

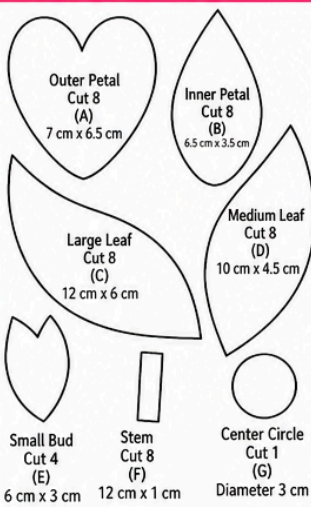


Finished Block
40 cm x 40 cm
(15.7\" x 15.7\")

MATERIALS NEEDED

- Background fabric 40 cm x 40 cm
- Dark green fabric 30 cm x 30 cm
- Medium green fabric 25 cm x 25 cm
- Red fabric 20 cm x 20 cm
- Pink fabric 20 cm x 20 cm
- Yellow or orange fabric 5 cm x 5 cm
- Batting 40 cm x 40 cm
- Backing fabric 40 cm x 40 cm
- Thread to match fabrics

TEMPLATES (Actual Size)



Outer Petal Cut 8 (A) 7 cm x 6.5 cm
Inner Petal Cut 8 (B) 6.5 cm x 3.5 cm
Large Leaf Cut 8 (C) 12 cm x 6 cm
Medium Leaf Cut 8 (D) 10 cm x 4.5 cm
Small Bud Cut 4 (E) 6 cm x 3 cm
Stem Cut 8 (F) 12 cm x 1 cm
Center Circle Cut 1 (G) Diameter 3 cm

1 CUT THE FABRIC PIECES



Cut all pieces using the templates and measurements. Add a 0.5 cm seam allowance around each piece.

2 PIECES READY



3 PREPARE THE PETALS



Place the inner petal (B) on the outer petal (A), right sides together. Sew around the edge leaving a small opening. Turn right side out, shape the petal and press. Make 8 petals.

4 PREPARE THE BUDS



Sew the small bud pieces (E) the same way. Make 4 buds.

5 PREPARE THE LEAVES



Sew the large leaves (C) and medium leaves (D) (right sides together), turn right side out and press. Make 8 large leaves and 8 medium leaves.

6 MAKE THE STEMS



Fold the stem piece (F) in half lengthwise, sew and turn right side out. Press. Make 8 stems.

7 ARRANGE THE DESIGN



On the 40 cm x 40 cm background fabric, arrange all pieces as shown in the photo. Move the pieces until you are happy with the position.

8 APPLIQUÉ THE CENTER AND LEAVES



Pin the center circle (G) and the green leaves. Use appliqué stitch (hand or machine) to sew each piece. Stitch close to the edge.

9 ADD THE STEMS AND PETALS



Place the stems, buds and petals one by one, pinning in place. Appliqué each piece with a straight stitch, blanket stitch or machine appliqué stitch.

10 COMPLETE THE APPLIQUÉ



Continue until all pieces are appliquéd. Stitch around each piece for a neat finish.

