

How to Make a Fidget Blanket

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1. Cut your fabric for the front of your blanket using the following dimensions:

1. **9**, 6"x6" squares
2. **2**, 2.5" wide x20" long strips



2. Sew your fabric together. Start by making your three rows of three squares.

Place the right sides of two squares together.



Place fabric in sewing machine and use a 1/4" seam allowance.

After all three rows are created, sew the rows together using the same method as above (i.e. place right sides together, sew with 1/4" seam allowance):



Once the front of the blanket is sewn, sew on the long strips (one on the left side and one on the right side of the blanket). If your strips are longer than the blanket squares (I precut my strips long in case the sewing isn't perfect), cut the strips so the edges are even.

Your finished front will look something like this:



3. Decorate Your Blanket:

Add zippers, beads, buttons, and other personal items to the front of your blanket. For the blanket shown we added:

- Christmas garland by sewing the ends directly to the fabric
- "Hockey Jersey" using eyelets and shoe laces
- Strung beads on yarn by securing onto buttons hand sewn on fabric
- For "fidget buttons" sewed buttons onto fabric then cut felt circles w/ small opening in the middle to thread/unthread from buttons



4. Cut the batting and back fabric

Use the front of the blanket as a template for the felt back and the batting:

To cut the back: Cut a few inches away from the front of the blanket. That way if your sewing isn't perfect, there will still be plenty of fabric to cover the back.

****If you're using scissors, trace the square a few inches away from the front, then cut****



To cut the batting: Cut close to the edge of the front. It's okay if the batting ends up being a little smaller than the front of the blanket, because it won't be seen.



5. Make a "sandwich" with the back, batting, and front of the blanket:

Place the back piece of the blanket down on your table. Spray the batting with spray bond, then place the



sprayed side down on the back piece.



Then spray the batting again, and lay the front piece of the blanket down, right side up.

****If you don't have spray bond, just lay the batting down in the middle of the back piece, then place the front piece on top and pin around the edges of the blanket.****

6. Sew the "sandwiched" blanket together:

Use the same 1/4" seam allowance and sew around the entire blanket.





After the blanket is sewn together, cut the excess batting and back fabric, so the edges come together evenly.

The finished product will look something like this:



7. Give the blanket to your loved one and enjoy!