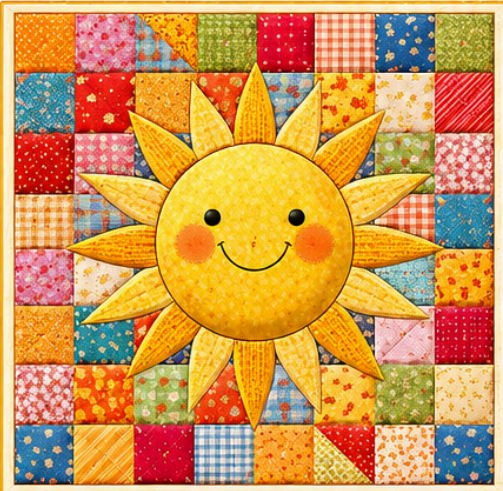


SUNSHINE QUILT BLOCK – STEP BY STEP TUTORIAL

FINISHED SIZE: 40 cm x 40 cm (15 3/4" x 15 3/4")

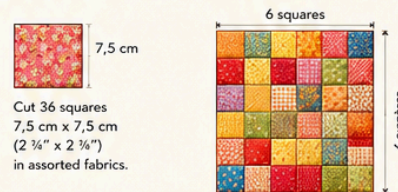


1 MATERIALS

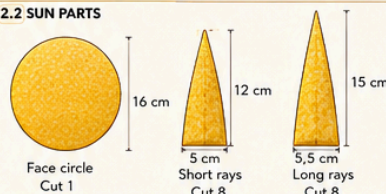
- 100% cotton fabric (quilting weight)
- Batting 45 cm x 45 cm
- Backing fabric 45 cm x 45 cm
- Thread to match
- Fabric pen or pencil
- Quilt ruler, rotary cutter
- Sewing machine
- Iron and ironing board
- Hand sewing needle
- Pins or fabric clips
- Freezer paper (optional)
- Black buttons or applique eyes (optional)
- Fusible web (optional)

2 CUTTING GUIDE (measurements include 0,7 cm seam allowance)

2.1 BACKGROUND – PATCHWORK SQUARES



2.2 SUN PARTS



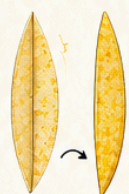
3 ASSEMBLY – STEP BY STEP

3.1 SEW THE PATCHWORK



- Arrange the 36 squares into 6 rows of 6 squares.
- Sew each row together using a 0,7 cm seam allowance.
- Press seams in alternate directions.
- Sew the 6 rows together to complete the background panel (40,5 cm x 40,5 cm).

3.2 PREPARE THE RAYS



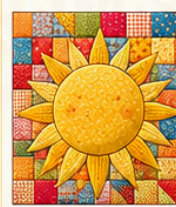
- Fold each ray piece in half lengthwise, right sides together.
- Sew along the curved side with 0,7 cm seam.
- Turn right side out and press.
- Repeat for all rays.

3.3 ARRANGE THE SUN



- Arrange the 16 rays around the face circle, alternating long and short rays.
- Overlap the points slightly.
- Pin in place.

3.4 APPLIQUE THE SUN



- Place the sun (face + rays) in the center of the patchwork.
- Applique using either:
 - Hand applique (blind stitch)
 - Machine applique (zigzag or satin stitch)
 - Fusible web applique

3.5 ADD THE FACE



- Applique or sew on the eyes.
- Embroider the mouth with black thread.
- Add cheeks using fabric circles or blush with fabric paint/pastel.

3.6 FINISH THE QUILT SANDWICH



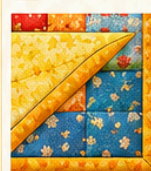
- Layer backing (wrong side up), batting, and quilt top (right side up).
- Baste the layers together using pins or basting spray.

3.7 QUILTING



- Quilt as desired. Options:
 - Stitch in the ditch around patches and applique.
 - Echo quilting around the sun.
 - Free-motion quilting in the background.

