

# PAPER-PIECED PATCHWORK BEAR QUILT BLOCK TUTORIAL

Inspired by **Modern Quilt Art** • Finished Block Size: 40 cm x 40 cm • All seam allowances 0.7 cm



## OVERVIEW

This modern bear block is made using foundation paper piecing (FPP). Each fabric shape is sewn onto a paper pattern, then the papers are removed and the block is assembled, quilted and bound.

## FINISHED SIZE



## FABRICS & SUPPLIES

- Assorted quilting cottons (many prints and solids)
- Background/Low volume fabrics
- Backing fabric: 42 cm x 42 cm
- Batting: 42 cm x 42 cm
- Binding fabric: 6 cm x 160 cm
- Paper for FPP (regular printer paper)
- Thread (50 wt cotton)
- Sewing machine
- Rotary cutter, mat, ruler
- Iron and pressing surface
- Fabric glue stick (optional)
- Pins or clips, paper scissors

## FABRIC REQUIREMENTS (Approx.)

- Background/Low Volume: ~1/4 yard (various prints)
- Face & Ears (prints): ~1/4 yard total (scraps work great)
- Muzzle & Nose: ~10 cm x 10 cm
- Eyes: small scraps (2 colors)
- Border (outer): 6 cm x 160 cm (includes binding)
- Backing: 42 cm x 42 cm
- Batting: 42 cm x 42 cm

## CUTTING GUIDE

All measurements include 0.7 cm seam allowance where applicable.

You will cut fabric pieces to cover each numbered paper template. Add at least 1.5–2.0 cm extra fabric around each template shape.

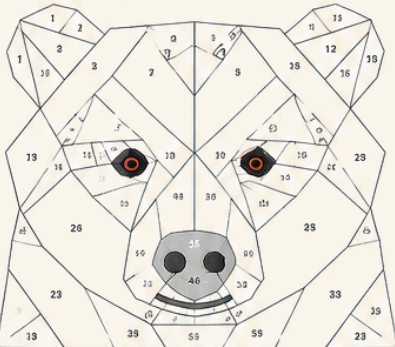
- No exact fabric shapes to cut here.
- Cut fabrics in manageable strips/rectangles.
- Use the templates (next section) to cut fabric pieces 1.5 – 2.0 cm larger on all sides.

## KEY & METHODS (Quilted in the USA)

- FPP = Foundation Paper Piecing
- SC = Seam Allowance (0.7 cm)
- RS = Right Side
- WS = Wrong Side
- Press seams open or to the dark side (use seam roller for best results)
- Trim blocks to size after sewing
- Quilt as desired (stitch-in-the-ditch, straight lines, or free-motion)
- Bind with straight or mitered corners

## PAPER PIECING TEMPLATES (Print at 100% size)

Print the templates on regular printer paper (actual block size 40 x 40 cm). Do not scale. Each segment is numbered. Match the number on the template to the fabric piece.



## HOW TO PAPER PIECE (FPP)

- Print & Prepare**  
Print templates. Cut apart pages if needed. Place first template (right side up).
- Add Fabric**  
Place fabric (RS up) behind the template piece #1, covering the shape plus 1.5–2 cm.
- Sew**  
Sew along the solid line (SC included) using small stitches. Do NOT sew on the dashed lines.
- Fold & Press**  
Flip fabric over (covering the paper), press. Trim excess fabric (leave SC 0.7 cm).
- Add Next Piece**  
Add next fabric piece (RS up) behind the template, line up, pin.
- Sew Again**  
Sew along the next solid line. Press. Repeat around the shape.
- Continue**  
Continue adding fabrics in order according to the numbers.
- Remove Paper**  
After completing the section, remove the paper by tearing or soaking.

