

SUNRISE FRIENDS QUILT – STEP BY STEP TUTORIAL

A QUILT WITH DEPTH, TEXTURE AND LOVE

This quilt shows a boy and his dog watching the sunrise.
We will create it using appliqué, piecing and free-motion quilting.



FINISHED SIZE

Finished size: 70 cm x 85 cm
(27 1/2" x 33 1/2")

BLOCK SIZE (TOP)

70 cm x 85 cm

Add 7 cm (2 3/4")
all around for borders

**TOTAL QUILT SIZE WITH
BORDER: 84 cm x 99 cm**
(33" x 39")

MATERIALS

- 100% cotton fabrics
- Batting: 1 piece 84 cm x 99 cm
- Backing fabric: 1 piece 84 cm x 99 cm
- Coordinating thread
- Fusible web
- Fabric marker or pencil
- Quilting ruler and rotary cutter
- Sewing machine (with free-motion quilting foot)
- Iron and pressing mat

MAIN COLORS

- Cream / White
- Light Yellow
- Golden Yellow
- Orange
- Rust
- Brown
- Dark Brown
- Light Blue
- Turquoise Blue

1. FABRIC REQUIREMENTS

FABRIC	SIZE (cm)	USE
Sky – Cream	60 x 50	Sun rays and background
Sun – Yellow / Orange	30 x 30	Sun and glow
Hills – Light Yellow	40 x 40	Middle hills
Hills – Golden / Rust	40 x 40	Foreground hills
Hills – Brown	30 x 30	Shadows and contrast
Boy – Hoodie (Blue)	30 x 30	Clothing
Boy – Hair (Dark Brown)	15 x 15	Hair
Dog – Body (Brown)	30 x 30	Body
Dog – Collar (Blue)	5 x 15	Collar
Backing	84 x 99	Back of the quilt
Batting	84 x 99	Inside
Binding	10 x 350 (strip)	Finishing

2. APPLIQUÉ & PIECING – CUTTING GUIDE

Use fusible web for appliqué or
needle-turn appliqué method.



Sun (center circle):
1 piece (yellow) – 18 cm diameter



Sun Rays: Several pieces
(cream, yellow, orange)
Width: 4 to 8 cm (varied)
Length: up to 45 cm



Hills (wavy strips):
Height: 5 to 12 cm (varied)
Length: 70 cm (width of quilt)



Boy (back view):
Hoodie: 1 piece
approx. 30 x 28 cm
Hair: 1 piece



Dog (back view):
Body: 1 piece
approx. 22 x 35 cm
Ears: 2 pieces
Tail: 1 piece
Collar: 1 strip 2.5 x 15 cm

3. CONSTRUCTION STEPS

Step 1 – Create the Background

- Sew the sun rays together in a fan shape.
- Press seams open.
- Appliqué the sun circle at the bottom center.

Step 2 – Add the Hills (Foreground to Background)

- Cut wavy strips.
- Appliqué or piece them from back to front, overlapping slightly.
- Use different colors for depth.

Step 3 – Add the Boy and Dog

- Appliqué the boy in the center.
- Place the dog next to him.
- Add details: hair, hoodie quilting lines, dog ears, tail and collar.

Step 4 – Layer and Baste

- Quilt top + batting + backing.
- Baste with pins or spray.

Step 5 – Quilting (Free-Motion)

- Quilt the sun rays with straight or wavy lines.
- Quilt the hills with wavy lines following the shapes.
- Add texture to the boy's hoodie.
- Quilt the dog to define the shape.

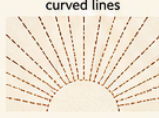
Step 6 – Binding

- Cut binding strips 6 cm wide.
- Sew binding around the quilt.
- Finish by hand or machine.

4. QUILTING IDEAS (FREE-MOTION)

Sun Rays

Straight or slightly curved lines



Hills

Wavy lines following the curves



Boy's Hoodie

Curve lines to show folds and texture



Dog's Fur

Short curved lines following the body



5. SEWING & QUILTING TECHNIQUES (USA QUILT METHODS)



APPLIQUÉ

Fuse or baste pieces on background and stitch around the edges.



PIECING

Sew fabric pieces together to make the sun rays and optional borders.



FREE-MOTION QUILTING

Use free-motion foot to quilt designs that enhance the scene.



PRESSING

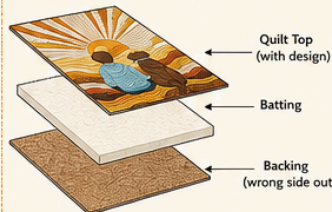
Press seams open or to the side for a flat, professional finish.



BINDING

Finishes the edge of the quilt for durability and beauty.