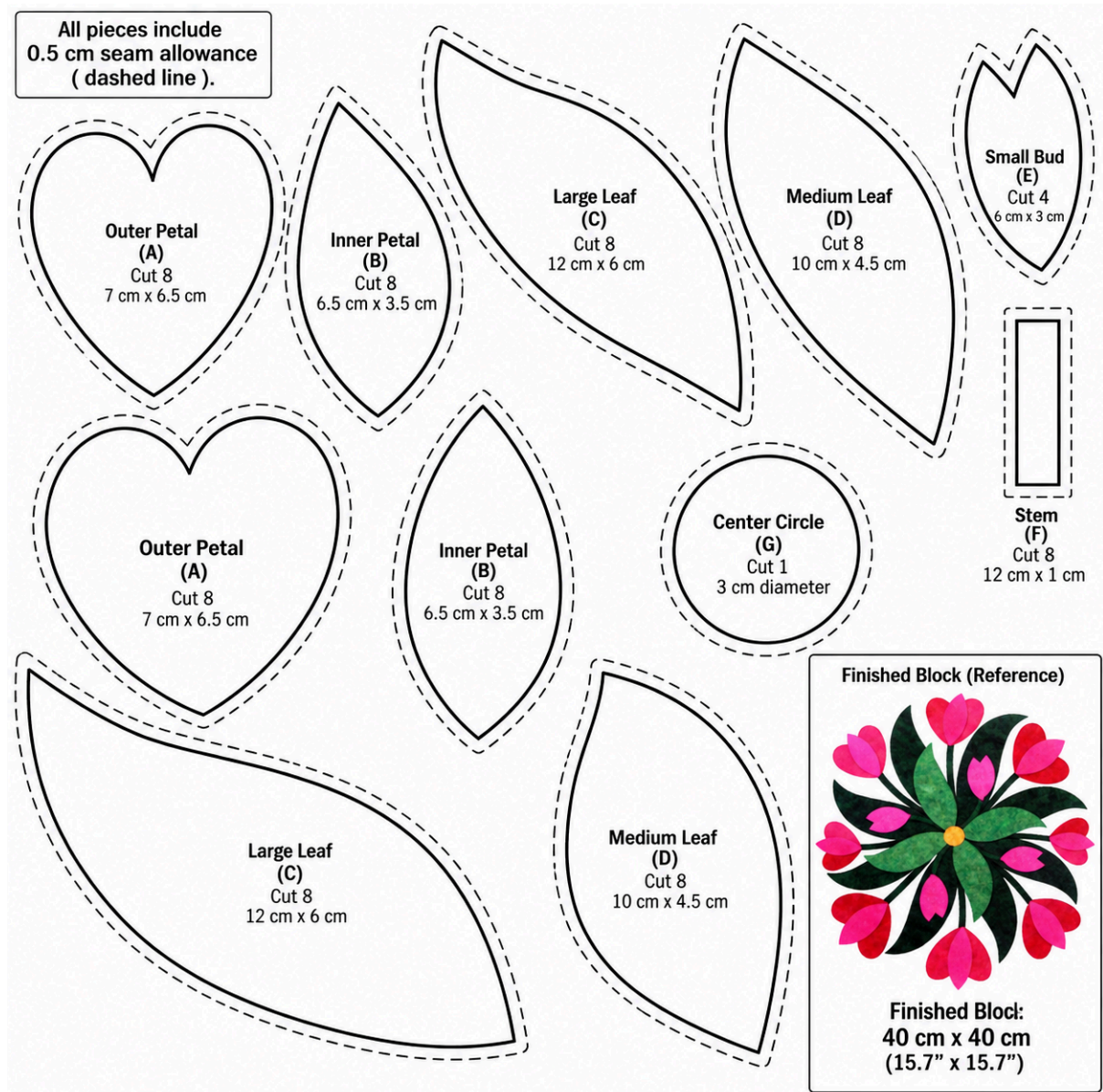
11 QUILT AND FINISH



Add batting and backing fabric. Quilt as desired. Square the block to 40 cm x 40 cm. Add binding if you want.

MAIN SEWING METHODS USED

- Running Stitch Temporary stitch to hold pieces.
- Appliqué Stitch (Hand) Small, even stitches around the edge.
- Blanket Stitch Decorative and secure stitch for appliqué.
- Machine Appliqué Stitch A strong option using your sewing machine.



Floral Wreath Appliqué Quilt Block Tutorial – 40 cm × 40 cm

This tutorial follows the supplied quilt graphic and creates a 40 cm × 40 cm (15.7" × 15.7") floral appliqué quilt block featuring layered red and pink flowers, dark and medium green leaves, slender stems, pink buds, and a small yellow-orange center. The design is arranged radially, giving the finished block a balanced wreath-like appearance.

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

The project is suitable for anyone familiar with basic sewing, but beginners can also complete it by working slowly and preparing each appliqué component before assembling the final design. You can sew the appliqué by hand or machine. The measurements below are given in centimeters, while the techniques use terminology familiar to quilters in the United States.

