = Scrap    1 square = 1 inch  
 - - - = cut Line

2" x 20"

3 1/2"  
x  
3 1/2"

3 1/2" x  
3 1/2"

4 1/4" x  
4 1/4"



Color #3: Dark

18 1/2" x  
11 1/2"

(optional for scrappy  
back)



## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 1: Before You Sew

#### To complete this lesson, you will need:

- Iron & Ironing Board/Pad
- Scissors
- Ruler
- Pencil or fabric marking pen/marker
- Rotary Cutter, Cutting Mat, & Cutting Ruler (Optional)
- Three coordinating fat quarters of cotton quilting fabric: One light color, one medium color, and one dark color
- Cutting diagram
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)

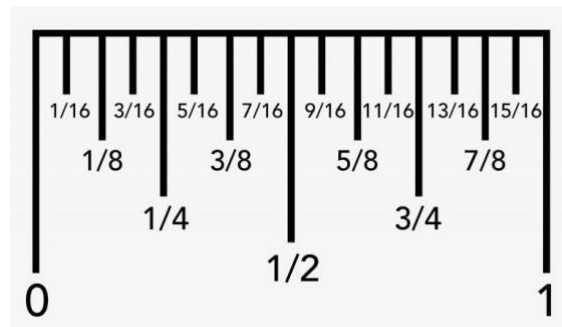
#### Press Your Fabric

If you wish to prewash your fabric, you may. However, it is not required for this project.

Before cutting, press your fat quarters using an iron set on the “Cotton” setting. When you press, be sure to use gentle motions or an “up and down” motion so as not to stretch your fabric out of shape. If you wish, you may lightly spray your fabric with starch prior to ironing to add stability to your fabric and to help it retain its shape.

#### Ruler Review

When making cuts, it is important you cut accurately. Review the diagram on the right prior to cutting your fabric. If you have questions or need assistance, ask an adult.



#### Cut Your Fabric:

Before you sew, you will need to cut your fat quarters of fabric into pieces. This can be done with scissors, a ruler, and a pencil or fabric marking pen/marker. However, if you have access to a rotary cutter, cutting mat, and cutting ruler, this may prove to be an easier method to cut your fabric.

Fat quarters of fabric vary slightly in size. For the purpose of this project, we will assume that your fat quarters measure 18 inches by 20 inches. If you have additional fabric, it will be scraps.

Cut your fabric using the graph paper diagrams:

- Fabric 1: Light
- Fabric 2: Medium
- Fabric 3: Dark



If you make a cutting error, you should have enough extra fabric in each fat quarter to compensate for the error.

### **Reflect on Your Experience**

- What new skills did you learn while cutting the fabric?
- What challenged you with this activity?
- What did you enjoy about this activity?

### **Apply Your Learning**

- How might you use the skills you learned in this project in another 4-H project area?
- Can you think of any careers that involve making accurate cuts? Explore those careers using your local library or the web!



## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 2: Learn the Basics of Strip Quilting with a Rail Fence Quilt Block

#### Materials You Will Need:

- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors
- Ruler
- Pencil or fabric marking pen/marker
- Rotary Cutter, Cutting Mat, & Cutting Ruler (Optional)
- Thread that coordinates with fabric
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)



#### Fabric (Cut During Lesson 1):

- 1-dark colored strip of fabric measuring 2"x20"
- 1-medium colored strip of fabric measuring 2"x20"
- 1-light colored strip of fabric measuring 2"x20"

#### General Information:

Seam Allowances the area between the edge and the stitching line on two pieces of material being stitched together

We will sew using quarter inch ( $\frac{1}{4}$ " ) seams for this project. Read the instruction manual for your sewing machine to determine if there is a marking on your machine's face plate or a foot that will assist you in accurately sewing your  $\frac{1}{4}$ " seam allowances. If your machine does not have a feature to assist you in sewing a straight  $\frac{1}{4}$ " line, you may use a piece of masking tape to mark a  $\frac{1}{4}$ " line from your needle.

#### Pressing Seams

When we press our seams, we will use a three-step process.

- First, set the seam by pressing the seam the way it was sewn.
- Second, press your seam allowance the direction you wish it to lay. We typically press seam allowances to the darker side of the fabric, or all one direction.
- Finally, we will press our seam from the front side to smooth our seam and keep our fabric flat and smooth.

Strip Quilting is a method of preparing quilt blocks that is more efficient than piecing individual blocks. Long strips of fabric are sewn together then cut apart using scissors or a rotary cutter to create smaller blocks. These smaller blocks are then pieced together into larger, more complex. Blocks.