3.8 BINDING



- Trim excess batting and backing, squaring to 40 cm x 40 cm.
- Cut binding strips 6,5 cm wide.
- Sew binding to the front, miter corners, and hand stitch the back.

4 SEWING & QUILTING METHODS LEGEND

- Straight Stitch Basic stitch used for piecing fabrics.
- Backstitch Secure stitches for strong seams and details.
- Applique (Hand) Blind stitch to attach pieces invisibly.
- Applique (Machine) Zigzag or satin stitch to secure applique pieces.
- Quarter Inch Seam Standard 0,7 cm seam allowance in quilting.
- ☐ Pressing Press seams flat for accuracy and a flat quilt.

- Stitch in the Ditch Sew in the seam line to secure layers.
- Echo Quilting Quilt around a motif in parallel lines.
- Free-Motion Quilting Create designs freely with the feed dogs lowered.
- Binding Finish the edges with fabric strips.
- Basting Temporary stitches to hold quilt layers together.

5 TIPS

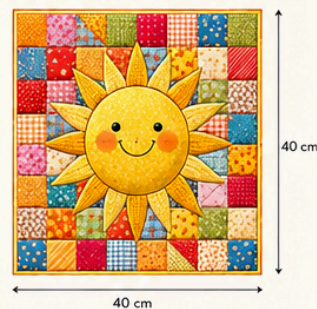
- Use high-quality 100% cotton fabric.
- Pre-wash fabrics to prevent shrinking.
- Press each seam as you go.
- Take your time with applique for a neat finish.
- Quilt with matching or invisible thread.

6 CARE INSTRUCTIONS

- ☒ Wash in cold water on gentle cycle.
- ☒ Use mild detergent.
- ☒ Tumble dry low or air dry.
- ☒ Iron on medium heat if needed.
- ☒ Do not bleach.

7 FINAL SIZE

Finished Block:
40 cm x 40 cm
(15 3/4" x 15 3/4")



BLOCK SIZE OPTIONS

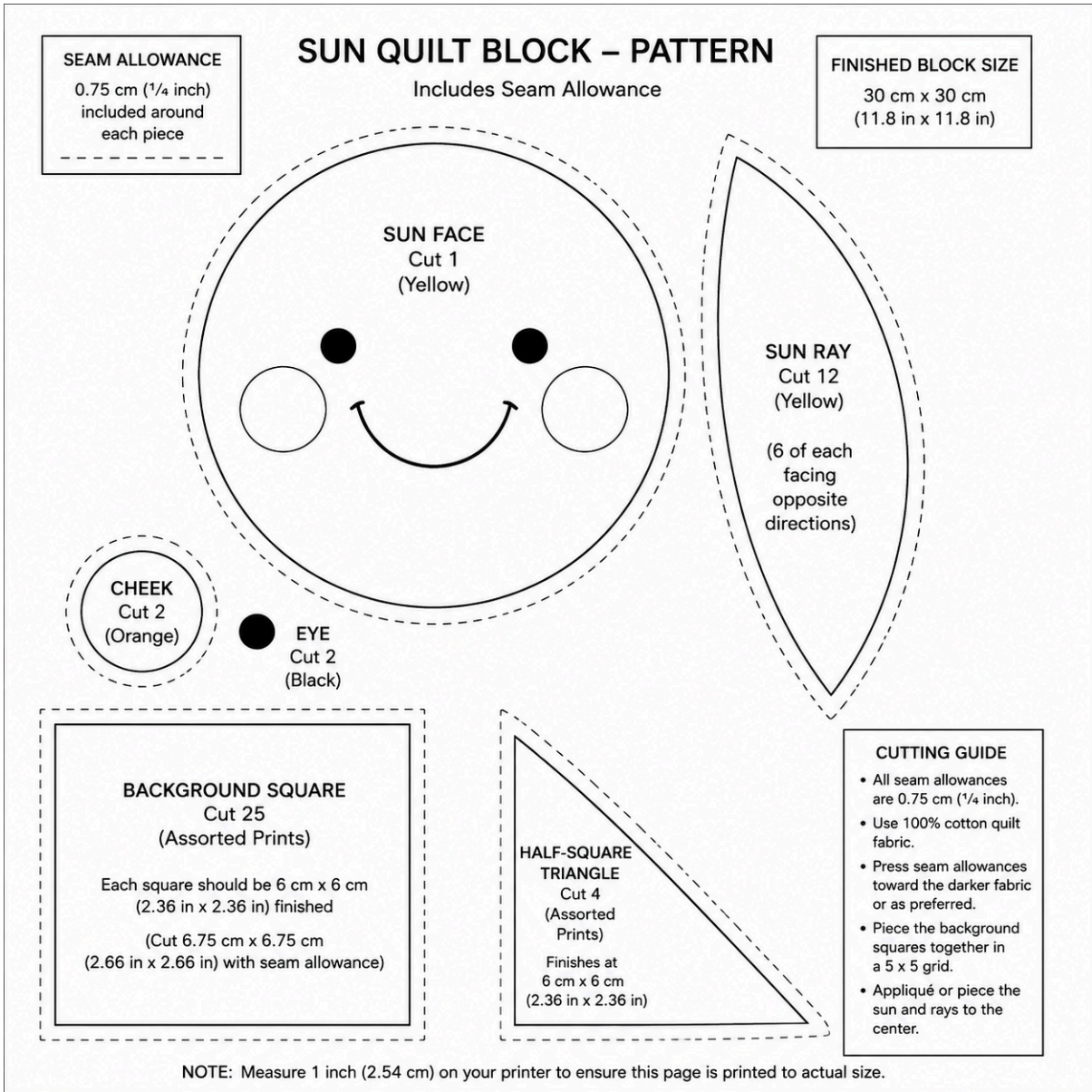
You can resize this block!