Step 1: Gather the Materials

Prepare all your materials before cutting. Using fabrics with slightly different prints or tonal textures will give the flowers and leaves more depth while preserving the appearance shown in the tutorial graphic.

For one 40 cm × 40 cm finished block, prepare:

- Background fabric: 40 × 40 cm
- Dark green fabric: approximately 30 × 30 cm
- Medium green fabric: approximately 25 × 25 cm
- Red fabric: approximately 20 × 20 cm
- Pink fabric: approximately 20 × 20 cm
- Yellow or orange fabric: approximately 5 × 5 cm
- Batting: 40 × 40 cm
- Backing fabric: 40 × 40 cm
- Coordinating sewing thread
- Appliqué needle or sewing machine
- Fabric scissors or rotary cutter
- Cutting mat
- Iron and ironing board
- Pins or appliqué-safe fabric glue
- Fabric marking pencil

For a more forgiving construction process, you can initially cut the background, batting, and backing slightly larger than 40 cm and square the block to 40 × 40 cm after quilting.

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

Step 2: Prepare the Appliqué Templates

The tutorial uses several repeating shapes. Making sturdy templates first will help keep repeated flowers and leaves consistent.

The Outer Petal (A) is a heart-shaped piece measuring approximately 7 × 6.5 cm. Cut 8 pieces from red fabric.

The Inner Petal (B) is an elongated pointed petal approximately 6.5 × 3.5 cm. Cut 8 pieces from pink fabric. These will sit over the red outer petals.

For the foliage, prepare 8 Large Leaves (C) measuring approximately 12 × 6 cm and 8 Medium Leaves (D) measuring approximately 10 × 4.5 cm. Use dark and medium green fabrics to create the alternating layered effect visible in the finished design.

Prepare 4 Small Bud pieces (E) measuring approximately 6 × 3 cm. Cut 8 Stem pieces (F) approximately 12 × 1 cm. Finally, cut one Center Circle (G) approximately 3 cm in diameter from yellow or orange fabric.

The tutorial graphic recommends adding approximately 0.5 cm seam allowance around pieces when using a turned-edge construction method.

Step 3: Cut All the Fabric Pieces

Press the fabric before cutting. Wrinkles can slightly distort small appliqué pieces and make repeated shapes inconsistent.

Trace each template onto the appropriate fabric. When tracing directional prints, check the direction of the pattern before cutting.

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

Cut the red outer petals first, followed by the pink inner petals. Keep matching flower components together so they do not become mixed up during assembly.

Next, cut the dark and medium green leaves. A combination of the two greens creates the layered botanical appearance of the original project.

Cut the narrow green stem pieces carefully. Because they are only about 1 cm wide, accurate cutting is particularly important.

Finally, cut the small pink buds and the 3 cm yellow-orange center circle.

Step 4: Prepare the Eight Layered Flowers

Each large flower consists of a red heart-shaped Outer Petal (A) and a pink Inner Petal (B).

Position one pink inner petal vertically over one red outer petal. The pointed tip of the pink piece should extend toward the upper center of the flower.

If following the turned construction illustrated in the graphic, place the appropriate pieces right sides together, stitch around the required edges while leaving an opening, turn the piece right side out, carefully shape the curves and points, and press.

Alternatively, the individual shapes can be prepared as traditional appliqué pieces and attached separately to the background.

Repeat the process until you have 8 matching layered flower units.

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

Press each flower carefully. Avoid stretching the fabric while pressing, especially along bias edges.

Step 5: Prepare the Four Small Pink Buds

The smaller buds fill spaces between some of the larger flowers and leaves.

Prepare the Small Bud (E) pieces using the same technique chosen for the other appliqué components.

If using turned-edge appliqué, turn the seam allowance toward the wrong side and press carefully. A small appliqué tool or turning tool is useful around the pointed notch.

Make 4 buds.

Keep these pieces separate from the larger pink inner petals because their shapes and placement are different.

Step 6: Prepare the Large and Medium Leaves

The foliage forms most of the circular structure of this quilt block, so take extra care when shaping the leaves.

Prepare the 8 Large Leaves (C) at approximately 12 × 6 cm each.

