



Sunbonnet Girl Quilt Panel

Step-by-Step Tutorial

♥ A charming and timeless quilt block, perfect for wall hangings, cushions or small quilts! ♥

Finished Size
30 cm (W) x 40 cm (H)



Materials

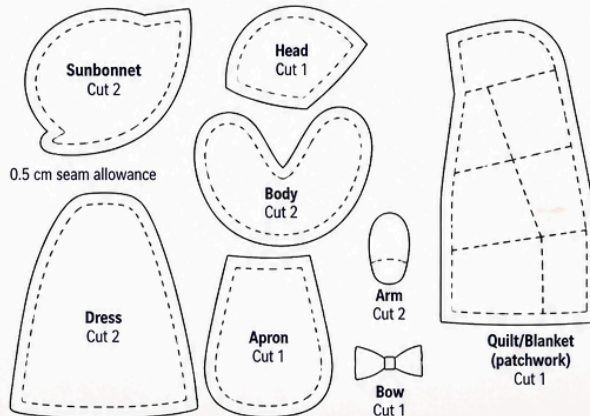
Cotton fabrics (100% cotton)

- Dress: 30 x 20 cm
- Apron: 20 x 15 cm
- Hat: 15 x 15 cm
- Quilt/Blanket: fabric scraps
- Background: 35 x 45 cm
- Border: 4 strips 5 x 45 cm (or 2 x 35 cm and 2 x 45 cm)
- Batting: 35 x 45 cm
- Backing fabric: 35 x 45 cm

Tools

- Scissors
- Pins or clips
- Sewing needle
- Thread (matching colors)
- Sewing machine
- Iron
- Fabric marker
- Ruler
- Cutting mat (optional)

Templates (Actual Size Proportions)



Fabric Cutting Guide (cm)

Background	35 x 45 cm
Outer Border	4 strips 5 x 45 cm
Dress	30 x 20 cm
Apron	20 x 15 cm
Hat	15 x 15 cm
Blanket (patchwork)	Use fabric scraps Cut squares/rectangles 5 x 5 cm or 5 x 7 cm

Main Stitches Used

- Running stitch (for applique)
- Back stitch (outline)
- Blanket stitch (edges)
- Straight stitch (sewing pieces)
- Quilting stitch (background)

Step-by-Step Instructions

- Cut all the fabric pieces using the templates. Remember to add 0.5 cm seam allowance if needed.
- Position the applique pieces on the background fabric. Arrange until you are happy with the composition.
- Sew the hat and add a ribbon and small bead or tassel (optional). Use blanket stitch or running stitch around the edge.
- Applique the body, arm and apron. Use a blanket stitch or your preferred applique stitch.
- Make the patchwork blanket. Sew small squares or rectangles together, then applique it to the girl's arm.
- Finish appliqueing all the pieces. Check if all edges are well stitched.
- Quilt the background. You can use straight lines or a diamond pattern (as in the model).
- Add the borders. Sew the side borders first, then the top and bottom ones.
- Place the backing fabric right sides together with the front and batting. Sew around, leaving an opening. Turn right side out and close the opening by hand or machine.
- Your Sunbonnet Girl quilt panel is ready! Use it as a wall hanging, cushion cover or as part of a larger quilt.

Tips for Success

- ✓ Use 100% cotton fabric.
- ✓ Pre-wash your fabrics.
- ✓ Use a fabric marker to position the pieces.
- ✓ Take your time with the applique; it makes a big difference in the final look.
- ✓ Choose colors that bring harmony.
- ✓ Quilting adds beauty and durability.
- ✓ This pattern can be resized to make cushions, bags or larger quilts.

Sewing creates beautiful stories!

Happy Sewing!