- For a smaller block: use 5 cm squares and adjust the sun size.
- For a larger quilt: make more blocks and join them together!

YOUR SUNSHINE QUILT BLOCK IS COMPLETE!

Enjoy your handmade quilt and share your creations with love!





<https://creative.craftsforlove.com/> - SEE THE BEST PATTERNS

Sunshine Quilt Block – Complete Step-by-Step Tutorial

Create a cheerful and colorful Sunshine Quilt Block featuring a smiling sun surrounded by patchwork squares. This project is

perfect for confident beginners and experienced quilters alike. By following this complete tutorial, you will learn how to prepare the fabrics, cut every piece accurately, assemble the patchwork background, create dimensional sun rays, appliqué the sun, quilt the project, and finish it professionally.

The finished quilt block measures approximately $15\frac{3}{4}" \times 15\frac{3}{4}"$ (40 cm \times 40 cm).

This tutorial follows the measurements and construction shown in the original diagram while providing detailed explanations that make every step easy to understand.

 Happy quilting!

Materials You'll Need

Prepare all materials before starting.

Fabrics

- 100% quilting cotton fabrics
- Assorted prints for the patchwork background
- Yellow fabric for the sun face
- Light yellow fabric for alternating sun rays
- Gold or orange fabric for alternating sun rays
- Backing fabric (18" \times 18")
- Batting (18" \times 18")
- Binding fabric

Notions

- Coordinating sewing thread
- Fabric scissors
- Rotary cutter
- Self-healing cutting mat

- Quilting ruler
- Pins or quilting clips
- Fabric marking pencil
- Iron
- Ironing board
- Sewing machine
- Hand sewing needle
- Black embroidery floss
- Optional fusible web
- Optional freezer paper

Finished Size

- Finished Block: 15³/₄" × 15³/₄" (40 × 40 cm)

Cutting Guide

Background Squares

Cut:

- 36 squares
- Each measuring 3" × 3" (7.5 × 7.5 cm)

Use a wide variety of colorful quilting cotton prints for a vibrant patchwork appearance.

