



## Quilting Project Resource Guide

### About this guide

The purpose of this project resource guide is to help support your learning within the quilting project area. The guide provides suggestions on how you can get started with the project, what resources you can use to support your learning, and what you can create to show your learning!

### About the quilting project

Quilting is a needlework technique of sewing 2 layers of fabric together with a layer of padding or filling in between them. These 3 layers are held together by stitching<sup>1</sup>. Quilting has a history stretching back to medieval times! Quilts come in all shapes and sizes, and quilting techniques can be used to make things like bedspreads, wall hangings, table runners, potholders, placemats, pillows, and more.

In this project, you can learn quilting skills, techniques, and tools, as you sew your own quilts. You'll explore how to select appropriate fabrics, create pleasing patterns, and finish quilts using different techniques. You can also learn about the history of quilting as an art form, and how to channel your own creativity into projects. We recommend that you already have some basic sewing experience before you take this project.

### Planning your project journey

#### Plan what you want to learn

To get started, you need to think about what you want to learn about quilting. You can start this process by brainstorming some questions you might have about the project area.

- What basic skills do you need to make a quilt?
- How do you pick fabric for your quilt?
- What is a quilt pattern and how do you find one to fit your skills?
- How do you cut the pieces for your quilt?
- How do you piece a quilt together?
- What are the different types of quilt bindings?
- What are the differences between hand and machine quilting?

- How can you create your own quilt patterns?

## Check out recommended resources

Next, look at different resources to help answer your questions and guide you on your learning journey. Illinois 4-H's recommended resources are below, but you can use other resources you find, too! Your local library can be a great place to look for books to help you learn to quilt and find quilting project ideas.

### Beginner quilting

- [You Can Quilt!](#) (book by the Ohio State University) – Learn the basics of quilting! Gather quilting tools, select and cut fabrics, stitch pieces together, and finish off your quilt! For youth in grades 3-12.
- [Beginning Quilting Series](#) – YouTube playlist from Missouri Star explaining quilt fabric, quilting supplies, getting started sewing quilts, and picking quilt patterns.
- [Beginner Quilting Online Course](#) – Online beginner quilting course from Quilt Addicts Anonymous featuring 12 videos to help folks create their first quilt.

### Intermediate quilting

- [Quilting the Best Better](#) (book by the Ohio State University) – Build off the skills you learned in the You Can Quilt book. Practice and refine your quilting skills using the half-square triangle method. Learn about some advanced tools and gadgets to use while quilting and make a lap quilt. For youth in grades 6-12.

### All levels of quilting

- [Quilt Quest](#) (Downloadable resource by Nebraska Extension) – Learn to design and make a quilt; the history of quilts; preservation of both old and new quilts; documentation of quilts; using quilt designs in other media such as glass, wood, or paper; photographing quilts; and using technology in your quilting journey.
- [Missouri Star](#) – YouTube playlist of quilting video tutorials with beginner, intermediate, and advanced techniques related to quilting.
- [Just Get it Done Quilts](#) – Set of YouTube playlists of various quilt tutorials and tips.
- [Tiny Orchard Quilts](#) – YouTube playlist called “Block Study” focused on building skills by working with different block designs.

## Decide what you'll create

Now it's time to narrow down your research into a specific project focus. What do you want to do? Here are some examples of quilting projects broken down by experience level:

## **Beginner projects**

- Make a doll quilt (up to 24” by 30”).
- Make a baby quilt (up to 48” by 48”)
- Make a quilted table runner (maximum width of 18”, length determined by table)
- Make a small, quilted wall hanging (up to 36” by 36”)

## **Advanced projects**

- Make a lap quilt (width ranging from 42” – 58” length ranging from 56” – 70”)
- Make a large, quilted wall hanging (larger than 36” by 36”)
- Make a quilt that fits any size bed (twin, double, queen or king)

## **Finding help**

Most people learn better when they have someone to help them on their project journey! Maybe you’re lucky enough that a family member or family friend already knows how to quilt and can help teach you! If not, here are some tips for how to get some support:

- See if there is a 4-H special interest club you can join! Some counties offer clubs focused on sewing or quilting.
- Look for a local class. These can be run by a local quilt shop, park district, library, art guild, or other organization. Online courses might be available if you can’t find something to attend in-person.
- See if there is a local quilting guild or group near you. These groups may have adults who would be willing to serve as a helper or mentor.

## **Do your project!**

Once you’ve decided what you want to make, it’s time to do it! Learn by doing, as you work on bringing your creation to life. Sometimes everything won’t go according to plan, but learn from mistakes and challenges and keep going! Ask people in your life for help when you need it! We encourage you to take photos as you create your project. This helps you remember what you did and show off your process, step-by-step.

## **Reflect on your learning**

Once you’ve finished your project, it’s important to take time to reflect on your project work. Ask yourself:

- Did I meet the goal I set for myself with my project?
- What new things did I learn while making this project?
- What challenges did I have while making this project?

- What was the most fun part of doing this project?
- What would I do differently if I did this again?
- What am I learning about myself by doing this project?

## Share your work

After you finish your project, it's time to share what you learned! Sharing your new skills and getting others excited about your project is a great way to continue learning and can be a valuable way to serve your community! Here are some ideas:

- Share your project at school, with your 4-H club, or other out-of-school time program. Explain what you did to make your quilt and what you learned.
- Develop an exhibit to take to your local county 4-H show. Check your local 4-H show book or visit the [Illinois State Fair](#) page on the Illinois 4-H website to learn about the exhibit requirements.

## Take your learning further

After you've finished your project it's time to ask "What's next?". Maybe you want to continue to grow your skills by making a more challenging quilting project, or maybe you want to try out another related project area, such as:

- Sewing
- Clothing Embellishment
- Costume Design

You can also explore more about the world of quilting by attending local quilt shows or festivals, joining a local quilt guild or group, and visiting museums that feature quilts. The Midwest has tons of great museums that the art of quilting! The [National Quilt Museum](#) is just across the Ohio River from Illinois in Paducah, Kentucky! The [International Quilt Museum](#) is in Lincoln, Nebraska. Neighboring states like [Iowa](#), [Missouri](#) and [Wisconsin](#) also have quilt museums. Many historical and art museums also have quilts in their collections.

Give back! You can use your learning to contribute to a community service project. Many organizations collect quilts to donate to groups like children in crisis, veterans, and disaster victims. Find a group and make something to donate!

Have you learned enough that you're ready to help teach others? Do a demonstration about something you learned at a local club meeting, or volunteer to help as a junior leader at a quilting workshop or with a 4-H quilting club.

Explore these future study and career opportunities related to quilting!

- You can study fiber and textile arts at places like Northern Illinois University and the School of the Art Institute of Chicago.
- Investigate being a [fashion or textile designer](#), a [craft and fine artist](#), an [art teacher](#), or a [museum curator or conservator](#).
- Explore opportunities to be an entrepreneur that use the skills you learned quilting.



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<sup>1</sup>*An introduction to quilting and patchwork* · V&A. (2017). Victoria and Albert Museum; V&A.  
[https://www.vam.ac.uk/articles/an-introduction-to-quilting-and-patchwork?srsltid=AfmBOopOlCnZJY8qhTijaXGM5abdNAejvcMo9UW7FlXn6iNhRA\\_-g34k](https://www.vam.ac.uk/articles/an-introduction-to-quilting-and-patchwork?srsltid=AfmBOopOlCnZJY8qhTijaXGM5abdNAejvcMo9UW7FlXn6iNhRA_-g34k)

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