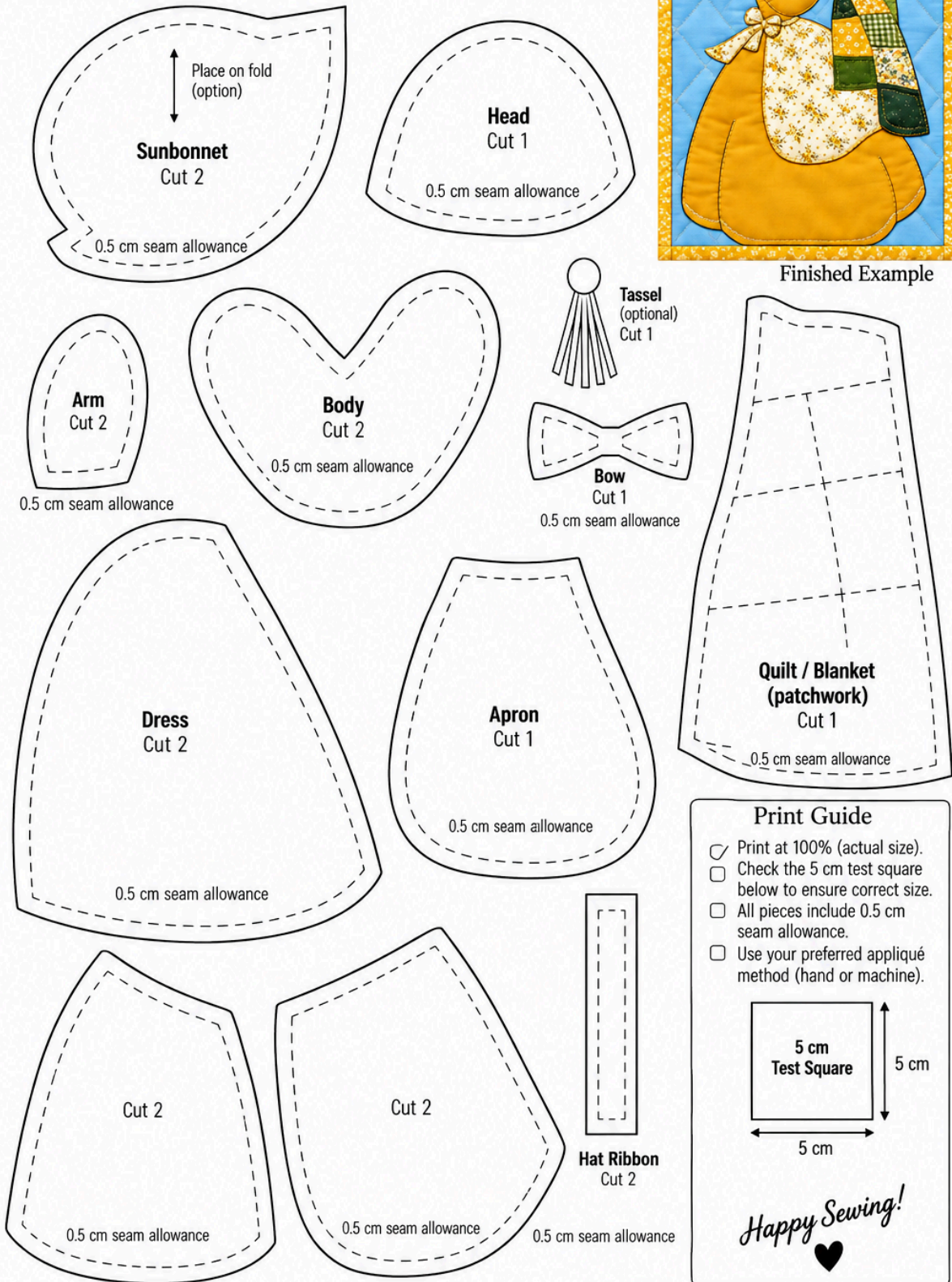
Sunbonnet Girl Quilt Panel

Pattern for Printing

All pieces include 0.5 cm seam allowance

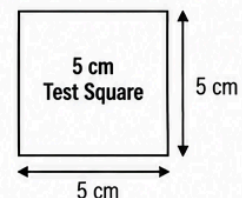


Finished Example



Print Guide

- ☒ Print at 100% (actual size).
- ☐ Check the 5 cm test square below to ensure correct size.
- ☐ All pieces include 0.5 cm seam allowance.
- ☐ Use your preferred appliqué method (hand or machine).



Happy Sewing!

Sunbonnet Girl Quilt Panel – Complete Step-by-Step Tutorial

The Sunbonnet Girl Quilt Panel is a charming appliqué project that combines traditional American quilting techniques with simple patchwork, decorative hand stitching, and machine quilting. Following the reference tutorial, the finished panel measures approximately 30 cm wide × 40 cm high (11.8 × 15.7 inches). It can be displayed as a small wall hanging, incorporated into a cushion cover, or used as a decorative block in a larger quilt.

This project uses 100% cotton quilting fabric, batting, backing fabric, and several coordinating scraps. The design is built in layers: first the quilted background, then the Sunbonnet Girl appliqué, followed by her patchwork blanket and the outer border. Because the individual shapes are relatively simple, this is also an approachable project for someone learning appliqué.

The instructions below follow the construction shown in the graphic. All primary measurements are given in centimeters, with approximate inch equivalents added where useful for U.S. makers.

Step 1: Gather the Materials and Sewing Tools

Before cutting anything, collect all the fabrics and supplies. Using quilting-weight cotton will make the appliqué easier to control and will give the finished panel a traditional quilted appearance.