6. QUILTING DIAGRAM (LAYERS)



7. BINDING TUTORIAL

1. Cut binding strips 6 cm wide



2. Sew strips together end to end



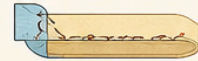
3. Fold in half lengthwise and press



4. Sew binding to the front of the quilt



5. Fold to the back and hand stitch or machine stitch



8. TIPS FOR BEST RESULTS

- Use high-quality cotton fabrics.
- Press every seam.
- Take your time with appliqué.
- Practice free-motion quilting on scraps first.
- Keep the quilt well-basted to avoid shifting.



LEGEND – MAIN TECHNIQUES

- Straight Stitch
- Topstitch / Outline
- ~ Free-Motion Quilting
- Appliqué Edge
- Basting Pin



YOUR QUILT IS READY!

Enjoy every stitch
you made
with love.

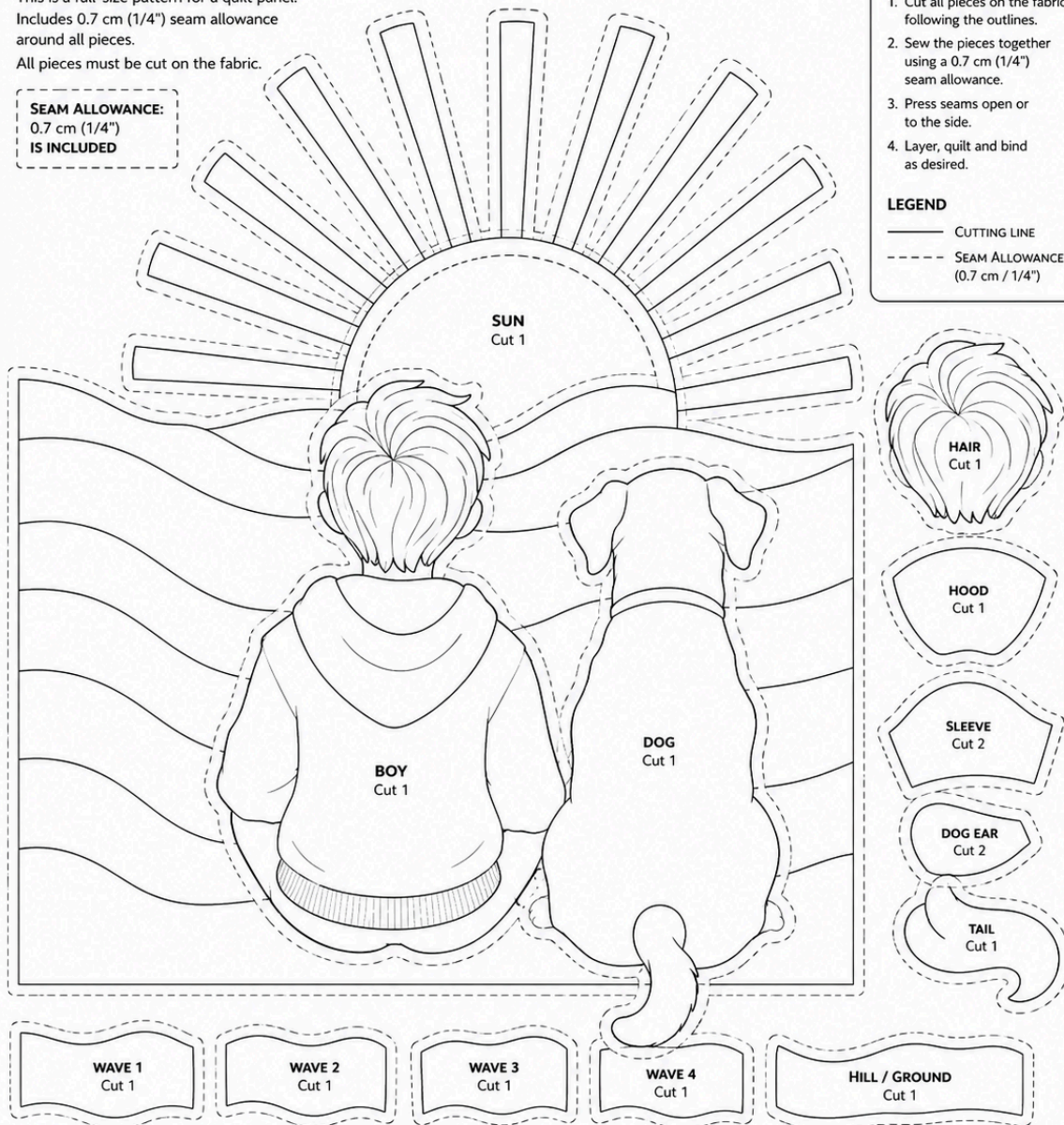


Sunrise Friendship – Quilt Pattern

This is a full-size pattern for a quilt panel.
Includes 0.7 cm (1/4") seam allowance
around all pieces.