## ASSEMBLE THE BLOCK

- Piece All Sections**  
Complete all paper pieced sections (ears, face, muzzle, background, etc.).
- Join Sections**  
Sew sections together using a 0.7 cm SC. Press seams open or to one side.
- Square Up**  
Trim block to exactly 40 cm x 40 cm.
- Layer Quilt**  
• Backing (WS up)  
• Batting  
• Top (RS up)  
Pin or baste.
- Quilt**  
Quilt as desired. Popular options:  
• Stitch in the ditch  
• Straight line  
• Free-motion

## BINDING

- Prepare Binding**  
Cut binding 6 cm wide x 160 cm long. Join ends (diagonal seam). Press in half lengthwise.
- Attach Front**  
Align raw edge with quilt edge. Sew 0.7 cm SC around all sides.
- Miter Corners**  
Stop 0.7 cm from corner, fold up, fold over, align and sew.
- Attach Back**  
Fold binding over to the back side. Pin and hand stitch or machine stitch.
- Join Binding**  
Overlap ends, trim, and sew with diagonal seam. Press.
- Finished!**  
Your bear quilt block is complete and ready to use in a project!

## QUILTING IDEAS



Stitch in the Ditch



Straight Line Quilting



Free-Motion Quilting

## TIPS FOR SUCCESS

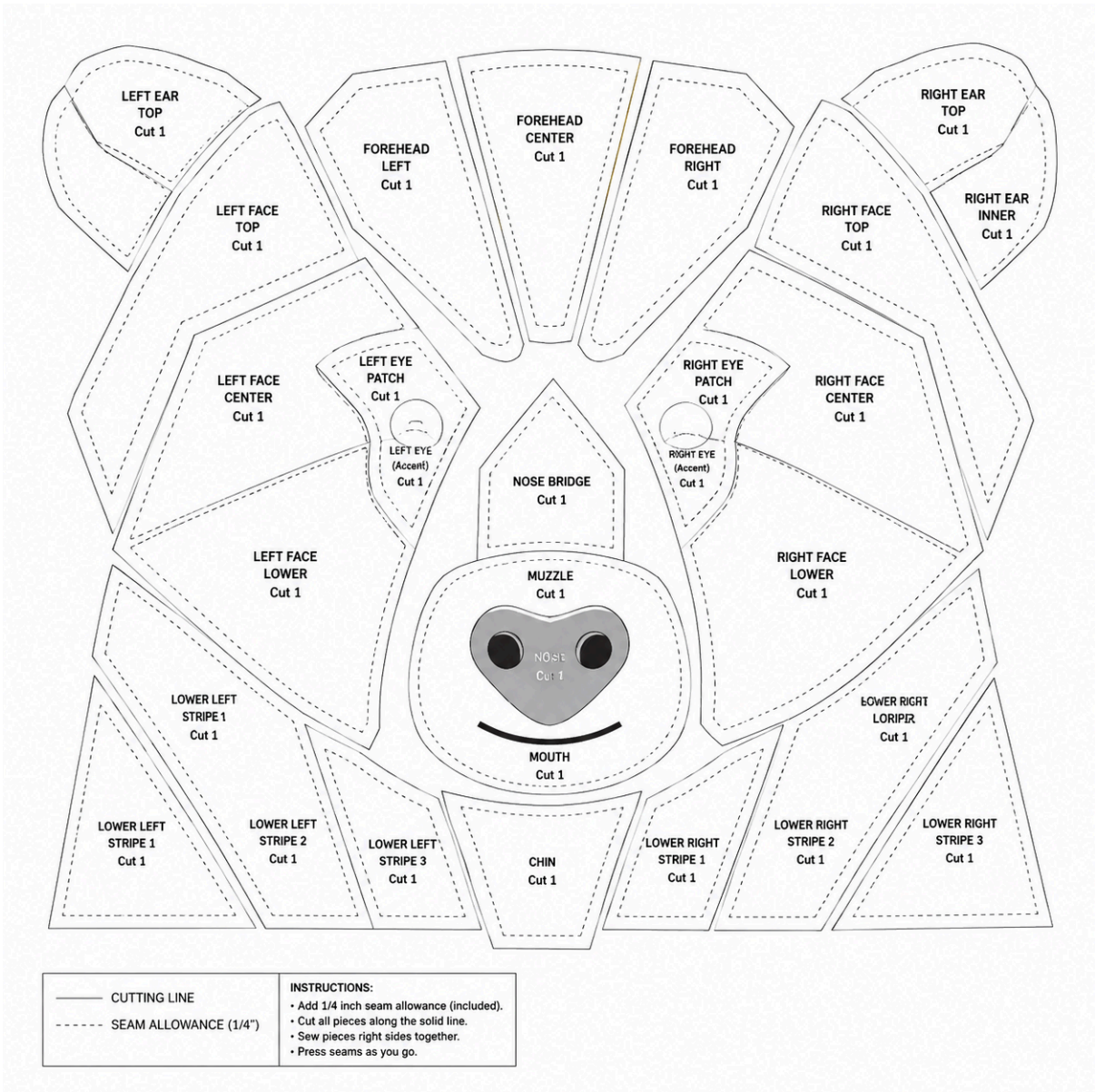
- ✓ Use good lighting and a 1/4" foot for accurate stitching.
- ✓ Keep your seam allowance consistent.
- ✓ Press well after each seam for a flatter block.
- ✓ Use small stitches (2.0–2.2 length).
- ✓ Tear paper away gently or soak in warm water and dry flat.