### Let's Sew!

1. Line up the cut edges of your dark and medium colored 2"x20" fabric with right sides of the fabric facing each other. (Note: You will see the back side of the fabric.) Video:

2. Sew a straight 1/4" seam down one 20-inch side. Press. Video:

3. Line up the cut edges of the light colored 2"x20" fabric with cut edge of the medium colored 2"x20" fabric with the right sides facing.

4. Sew a straight 1/4" seam down the 20-inch cut sides. Press.

5. Using a ruler, scissors, and marking tool (or a rotary cutter, cutting mat, and cutting ruler), cut the long piece into four pieces that are each 5 inches long as shown in Diagram 1. This will create four blocks that each measure 5"x5".

6. Using a 1/4" seam allowance, sew squares together in pairs as shown in Diagram 2. Be sure the right sides of the squares face one another. (Note: The seam allowances will be facing you.) Press.

7. Using a 1/4" seam allowance, sew two 9 1/2" x 5" blocks together as shown in Diagram 3. Be sure the right sides of the squares face one another. (Note: The seam allowances will be facing you.) Press.

8. You have completed your first Rail Fence block! Great work! Set aside for Lesson 6.

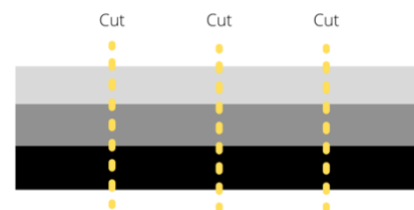


Diagram 1

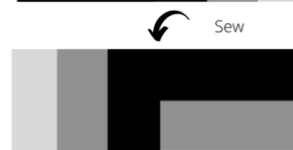
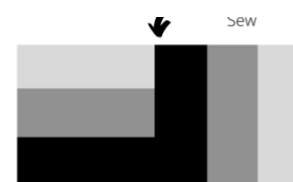


Diagram 3

### Reflect on Your Experience

- What new skills did you learn sewing this block?
- What challenged you about this activity?
- What did you enjoy about this activity?

### Apply Your Learning

- How might you use the skills you learned in this project in the future?
- Can you think of any careers that involve sewing or pressing fabrics? Explore those careers using your local library or the web!

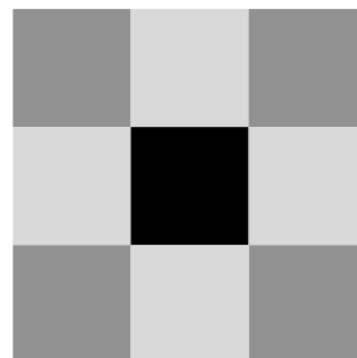


## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 3: Sew a Nine-Patch Quilt Block

#### You Will Need:

- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors
- Ruler
- Pencil or fabric marking pen/marker
- Thread that coordinates with fabric
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)



#### Fabric (Cut During Lesson 1):

- 1-dark colored square measuring 3 ½”x3 ½”
- 4-medium colored squares measuring 3 ½”x3 ½”
- 4-light colored squares measuring 3 ½”x3 ½”

#### Let's Sew!

1. Line up the cut edges of one dark and one light colored fabric square with right sides of the fabric facing each other. (Note: You will see the back side of the fabric.)



Diagram 1

2. Sew a line down one side using a ¼” seam allowance, attaching the two squares together so they look like Diagram 1. Press using the process described in Lesson 1, pressing seam allowances to the darker fabric.



Diagram 2

3. Repeat Step 1 and Step 2 using one light colored square and one medium colored square. The pieces should look like Diagram 2. Press.

4. Lay a new light-colored square over the dark colored square, aligning the cut edges opposite the seam sewn in Step 2. See Diagram 3.



Diagram 3

5. Sew a seam opposite the seam sewn in Step 2 using ¼” seam allowance. Press.

6. Using the blocks sewn in Step 3, lay two new medium-colored squares over the light-colored squares, aligning the cut edges opposite the seam sewn in Step 3. See Diagram 4. Sew using ¼” seam allowance. Press.





7. Lay one light-dark-light patterned block facing one medium-light-medium patterned block. Using  $\frac{1}{4}$ " seam allowance, sew a straight seam down one long edge. Be careful to align your seams so they look like one straight line. Once sewn, it should look like Diagram 5. Press.

8. Repeat Step 7 using additional medium-light-medium patterned block. Attach by sewing a straight seam down the long side using  $\frac{1}{4}$ " seam allowance. Be careful to align your seams so they look like one straight line. See Diagram 6. Press.