Next, prepare the 8 Medium Leaves (D) at approximately 10 × 4.5 cm.

Turn and press the edges if using hand appliqué. For raw-edge fusible appliqué, fuse the adhesive to the wrong side of the fabric before tracing and cutting the final shapes.

Arrange some leaves in dark green and others in medium green. This contrast prevents the center of the design from appearing like one solid mass.

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

Do not permanently attach the leaves yet. The complete composition should be tested on the background first.

Step 7: Make the Eight Stems

Prepare 8 stems, each approximately 12 × 1 cm.

For turned stems, fold the long edges toward the center and press. The finished stem should be narrow enough to curve naturally between the leaves.

The graphic shows gently curved stems rather than perfectly straight lines. You can achieve this by positioning the prepared strip in a slight curve while pinning it to the background.

If your fabric does not curve easily, bias-cut strips are especially helpful because they have greater flexibility.

Press the stems into their approximate curves before final placement.

Step 8: Prepare the 40 cm × 40 cm Background

Press the background fabric until completely flat.

Find the center by folding the fabric gently in half vertically and horizontally and making temporary crease marks. The intersection indicates the center of the block.

You can also mark the center with a removable fabric marker.

The yellow-orange circle will eventually cover this point, so the center mark is primarily an alignment guide.

Keep all appliqué elements inside the intended finished boundary so they will not interfere with later squaring or binding.

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

Step 9: Arrange the Leaves Before Sewing

Begin arranging the foliage from the center outward.

Place the medium green leaves around the center in a pinwheel-like arrangement. Their pointed ends should radiate outward.

Add the larger dark green leaves behind and between them. Compare your arrangement with the reference graphic: the leaves overlap visually and form a dense circular foundation for the flowers.

Continue rotating the pieces around the center rather than arranging all the leaves in exactly the same direction.

Stand back occasionally and look at the entire block. Small adjustments at this stage can significantly improve the balance of the finished design.

Once satisfied, temporarily pin or baste the leaves.

Step 10: Position the Stems

Slide the prepared stems between the foliage.

Each stem should begin near the central leafy area and extend outward toward one of the large flowers.

Allow the stems to curve gently.

Make sure the inner ends will eventually be concealed beneath leaves or the central circle.

Pin or lightly baste each stem after confirming its position.

Step 11: Arrange the Eight Large Flowers

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

Position the 8 layered red-and-pink flowers around the outside of the foliage.

Think of the block as a clock face. Distribute the flowers around the circle with reasonably consistent spacing rather than concentrating them on one side.

The flowers should point outward from the center.

Some stems can remain partly visible beneath the flowers, while others may disappear behind leaves. This overlapping effect gives the flat appliqué design a more dimensional appearance.

Before sewing, rotate or reposition individual flowers until the overall wreath looks balanced.

Step 12: Add the Four Pink Buds

Place the 4 small pink buds in spaces among the leaves.

According to the reference design, these smaller elements sit closer to the central foliage than the large outer flowers.

Use them to fill visually empty areas.

Their bright pink color also helps distribute the flower color throughout the middle of the design.

Pin the buds temporarily and examine the complete composition one final time.

Step 13: Add the Yellow-Orange Center Circle

Position the 3 cm diameter Center Circle (G) directly over the center of the design.

This small piece hides several inner edges and creates a focal point.

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

Pin it carefully.

Check the entire block from all four directions before beginning permanent appliqué.

At this point, you should have the complete floral composition laid out on the 40 × 40 cm background.

Step 14: Appliqué the Center and Leaves

Begin sewing the pieces that lie underneath other components.

Attach the central foliage first, working from the lowest layer toward the uppermost layer.

For traditional hand appliqué, use a fine appliqué stitch. Take small, even stitches close to the folded edge so that the thread remains unobtrusive.

For machine appliqué, a narrow zigzag or machine appliqué stitch can be used.

A blanket stitch is another excellent option when you want the stitching to become a visible decorative feature.

Continue around each leaf until it is securely attached.

Step 15: Appliqué the Stems, Buds, and Flowers

After the main leaves are secure, stitch the stems.