All pieces must be cut on the fabric.

SEAM ALLOWANCE:
0.7 cm (1/4")
IS INCLUDED



INSTRUCTIONS

1. Cut all pieces on the fabric following the outlines.
2. Sew the pieces together using a 0.7 cm (1/4") seam allowance.
3. Press seams open or to the side.
4. Layer, quilt and bind as desired.

LEGEND

- CUTTING LINE
- - - SEAM ALLOWANCE (0.7 cm / 1/4")

IMPORTANT: Seam allowance of 0.7 cm (1/4") is included around all pieces. Do not add extra seam allowance.

TIPS

- Use a 0.7 cm (1/4") seam allowance.
- Press seams carefully.
- Enjoy your quilt!



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

Sunrise Friends Quilt – Step-by-Step Tutorial

A Complete Beginner-Friendly Guide for Making the *Sunrise Friends Quilt*

This tutorial is based on the project shown in the reference guide and expands every step with detailed explanations, practical tips, and professional quilting techniques commonly used in the United States. Whether this is your first quilt or you already have quilting experience, you will be able to follow each stage from cutting the fabrics to sewing the final binding.

The finished quilt features a peaceful sunrise with a young boy sitting beside his faithful dog while watching the morning sun. The design combines appliqué, piecing, and free-motion quilting to create beautiful texture, depth, and movement.

The finished quilt measures approximately 27½" × 33½" (70 × 85 cm) before borders. With the border included, the quilt measures approximately 33" × 39" (84 × 99 cm).



Step 1 – Gather Your Materials

Before beginning, prepare all of your supplies. Having everything ready will make the project much more enjoyable.

Fabrics

You'll need:

- **100% quilting cotton fabrics**
- **Cream fabric for the sky**
- **Yellow fabrics for the sun**
- **Golden yellow fabrics for the glowing hills**
- **Orange fabrics**
- **Rust-colored fabrics**
- **Medium brown fabrics**
- **Dark brown fabrics**
- **Light blue fabric for the hoodie**
- **Turquoise blue accent fabric**

- **Brown fabrics for the dog**
- **Coordinating fabrics for shadows**

Batting

- **One piece measuring 33" × 39" (84 × 99 cm)**

A cotton batting is recommended because it creates a soft texture while allowing the quilting stitches to stand out beautifully.

Backing Fabric

Prepare one backing fabric measuring:

33" × 39" (84 × 99 cm)

Choose a high-quality quilting cotton.

Notions

- **Coordinating thread**
- **Fusible web**
- **Fabric marker**
- **Rotary cutter**
- **Self-healing cutting mat**
- **Quilting ruler**
- **Sewing machine**
- **Free-motion quilting foot**
- **Iron**
- **Ironing board**
- **Pins or quilting spray**



Step 2 – Prepare and Cut the Fabric

Accurate cutting is one of the most important parts of quilting.

Always:

- **Wash fabrics if desired.**

- **Press every fabric flat.**
- **Square each piece before cutting.**

Cut the following pieces.

Sky

Cream fabric

24" × 20" (60 × 50 cm)

Sun

Yellow and orange fabrics

12" × 12" (30 × 30 cm)

Middle Hills

Light yellow fabric

16" × 16" (40 × 40 cm)

Foreground Hills

Golden yellow and rust fabrics

16" × 16" (40 × 40 cm)

Shadow Hills

Brown fabrics

12" × 12" (30 × 30 cm)

Boy

Blue hoodie

Approximately

12" × 12" (30 × 30 cm)

Hair

Approximately

6" × 6" (15 × 15 cm)

Dog

Brown fabric

Approximately

12" × 12" (30 × 30 cm)

Blue collar

2" × 6" (5 × 15 cm)



Step 3 – Create the Sunrise Background

The sunrise is the centerpiece of the quilt.

Begin by making the sun.

Cut one circle approximately 7 inches (18 cm) in diameter.

Center it near the lower middle portion of the sky.

Fuse or appliqué it in place.

Now prepare the sun rays.

Create multiple rays using cream, yellow, golden yellow and orange fabrics.

Each ray should vary in width between:

1½" and 3" (4–8 cm)

Length may reach approximately:

18" (45 cm)

Arrange them in a fan shape behind the sun.

Alternate colors randomly.

Overlap the rays slightly to eliminate gaps.

Press carefully.

Fuse or stitch each ray.

The variety in width creates a much more natural sunrise.



Step 4 – Build the Landscape

The rolling hills create perspective.

Cut long wavy strips.

Each strip should vary between:

2" and 5" high.

