

FIDGET QUILTS

Supply List for November 19, 2026, Fidget Quilt Class at Pharr South

In this class, participants will create a washable fidget quilt using tactile fabrics and securely attached items that encourage safe sensory engagement.

Everything must be washable and securely attached.

Fidget quilts may be sewn right sides together and turned right side out, or they may be quilted and bound.

Items to Consider

Textured fabrics: minky, corduroy, rough textured fabric, pet screen, mesh, velvet, satin, wool, fleece, or faux fur.

Notions and closures: grosgrain ribbon, both sides of Velcro, zippers, buttons, snaps, buckles, bag strap closures, and toggles that move up and down on a cord.

Shirt front plackets and cuffs from long-sleeve shirts can allow the user to button and unbutton.

Pockets may be open, buttoned, or sized to hold small washable items.

Other washable options include beads, cording, elastic, binding tape, selvedges, ribbons, lace, and fabric trims.

Choose items that open, close, slide, fasten, or provide texture while remaining washable and firmly attached to the quilt.

Supply List

Sewing machine in working order.

Thread, zipper foot, and regular presser feet.

Scissors, rotary cutter, hand sewing needles, tape measure, and small rulers.

Fabric, batting, and backing fabric for a fidget quilt, approximately 18 x 22 inches, give or take.

You may bring a finished backing ready for fidget items to be stitched on.

Or,

you may bring a top, batting, and backing

Tip: Stitching fidget items to the quilt top and batting first helps keep those stitches from showing on the back; final quilting can be completed before binding.

Bring fidget items to add to your quilt.

I will bring several fidget items to share.

Consider the intended user when selecting fabrics and items: a woman, a man, a child, or general use.