Work slowly around curved stems to prevent puckering. If machine sewing, reduce your speed and pivot frequently on tight curves.

Next, appliqué the four small buds.

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

Attach each red outer flower component and then secure the pink inner petal as required by your chosen construction method.

Maintain consistent stitching throughout the project. Uniform stitch length makes the finished block look much more polished.

Continue until every flower, bud, stem, and leaf is permanently attached.

Step 16: Understand the Main Sewing Methods Used

The tutorial graphic identifies four useful sewing techniques.

Running Stitch: This simple straight stitch can be used temporarily to baste pieces into position before permanent sewing. Make evenly spaced stitches through the fabric and remove them afterward if necessary.

Hand Appliqué Stitch: Use tiny stitches along the folded edge of an appliqué piece. Ideally, most of the thread remains nearly invisible from the front.

Blanket Stitch: This decorative stitch forms small perpendicular stitches along the edge of the appliqué. It is especially attractive when contrasting thread is intentionally part of the design.

Machine Appliqué Stitch: A sewing machine can secure the pieces with a narrow zigzag, blanket-style stitch, or another dedicated appliqué stitch. Test the settings on scrap fabric before stitching the actual block.

You do not need to combine all four techniques. Choose the appliqué method that best matches your equipment and experience.

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

Step 17: Press the Completed Appliqué

Once every component has been stitched, inspect the block carefully.

Trim loose threads and check that all pointed ends and curved edges are securely attached.

Press from the wrong side whenever practical. This helps protect the dimensional appliqué pieces.

Use moderate heat appropriate for your fabric.

Avoid dragging the iron across the flowers. Instead, lower and lift the iron to reduce distortion.

The block should now lie flat and be ready for quilting.

Step 18: Make the Quilt Sandwich

Place the backing fabric wrong side facing upward.

Center the 40 × 40 cm batting over it.

Place the completed appliqué block on top with the design facing upward.

Smooth all three layers from the center toward the edges.

Pin-baste, thread-baste, or use your preferred quilting basting method to secure the sandwich.

Check the back for wrinkles before quilting.

Step 19: Quilt the Block

The tutorial leaves the exact quilting pattern to the maker, which gives you several possibilities.

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

For a simple result, quilt around the outer edges of the flowers and leaves. This technique emphasizes the appliqué shapes.

You can also quilt the open background areas with gentle curves, echo quilting, or simple free-motion quilting.

Beginners may prefer straight-line quilting because it is easier to control.

Do not quilt so densely that the appliqué loses its soft dimensional appearance.

Continue until all areas of the block are evenly supported by quilting stitches.

Step 20: Square the Block to 40 cm × 40 cm

After quilting, place the block on a cutting mat.

Use a quilting ruler to check all four sides.

Trim excess batting and backing carefully.

The final block should measure approximately 40 cm × 40 cm, equivalent to about 15.7" × 15.7".

Check that opposite sides are parallel and all four corners are square.

This step is especially important if the block will later become part of a larger quilt.

Step 21: Add Binding if Desired

If you want to use the project as a small wall quilt or decorative panel, finish the perimeter with binding.

Cut binding strips and join them until you have enough length to surround the entire block plus extra for joining.

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

Attach the binding to the front by machine.

Fold it over the raw edge toward the back.

Finish the back by hand for a traditional appearance, or machine stitch it for a faster finish.

For a quilt that will incorporate this block into a larger design, you may skip binding and join the block according to your larger quilt layout.

Step 22: Final Finishing and Care

Inspect every appliqué edge before considering the project finished.

Remove visible basting threads and trim loose thread tails.

Give the quilt block a final gentle press.

The finished design should feature eight prominent red-and-pink flowers, smaller pink buds, layered dark and medium green foliage, curved stems, and the small yellow-orange circle anchoring the composition.

Your finished 40 cm × 40 cm Floral Wreath Appliqué Quilt Block can be used as a wall hanging, cushion front, decorative quilt panel, table topper, or as a feature block in a larger quilt. The same templates can also be enlarged or reduced to adapt the floral motif to other quilting projects.