9. Congratulations! You have sewn your first Nine-Patch quilt block! Set aside for Lesson 6.

### Reflect on Your Experience

- What skills did you use sewing a nine-patch block that you learned while sewing a rail fence block?
- What new sewing skills did you learn today?
- What challenged you about this activity?
- What did you enjoy about this activity?

### Apply Your Learning

- How might you use the skills you learned in this project in the future?
- Can you think of any careers that involve selecting colors and matching patterns? Explore them using your local library, an adult mentor, or the web!

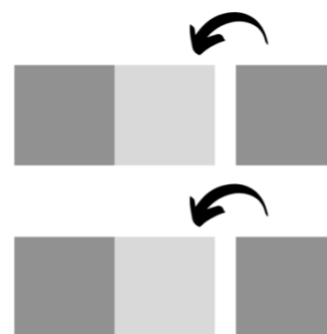


Diagram 4



Diagram 5

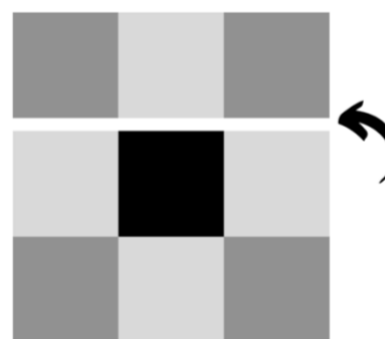


Diagram 6



## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 4: Explore Half-Square Triangles with the Pinwheel Quilt Block

#### You Will Need:

- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors
- Ruler
- Pencil or fabric marking pen/marker
- Rotary Cutter, Cutting Mat, & Cutting Ruler (Optional)
- Thread that coordinates with fabric
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)



#### Fabric (Cut During Lesson 1):

- 2-light colored squares measuring  $5\frac{3}{8}'' \times 5\frac{3}{8}''$
- 2-medium colored squares measuring  $5\frac{3}{8}'' \times 5\frac{3}{8}''$

#### Let's Sew!

1. Line up the cut edges of one medium and one light colored fabric square with right-sides facing. (Note: You will see the back of the fabric.)

2. Using a straight edge (like a ruler) and a marking tool (like a pencil or erasable fabric pen/marker), draw a straight line on the back side of the fabric diagonal across the square. See Diagram 1.

3. Using a  $\frac{1}{4}''$  seam allowance, sew straight seams  $\frac{1}{4}''$  on each side of the line you drew. If it helps, you can mark where to sew using a straight edge and your marking tool. See Diagram 1.

4. Repeat Steps 1-3 with the second set of squares (one light, one medium).

5. Using scissors or a rotary cutter, cut both squares on the marked cut line. See Diagram 1. Press your newly cut half-square triangles, pressing the seam allowance to the darker fabric.

6. Using your ruler and scissors (or a cutting mat, ruler, and rotary cutter), check your half-square triangles to make sure they measure  $5'' \times 5''$ . If they are slightly larger than that, trim them to measure  $5'' \times 5''$ .

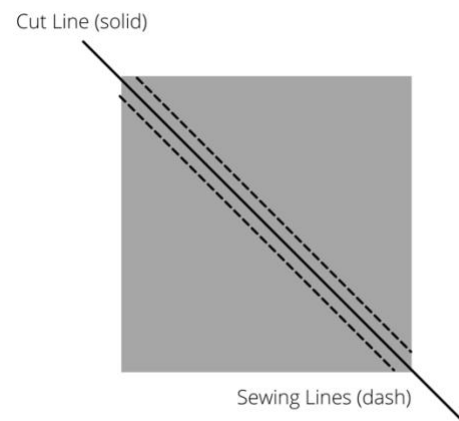


Diagram 1



7. Lay out your half-square triangles as shown in Diagram 2. Sew blocks together in sets using  $\frac{1}{4}$ " seam allowances, being sure to place right-sides of fabric together. (Note: You will see the back of the fabric and the seam allowances.) Press.



Diagram 2

8. Lay out your two newly-sewn rectangles as shown in Diagram 3. Sew together as shown using  $\frac{1}{4}$ " seam allowances, being sure to place right-sides of fabric together. Press.

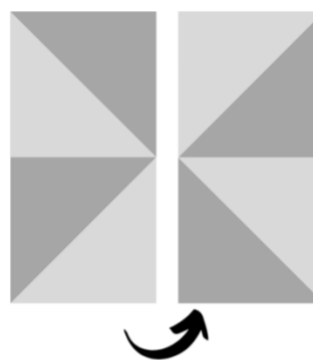


Diagram 3

9. Congratulations! You have sewn your first Pinwheel quilt block! Set aside for Lesson 6.

### Reflect on Your Experience

- What skills did you use sewing a pinwheel block that you have used previously?
- What new sewing skills did you learn today?
- Was sewing with triangles easier or more challenging than sewing with squares?
- What did you enjoy about this activity?

