

The Cheer You Up Projects

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Making The Blocks

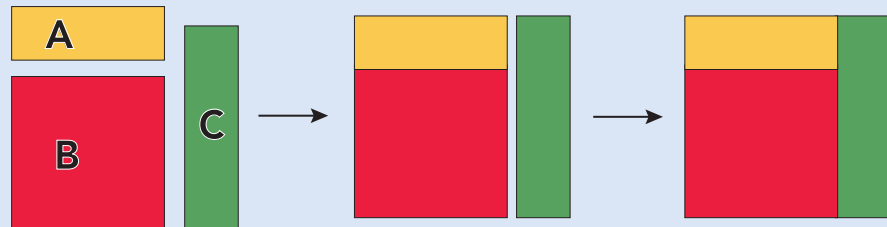
Watch the video tutorial : <https://youtu.be/dfg0QJHKgPo>

Block 1

A : 7" x 3" (17.7 x 7.6 cm)
B : 7" x 7" (17.7 x 17.7 cm)
C : 9 1/2" x 3" (24.1 x 7.6 cm)

sew with 1/4" (6mm) seam allowance

Finished Block 9 1/2" (24.1cm) square

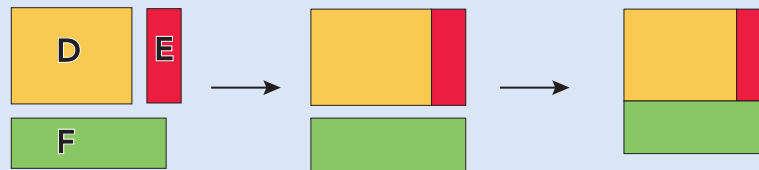


Block 2

D : 5" x 4" (12.6 x 10 cm)
E : 1 1/2" x 4" (3.8 x 10 cm)
F : 6" x 2 1/2" (15.2 x 6.4 cm)

sew with 1/4" (6mm) seam allowance

Finished Block 6" (15.2cm) square



Project 1 - The Trivet/ Potholder

Finished measurements approx. 8 3/4" x 8 3/4" (22.1 x 22.1 cm)

You will need:

1x Block 1
Cotton Batting 11" x 11" (28 x 28cm)
Insulated Batting 11" x 11" (28 x 28 cm)
Lining Fabric 9 1/2" x 9 1/2" (24.1 x 24.1 cm)
Hanging Loop 4" x 2" (10.5 cm)
Basic sewing and quilting notions

Seam allowances are 3/8" (1cm) unless otherwise stated



Watch the video tutorial : <https://youtu.be/dfg0QJHKgPo>

Brief Directions

(please refer to the video tutorial for more detailed demonstration)

1. Layer the following: insulated batting (bottom), cotton batting (middle), and Block 1 (top) wrong side down.
2. Quilt as desired, then trim excess batting.
3. Sew the hanging loop, then attach that to the top right corner of the main fabric.
4. Lay the main fabric and the lining fabric right sides together, then sew all around, leave about 4" (10 cm) of opening.
5. Turn the fabric in side out, through the opening hole
6. Fold the opening towards the wrong side about 3/8", pin/ clip in place, then topstitch with 1/8 (3mm) of seam allowance.

Project 2 - The Mug Rug

Finished measurements approx. 10 3/4" x 5 1/4" (27.2 x 13.2 cm)

You will need:

2x Block 2
Fusible Fleece 10 1/2" x 5" (26.7 x 12.7 cm)
Lining Fabric 11 1/2" x 6" (29.2 x 15.2 cm)
Basic sewing notions



Seam allowances are 3/8" (1cm) unless otherwise stated

Brief Directions

1. Lay out the blocks next to each other in random manner, then sew them together with 1/4" (6mm) of seam allowance



2. Fuse the fusible fleece to the wrong side of the main fabric (center the position)
3. Lay the main fabric and the lining fabric right sides together, then sew all around leaving about 4" (10cm) of opening.
4. Turn the fabric inside out through the opening hole.
5. Fold the opening towards the wrong side, pin/clip to hold the fold, then topstitch all around with 1/8" (3mm) of seam allowance

