



1. Use 5x5 squares layout to make a small lap quilt. Keep it manageable, and set a side extra squares for later use. My layout is five squares by seven squares.
2. Before assembling the quilt top set out the items to fidget with.
3. Take care when choosing items, think about safety, cleaning and learning skills involved. Items such as velcro, buttons, zippers, ribbons, snaps, pockets, ties, buckles just to name a few.
4. Work each fidget into the quilt, secure the items in the seams as you build columns of patchwork.
5. Assemble the columns together capturing the rest of the fidget items as needed. Items may also be added after the quilting is completed.
6. Baste with backing and batting and machine quilt using the "stitch in the ditch" method.
7. Bind the project, you may also capture fidget objects in the binding as well