### Apply Your Learning

- What have you learned about yourself as you've worked through Lessons 1, 2, 3, and 4?
- Where might you find additional information to help you with sewing or quilting projects?
- Are there any sewing or needle arts projects you'd like to try in the future? Can any of the skills you have learned in these lessons help you accomplish that goal?

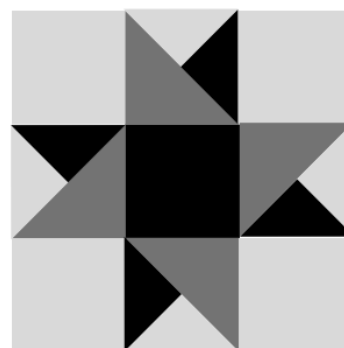


## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 5: Explore Quarter-Square Triangles with the Party Hats Quilt Block

#### You Will Need:

- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors
- Ruler
- Pencil or fabric marking pen/marker
- Rotary Cutter, Cutting Mat, & Cutting Ruler (Optional)
- Thread that coordinates with fabric
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)



#### Fabric (Cut During Lesson 1):

- 4-light color squares measuring  $3\frac{1}{2}'' \times 3\frac{1}{2}''$
- 1-dark color squares measuring  $3\frac{1}{2}'' \times 3\frac{1}{2}''$
- 2-medium color squares measuring  $3\frac{7}{8}'' \times 3\frac{7}{8}''$
- 1-light color square measuring  $4\frac{1}{4}'' \times 4\frac{1}{4}''$
- 1-dark color square measuring  $4\frac{1}{4}'' \times 4\frac{1}{4}''$

#### Let's Sew!

1. Line up the cut edges of the  $4\frac{1}{4}''$  squares (one light, one dark) with right-sides facing. (Note: You will see the back of the fabric.)

2. Using a straight edge (like a ruler) and a marking tool (like a pencil or erasable fabric pen/marker), draw a straight line on the back side of the fabric diagonal across the square to create a half-square triangle. See Diagram 1.

3. Using a  $\frac{1}{4}''$  seam allowance, sew straight seams  $\frac{1}{4}''$  on each side of the line you drew. If it helps, you can mark where to sew using a straight edge and your marking tool. See Diagram 1.

4. Using scissors or a rotary cutter, cut the square on the marked cut line. See Diagram 2. Press your newly cut half-square triangles, pressing the seam allowance to the darker fabric.

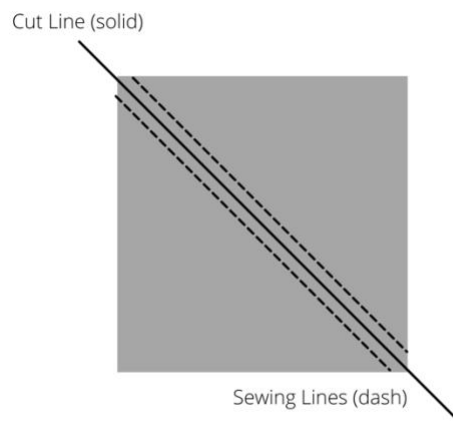


Diagram 1

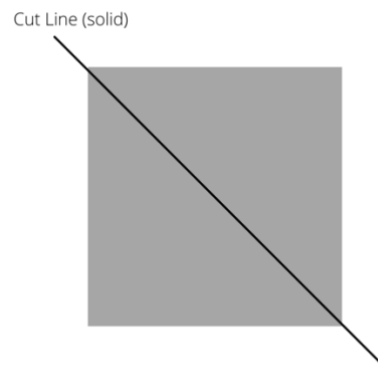


Diagram 2



5. Repeat the process outlined in steps 1-4, sandwiching the half-square triangle blocks with the 3 7/8" medium color squares. Cut and press. You will create four three-piece blocks for your party hat blocks.

6. Lay out your block pieces. Following Diagram 4, sew the blocks on the left to the blocks on the right using 1/4" seam allowance. Before sewing, be sure to place right-sides of the fabrics together.

7. Following Diagram 5, sew the blocks on the left to the blocks on the right using 1/4" seam allowance. Before sewing, be sure to place right-sides of the fabrics together.

8. Following Diagram 6, sew the pieced rectangles together one at a time, pressing between additions. Be careful to align your seams so they look like one straight line.