## CARE INSTRUCTIONS

- Machine wash cold
- Gentle cycle
- Mild detergent
- Do not bleach
- Tumble dry low
- Warm iron if needed

♥ ENJOY YOUR QUILTING JOURNEY! ♥

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## **Paper-Pieced Patchwork Bear Quilt Block Tutorial** 🐻

**Finished block size: 40 cm x 40 cm**

**Seam allowance: 0.7 cm**

**Technique: Foundation Paper Piecing, also called FPP**

### **Overview**

**This Paper-Pieced Patchwork Bear Quilt Block is a colorful modern quilt project made with the foundation paper piecing method. Each fabric piece is sewn onto printed paper templates, following numbered sections until the bear face is complete.**

**The finished block can be used as a mini quilt, wall hanging, pillow front, tote bag panel, or part of a larger quilt. The design uses many small fabric pieces, so it is a great project for using scraps, prints, solids, and low-volume fabrics.**

### **Fabrics and Supplies**

**You will need assorted quilting cotton fabrics for the bear face, ears, eyes, muzzle, nose, background, border, backing, batting, and binding.**

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**Prepare:**

**Background or low-volume fabric: about 1/4 yard**

**Face and ears fabrics: about 1/4 yard total**

**Muzzle and nose fabric: about 10 cm x 10 cm**

**Eye fabric: small scraps**

**Border and binding fabric: 6 cm x 160 cm**

**Backing fabric: 42 cm x 42 cm**

**Batting: 42 cm x 42 cm**

**Regular printer paper for FPP templates**

**Thread, sewing machine, iron, pins or clips, rotary cutter, cutting mat, ruler, and fabric glue stick if desired**

**Print the Paper Piecing Templates**

**Print the templates at 100% actual size. Do not scale the pages, because the finished block needs to measure 40 cm x 40 cm.**

**Each template section is numbered. These numbers show the sewing order. Before cutting fabric, study the bear face and decide which colors you want for each area.**

**You do not need exact fabric shapes at this stage. Cut fabric pieces slightly larger than the paper shapes, adding at least 1.5 cm to 2 cm around each side.**

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## **Prepare the Fabric Pieces**

**Cut small fabric pieces for each numbered area of the paper templates. Use prints and solids to create a patchwork look.**

**For the bear face, choose warm browns, creams, pinks, oranges, and patterned scraps. For the background, use light or low-volume fabrics so the bear stands out clearly.**

**Keep your fabric pieces organized by section. This makes the sewing process much easier and helps avoid confusion.**

### **Step 1: Place the First Fabric**

**Take your first paper template section. Place fabric piece number 1 on the wrong side of the paper, with the right side of the fabric facing up.**

**Make sure the fabric fully covers shape number 1 with extra fabric around all edges. Hold it in place with a pin, glue stick, or a small clip.**

### **Step 2: Add the Second Fabric**

**Place fabric piece number 2 on top of fabric piece number 1, with right sides together.**

**Align the edge where pieces 1 and 2 will be sewn. The second fabric should be large enough to cover its shape after it is flipped open.**

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### **Step 3: Sew on the Printed Line**

Turn the paper over so the printed side is facing up. Sew exactly on the solid line between pieces 1 and 2.