Use different shades for each layer.

Arrange them from the back toward the front.

Overlap each layer slightly.

Typical color order:

- Cream
- Light yellow
- Golden yellow
- Orange
- Rust
- Brown
- Dark brown

This layering creates depth.

Once satisfied with the arrangement:

- Fuse each hill
- Press well
- Stitch if desired

Step 5 – Make the Boy

The little boy is viewed from the back.

This creates a peaceful, contemplative scene.

Hoodie

Cut one hoodie shape approximately:

12" × 11" (30 × 28 cm)

Choose a soft blue fabric.

Add quilting lines later to imitate folds.

Hair

Cut one hair piece using dark brown fabric.

Keep the silhouette simple.

Fuse both pieces onto the quilt.

Do not stitch permanently until the composition is complete.

Step 6 – Create the Dog

The dog sits beside the boy watching the sunrise.

Cut:

Body

One piece

Approximately

9" × 14" (22 × 35 cm)

Ears

Two pieces

Tail

One piece

Collar

Blue strip

Approximately

1" × 6" (2.5 × 15 cm)

Arrange the dog naturally beside the boy.

Fuse the pieces.

Step 7 – Appliqué the Entire Scene

Once every element is positioned:

- **Sun**
- **Rays**
- **Hills**
- **Boy**
- **Dog**

Stand back and examine the composition.

Everything should appear balanced.

Fuse the complete design.

Now stitch around every appliqué shape.

Popular stitch choices include:

- **Blanket stitch**
- **Satin stitch**
- **Narrow zigzag**
- **Straight topstitch**

Use matching thread whenever possible.

Step 8 – Assemble the Quilt Sandwich

Create the quilt sandwich in this order:

Backing fabric (wrong side up)



Batting



Quilt top

Smooth every layer.

Remove wrinkles.

Use:

- **Safety pins**
- **Quilting spray**
- **Hand basting**

The flatter the quilt sandwich, the easier the quilting process will be.

Step 9 – Free-Motion Quilting

This is where the quilt truly comes alive.

Lower the feed dogs.

Install your free-motion quilting foot.

Practice on scrap fabric first.

Quilt the Sun Rays

Use long straight lines.

Mix in gentle curved lines.

Follow the direction of each ray.

This creates movement and light.

Quilt the Hills

Quilt flowing horizontal curves.

Allow the stitching to follow each hill.

This emphasizes the rolling landscape.

Quilt the Boy's Hoodie

Use curved echo quilting.

Create folds.

Vary the spacing.

This gives the hoodie a realistic padded appearance.

Quilt the Dog

Use short flowing lines.

Follow the direction of the fur.

Quilt around the ears.

Add texture to the tail.

Quilt lightly around the collar.

The varying stitch directions make the dog appear much more realistic.

Step 10 – Add Extra Texture

Professional art quilts usually include additional quilting.

Ideas include:

- Small echo quilting around the sun
- Pebble quilting in empty sky areas
- Wind lines across the background
- Extra contour lines in the hills
- Additional folds in the hoodie
- Fur highlights on the dog

These details dramatically increase visual interest.

Step 11 – Square the Quilt

After quilting:

Lay the quilt flat.

Trim all four sides.

Measure carefully.

The finished quilt top should now be approximately:

33" × 39"

Use a large quilting ruler to keep every corner square.

Step 12 – Prepare the Binding

Cut binding strips:

Approximately

2½" (6 cm) wide.

Join the strips end-to-end using diagonal seams.

Press the seams open.

Fold the binding in half lengthwise.

Press again.

Your binding is now ready.

Step 13 – Sew the Binding

Starting in the middle of one side:

Sew the binding to the front of the quilt.

Use a ¼" seam allowance.

Miter every corner.

Continue around the quilt.

Join the beginning and ending neatly.

Fold the binding to the back.

Hand stitch with invisible stitches or machine stitch close to the folded edge.

Step 14 – Final Inspection

Check every area carefully.

Look for:

- **Loose threads**
- **Missed quilting**
- **Open seams**
- **Uneven edges**

- **Wrinkles**

Give the quilt one final press.

Avoid pressing heavily over dense quilting.

Use steam carefully.

❤️ Step 15 – Enjoy Your Finished Quilt

Congratulations!

You have completed the Sunrise Friends Quilt, a beautiful landscape quilt combining piecing, appliqué, and free-motion quilting.

This design makes a wonderful:

- **Wall hanging**
- **Nursery decoration**
- **Gift for dog lovers**
- **Handmade keepsake**
- **Quilt show project**
- **Home décor piece**

Each stitch tells part of the story of a peaceful sunrise shared between a boy and his loyal best friend.

Happy quilting! 🧵☀️🐕