Sun Face

Cut:

- 1 circle
- Diameter: 6¹/₄" (16 cm)

Short Rays

Cut:

- **8 pieces**
- **Height: 4³/₄" (12 cm)**
- **Base: 2" (5 cm)**

Long Rays

Cut:

- **8 pieces**
- **Height: 6" (15 cm)**
- **Base: 2¹/₄" (5.5 cm)**

Alternate fabric prints between light and darker yellows for extra dimension.

Step 1 – Prepare the Patchwork Background

The background consists of 36 squares arranged into six rows of six squares.

Arrange the Squares

Lay all 36 squares on a flat surface.

Mix colors carefully.

Avoid placing identical fabrics next to one another.

Distribute warm and cool colors evenly.

Continue rearranging until the layout feels balanced.

Taking a photo before sewing is recommended.

 **This helps preserve your arrangement.**

Sew the Rows

Take the first row.

Place the first two squares right sides together.

Sew using a ¼" seam allowance (approximately 0.7 cm).

Add the third square.

Continue until all six squares are joined.

Repeat for every row.

Press the Seams

Press every seam after sewing.

Alternate seam directions from row to row.

Example:

- **Row 1 → press left**
- **Row 2 → press right**
- **Row 3 → press left**

Alternating seam directions allows seams to nest together neatly.

Join the Rows

Match seam intersections carefully.

Pin every intersection.

Sew the rows together.

Press all horizontal seams.

Your completed background should measure approximately:

15³/₄" × 15³/₄" (40 × 40 cm)

Step 2 – Make the Sun Rays

The sun has 16 rays:

 **8 long rays**

 **8 short rays**

Fold Each Ray

Place one ray piece right sides together.

Fold it lengthwise.

Pin if necessary.

Sew the Curved Edge

Using a 1/4" seam:

Sew from the base toward the tip.

Follow the gentle curved edge.

Do not sew across the base.

Trim

Trim excess seam allowance.

Clip near the point.

Do not cut through the stitches.

Turn Right Side Out

Turn every ray right side out.

A turning tool or chopstick helps push out the point.

Avoid stretching the fabric.

Press

Press every ray flat.

Keep the center seam exactly in the middle.

Repeat until all 16 rays are finished.

Step 3 – Arrange the Sun

Lay the patchwork background flat.

Place the fabric circle in the center.

Arrange the rays underneath the circle.

Alternate:

★ Long ray

★ Short ray

★ Long ray

★ Short ray

Continue around the entire circle.

Overlap each ray base slightly underneath the circle.

Adjust spacing until everything looks symmetrical.

Pin all rays into place.

Step 4 – Appliqué the Sun

There are several ways to attach the sun.

Choose the method you prefer.

Option 1 – Hand Appliqué

Fold the raw edge under.

Use a blind stitch.

Sew slowly around the entire circle.

This method produces a traditional heirloom finish.

Option 2 – Machine Appliqué

Use:

- **Narrow zigzag stitch**

or

- **Satin stitch**

Stitch carefully around the edge.

Work slowly around curves.

Option 3 – Fusible Appliqué

Apply fusible web to the back of the circle.

Fuse according to the manufacturer's instructions.

Machine stitch around the edge afterward for durability.

Step 5 – Add the Face

Now it's time to give your sunshine personality.



Eyes

You may choose one of these methods:

- Sew black buttons
- Machine embroider
- Hand embroider
- Use appliqué circles

The sample uses small black circles positioned evenly across the face.

Smile

Using black embroidery floss:

Draw a gentle smiling curve.

Backstitch along the line.

Keep stitches even.

Cheeks

Several options work beautifully.

You may use:

- Fabric paint
- Textile crayons
- Chalk pastel
- Pink fabric circles

Blend gently for a soft rosy appearance.

Step 6 – Build the Quilt Sandwich

Prepare the three quilt layers.

From bottom to top:

- 1. Backing (right side down)**
- 2. Batting**
- 3. Quilt top (right side up)**

Smooth every layer carefully.

