

Fidget Mats

One Fat Quarter of Flannel

One Fat Quarter of Quilting Cotton

Trim off selvages to measure 18" x 20"

One piece of batting, 18" x 20"

Place flannel and cotton right sides together, flannel on the bottom. Place batting on top of cotton.

Sew around edges, ½" seam allowance, leaving an opening to turn right side out. Tip: Use a walking foot or dual feed and reduce presser foot pressure.

Trim seam allowance away at corners; turn right side out.

Smooth edges and topstitch all the way around, stitching the opening closed.

Quilt diagonally from corner to corner to hold the layers in place.

Sew a PCQuilters label to the back (flannel) side of the mat.

Embellish the mat on the cotton side (not the flannel side) as desired. Embellishments must be securely attached and not removable.

At least 7 embellishments are recommended.

Possible embellishments could include but are not limited to:

- Textured fabrics such as minky, faux fur, terry cloth, corduroy, satin, lace
- Applied trimmings such as large rickrack, fringe, braid, etc.
- Beads or thread spools or tubes strung on cord or ribbon, stitched down at both ends
- Small jingle bells securely attached
- Pockets
- Chunky zippers, large buttons
- Ribbons and ribbon loops
- Elastic
- Small felt figures, securely attached with ribbon or elastic (may be hidden in a pocket)
- Cellophane or bubble wrap fully enclosed in fabric and sewn down on one side