Use a short stitch length, about 2.0 to 2.2. This helps perforate the paper and makes it easier to remove later.

Do not sew on the dashed seam allowance lines.

### **Step 4: Fold, Trim, and Press**

Fold the paper back along the sewn line. Trim the seam allowance to 0.7 cm.

Flip fabric piece number 2 open so the right side is facing up. Press it flat with an iron.

This step is very important because good pressing keeps the block smooth and accurate.

### **Step 5: Continue Adding Pieces**

Add the next fabric piece in numerical order. Place it right sides together with the previous section, sew on the printed line, fold, trim, and press.

Repeat this process for every numbered piece in the bear template.

Work slowly and check that each fabric piece covers its full paper shape before trimming.

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### **Step 6: Complete All Bear Sections**

**Continue sewing until all paper piecing sections are complete. The bear design includes sections for the ears, face, muzzle, nose, eyes, cheeks, and background.**

**When all sections are finished, trim each section to size using the outer seam allowance lines.**

**Do not remove the paper yet unless the section is completely sewn and trimmed.**

### **Step 7: Join the Sections**

**Arrange all completed paper-pieced sections on your work surface to form the bear face.**

**Sew the sections together using a 0.7 cm seam allowance. Match points carefully, especially around the eyes, nose, and center of the face.**

**Press seams open or to one side, depending on which method gives the flattest result.**

### **Step 8: Square Up the Block**

**After the bear face is assembled, trim the block to exactly 40 cm x 40 cm.**

**Use a ruler and rotary cutter for accuracy. Make sure the bear is centered before trimming.**

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### **Step 9: Remove the Paper**

Carefully tear away the paper from the back of the block. Start with larger pieces first, then remove small pieces from tight corners.

If the paper is difficult to remove, gently loosen it with your fingers. Do not pull too hard, because this can stretch the seams.

### **Step 10: Make the Quilt Sandwich**

Place the backing fabric wrong side up. Lay the batting on top, then place the bear block right side up.

Smooth all layers carefully. Pin or baste the layers together so they do not shift while quilting.

### **Step 11: Quilt the Block**

Quilt as desired. You can use stitch-in-the-ditch quilting, straight-line quilting, or free-motion quilting.

Stitch-in-the-ditch follows the seam lines and keeps the patchwork design clean.

Straight-line quilting gives the block a modern look.

Free-motion quilting adds texture and artistic detail.

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## **Step 12: Prepare the Binding**

**Cut binding strips 6 cm wide. Join the strips with diagonal seams to make one long binding strip.**

**Press the binding in half lengthwise, wrong sides together.**

## **Step 13: Attach the Binding**

**Align the raw edge of the binding with the raw edge of the quilt block.**

**Sew around all four sides using a 0.7 cm seam allowance. Stop 0.7 cm before each corner, fold the binding to create a mitered corner, then continue sewing.**

## **Step 14: Finish the Binding**

**Fold the binding to the back of the quilt block. Pin or clip it in place.**

**Hand stitch or machine stitch the binding down neatly. Join the binding ends with a diagonal seam for a clean finish.**

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## **Tips for Success**

**Use good lighting and a 1/4 inch presser foot for accurate stitching.**

**Keep your seam allowance consistent.**

**Press after every seam for a flatter block.**

**Use small stitches so the paper tears away easily.**

**Check fabric placement before sewing each line.**

**Tear paper gently to avoid stretching the block.**

## **Care Instructions**

**Machine wash cold on a gentle cycle.**

**Use mild detergent.**

**Do not bleach.**

**Tumble dry low or lay flat to dry.**

**Press with a warm iron if needed.**

## **Finished Project**

**Your Paper-Pieced Patchwork Bear Quilt Block is complete and ready to use. You can turn it into a mini quilt, pillow cover, tote bag panel, wall hanging, or handmade gift.**

**Enjoy your quilting journey!**  

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