Remove wrinkles.

Baste

Secure all three layers.

You may use:

- Safety pins**
- Quilting pins**
- Temporary basting spray**

Ensure everything remains flat before quilting.

Step 7 – Quilt the Block

Now secure the layers permanently.

There are many quilting styles that work well.

Stitch in the Ditch

Sew directly inside the patchwork seam lines.

This creates a clean and traditional appearance.

Echo Quilting

Quilt concentric lines around the sun.

Repeat the curves evenly.

This emphasizes the circular shape beautifully.

Free Motion Quilting

Fill the background with:

- **Loops**
- **Swirls**
- **Pebbles**
- **Meandering lines**
- **Tiny stippling**

This makes the sun stand out dramatically.

Quilt Around the Rays

Stitch close to each ray.

This defines every point and adds wonderful texture.

Step 8 – Trim the Quilt

Square the quilt carefully.

Trim all four sides.

Final measurement:

15³/₄" × 15³/₄" (40 × 40 cm)

Accuracy here makes binding much easier.

Step 9 – Prepare the Binding

Cut binding strips:

2¹/₂" (6.5 cm) wide

Join strips with diagonal seams.

Press seams open.

Fold the binding in half lengthwise.

Press well.

Step 10 – Attach the Binding

Sew binding to the front.

Use a ¹/₄" seam.

Miter every corner.

Fold binding to the back.

Hand stitch using an invisible ladder stitch.

Or finish by machine if preferred.

Press one final time.

Your Sunshine Quilt Block is now complete!



Quilting Methods Explained

Straight Stitch

The basic stitch used for piecing fabrics together.

Backstitch

Creates strong, durable seams for embroidery and hand sewing.

Hand Appliqué

Invisible hand stitches secure appliqué pieces with a traditional finish.

Machine Appliqué

Uses a zigzag or satin stitch for strength and decorative detail.

Quarter-Inch Seam

The standard seam allowance in quilting.

Maintaining an accurate 1/4" seam ensures all pieces fit together correctly.

Stitch in the Ditch

Quilting directly in the seam lines to stabilize the quilt while keeping stitching subtle.

Echo Quilting

Rows of stitching that follow the outline of a motif, adding texture and emphasis.

Free-Motion Quilting

The quilter moves the fabric freely under the needle to create custom designs such as loops, swirls, feathers, or stippling.

Basting

Temporarily securing the quilt layers together with pins or spray before quilting.

Pressing

Press seams carefully with an iron instead of ironing back and forth, helping the quilt remain accurate and flat.

Helpful Tips

- ♥ Prewash fabrics if shrinkage is a concern.**
- ♥ Use high-quality quilting cotton for the best results.**
- ♥ Press after every seam to improve accuracy.**
- ♥ Replace rotary blades regularly for cleaner cuts.**
- ♥ Use matching thread for a subtle finish or contrasting thread for decorative quilting.**
- ♥ Take your time when positioning the sun so it appears perfectly centered.**
- ♥ Test quilting tension on scrap fabric before quilting the actual block.**
- ♥ Label your cut pieces before sewing to stay organized.**
- ♥ A walking foot is helpful for quilting straight lines.**

♥ Enjoy the process—precision improves with practice.

Care Instructions

- Machine wash on a gentle cycle using cold water.
- Use mild detergent.
- Tumble dry on low heat or air dry.
- Press with a warm iron if needed.
- Avoid bleach to preserve fabric colors.
- Store flat or gently folded in a dry location.

Congratulations! 🎉

Your Sunshine Quilt Block is now complete! You have created a vibrant $15\frac{3}{4}$ " \times $15\frac{3}{4}$ " quilt block featuring a cheerful smiling sun surrounded by colorful patchwork. Whether you use it as a mini wall hanging, a pillow cover, the center of a larger quilt, or combine several blocks into a full quilt, this design is sure to brighten any space. Enjoy your handmade creation, and happy quilting! ☀️ 🧵