9. Congratulations! You have sewn your first Party Hat quilt block! Set aside for Lesson 6.

### Reflect on Your Experience

- What skills did you use during this lesson that you have used previously?
- What skills do you feel you have improved or mastered?
- What skills or techniques do you feel you still need practice to master?
- What was challenging about this activity?
- Do you feel more confident in your sewing skills as your projects have increased in complexity?

### Apply Your Learning

- After completing these sewing activities, what real-life applications do you see for the skills you have learned in your school math classes?
- Using books or the web, search for other quilt blocks that use half-square and quarter-scale triangles. Consider trying to create one!

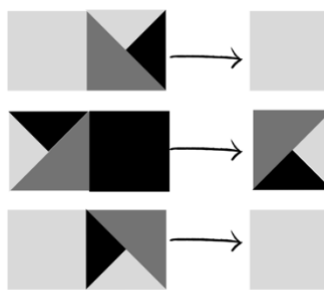
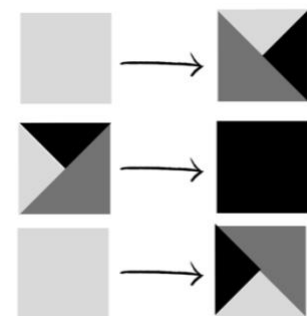


Diagram 5

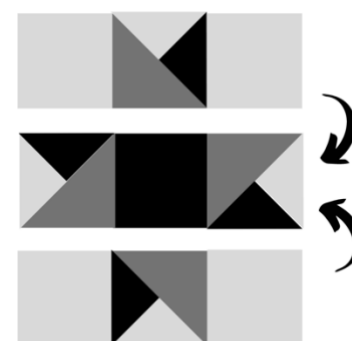


Diagram 6



## Introduction to Quilting: Four Block Sampler Pillow

### Lesson 6: Putting It Together to Create a Pillowcase

#### You Will Need:

- Sewing Machine
- Iron & Ironing Board/Pad
- Scissors
- Thread that coordinates with fabric
- Optional: Fabric starch or similar product (helps quilt pieces retain their shape and adds stability)

#### Fabric (Cut During Lesson 1):

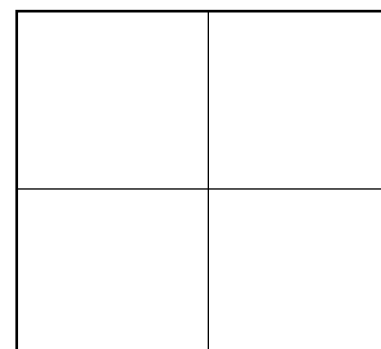
- Backing fabric (either “scrappy back” pieces or two pieces cut from additional fabric)
- Rail Fence block from Lesson 2
- Nine-Patch block from Lesson 3
- Pinwheel block from Lesson 4
- Party Hat block from Lesson 5

#### Let’s Sew!

1. Determine how you would like the front of your pillow to look by laying out the four blocks created in a 2x2 pattern.

2. Sew the top two blocks together using  $\frac{1}{4}$ ” seam allowance. Follow the same steps to join the bottom blocks. Press.

3. Sew the top row of blocks to the bottom row of blocks by placing them right-sides together and using  $\frac{1}{4}$ ” seam allowance. Be sure to match the seams. Press your pillow top and set aside.



#### Assembling the Back

4. Piece together the long sides of the light and medium colored scrappy back pieces using a  $\frac{1}{4}$ ” seam. Press.

5. Fold in  $\frac{1}{2}$ ” on the long edge of your dark fabric & medium color fabric using a seam gauge. Press up seam allowance using iron, then stitch down using  $\frac{1}{4}$ ” seam on each piece of fabric.

6. Lay the pillow top on a table with the right-side facing up. Lay the two back pieces with right-sides facing down, aligning the cut edges with those of the pillow top. There will be an overlap of the two seamed edges toward the center of the pillow. (This is where the pillow form will be inserted.) Pin the pillow front and back together, then sew around it using a  $\frac{1}{4}$ ” seam.

7. Clip the bulk at the corners inside the pillow. Turn the case inside-out so the right-side of the fabric is facing out. Press.



8. Optional: If you wish to keep the back of the pillowcase closed, you have several options. First, you may hand-sew a button and create a buttonhole using your sewing machine. Second, you may use hook and loop tape to create a closure.

9. Insert your pillow form into the case. Enjoy your new pillow!

### **Reflect on Your Experience**

- What skills did you use during this lesson that you have used previously?
- What skills or techniques do you feel you still need practice to master?
- If you enjoyed sewing or quilting during this project, what types of projects might you like to sew in the future?

### **Apply Your Learning**

- After completing these sewing activities, what real-life applications do you see for the skills you have learned?