Project 3 - The Drawstring Bag

Finished measurements approx. 8 1/2" x 8 1/2" 8 1/2" (21.6 x 21.6 x 21.6 cm)

You will need:

4x Block 1
6x 9 1/2" (24.1cm) fabric squares (1 for the bottom external, and 5x for lining)
5x cotton batting 11" x 11" (28 x 28cm)
4x fabric rectangles 5" x 3" (12.7 x 7.6cm) for the drawstring tabs
Double fold bias tape 1/2" wide, cut two strips 40" (102 cm) long
Basic sewing and quilting notions

Seam allowances are 3/8" (1cm) unless otherwise stated

Brief Directions

(please refer to the video tutorial for more detailed demonstration)

1. Layer Block 1 (all 4 pieces) and the exterior bottom fabric with batting, quilt as desired.
2. Sew the drawstring tabs, attach to the top center of all Block 1 pieces.
3. Sew the long edges of the bias tape with 1/8" (3mm) of seam allowance
4. Sew the bag exterior pieces.
5. Sew the lining pieces, leaving about 4" (10 cm) opening at the bottom.
6. Assemble the bag
7. Turn the bag inside out through the opening hole, topstitch the top edges with 1/8" (3mm) of seam allowance.
8. Sew the opening hole close.
9. Thread the drawstring straps, make a knot at both ends, and you are done!



Watch the video tutorial : <https://youtu.be/dfg0QJHKgPo>

Project 4 - The Tote Bag

Finished measurements approx. 16" x 13 1/2" x 5" (40.6 x 34.3 x 12.7 cm)

Fabrics, interfacing, cutting

18x Block 2

Fusible Fleece : 16" x 16" (40.6 x 40.6cm) cut 2x

Straps : 26" x 4" (66 x 10 cm) cut 2x

Fusible woven interfacing : 26" x 2" (66 x 5cm) cut 2x

Lining Fabric : 17" x 17" (43.2 x 43.2 cm) cut 2x

Slip pockets: 17" x 8 1/2" (43.2 x 21.6) cut 2x

Zipper Pocket : 10" x 17" (25.4 x 43.2 cm)

Fusible woven interfacing 9" x 2" (23 x 5cm)

Other Supplies

1 set of magnetic snap closure

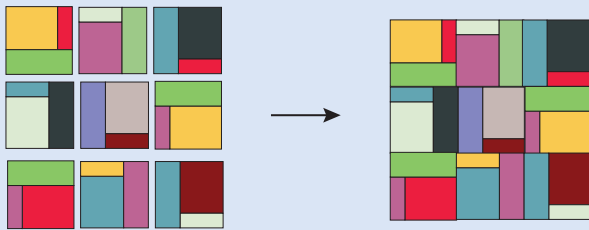
1 all purpose zipper at least 9" (23cm) long

Seam allowances are 3/8" (1cm) unless otherwise stated

Brief Directions

(please refer to the video tutorial for more detailed demonstration)

1. Randomly lay out 9 blocks in 3 rows and 3 columns for each the front and the back exterior, then sew them together with 1/4" (6mm) of seam allowance.



make 2x (1 front, 1 back exterior)

2. Apply Fusible Fleece to the front and back exterior pieces (center the position), then quilt as desired.
3. Sew the straps, then install them to the exterior pieces.
4. Sew the slip pocket pieces with 1/4" of seam allowance, install to the front lining piece.
5. Sew and install the zipper pocket to the back lining piece
6. Install the magnetic snap closure
7. Sew the bag exterior pieces, box the corners.
8. Sew the lining pieces, box the corners, leave about 5" (12cm) of opening at the bottom.
9. Assemble the bag.
10. Sew the opening hole close. Finish the bag with topstitching.

Watch the video tutorial : <https://youtu.be/dfg0QJHKgPo>