For the project shown, prepare:

- Dress fabric: 30 × 20 cm (approximately 11.8 × 7.9 in)
- Apron fabric: 20 × 15 cm (approximately 7.9 × 5.9 in)

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- Hat fabric: 15 × 15 cm (approximately 5.9 × 5.9 in)
- Quilt/blanket: assorted coordinating fabric scraps
- Background fabric: 35 × 45 cm (approximately 13.8 × 17.7 in)
- Outer border: four strips approximately 5 × 45 cm, trimming them to the final dimensions as needed
- Batting: 35 × 45 cm
- Backing fabric: 35 × 45 cm
- Matching or coordinating sewing thread

You will also need fabric scissors, pins or sewing clips, a hand-sewing needle, sewing machine, iron, fabric marker, ruler, and cutting mat. A rotary cutter can be used with the ruler and cutting mat if you already work with standard quilting tools.

The tutorial graphic uses mustard yellow, cream floral prints, olive and dark greens, and a light blue background. You do not have to duplicate those colors. The important point is to maintain enough contrast between the girl, apron, blanket, and background.

Prewash the fabrics if desired, particularly when mixing fabrics from different manufacturers. Press every piece before cutting. Flat, wrinkle-free fabric makes tracing and appliqué placement considerably easier.

Step 2: Prepare the Sunbonnet Girl Templates

The design is divided into several individual shapes. According to the pattern shown in the tutorial, you will need pieces for the sunbonnet, body, dress, apron, arm, bow, patchwork blanket, and optional decorative details.

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Print or trace the templates at the intended size. If you are using the printable pattern accompanying this project, print it at 100% / Actual Size rather than selecting “Fit to Page.”

The pattern uses a 0.5 cm seam allowance where a turned-edge construction method is desired. Check the template markings carefully before cutting. A solid outer line can represent the cutting line while the inner dashed line indicates the seam or turning line.

For appliqué pieces that will have their raw edges enclosed or turned underneath, transfer both the outline and any useful placement marks.

Cut:

Sunbonnet: 2 pieces

Body: 2 pieces when constructing a dimensional/turned piece

Dress: 2 pieces when using the turned construction shown

Apron: 1 main visible piece

Arm: 2 pieces if making a turned unit

Bow: 1 decorative unit

Blanket: 1 assembled patchwork appliqué unit

Small hat ribbons and a tassel can also be added to reproduce the decorative appearance of the example.

Do not rush this stage. Accurate template pieces produce cleaner curves and make the final appliqué substantially easier to assemble.

Step 3: Cut and Prepare the Background

Cut the light blue background fabric to approximately 35 × 45 cm. This oversized piece provides room for quilting and later trimming.

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Cut batting and backing fabric to the same 35 × 45 cm dimensions.

Press the background carefully. If you want to reproduce the diamond quilting visible in the example, lightly mark diagonal guidelines using a removable fabric marker.

Start in one direction, spacing the lines evenly. Then mark a second group of diagonal lines traveling in the opposite direction. The intersections will form the characteristic diamond grid.

Before stitching, test your marker on a scrap of the same fabric. Make sure its marks can be removed according to the manufacturer's directions.

Layer the backing, batting, and blue quilt top so everything lies smooth and flat. Baste the layers using your preferred quilting method.

Step 4: Quilt the Blue Background

Quilt the background before permanently attaching the appliqué. This creates the attractive diamond texture seen throughout the open blue areas of the finished panel.

Using a straight quilting stitch, sew along the first group of diagonal guidelines. Work progressively across the panel instead of jumping randomly between lines.

Turn the work and sew the intersecting diagonal lines.

Keep the fabric flat while quilting. Avoid pulling the layers through the sewing machine because that can distort the panel.

After quilting, press gently if necessary and square the panel. The working area should remain large enough to

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accommodate the complete Sunbonnet Girl design and subsequent border treatment.

The quilted background now becomes your foundation.

Step 5: Construct the Sunbonnet

The bonnet is one of the most recognizable parts of the design, so take extra care with its curved outline.

Trace the sunbonnet template onto the cream floral fabric. If using the turned-edge method indicated by the pattern, include the 0.5 cm seam allowance.

Clip or notch curved seam allowances where necessary, taking care not to cut through the stitching line. Turn and press the piece carefully so that the curves remain smooth.

The example uses cream fabric printed with small yellow flowers. A contrasting green and mustard ribbon crosses the bonnet and creates additional dimension.

Create narrow fabric ribbon strips, or use suitable premade ribbon. Position them across the bonnet as shown in the reference. Secure them with hand or machine stitches.

An optional small tassel can hang from the lower back of the bonnet. This is decorative rather than structural, so it can be omitted for a simpler version.

Use blanket stitch, running stitch, or another preferred appliqué stitch around the bonnet when attaching it to the background.

Step 6: Assemble the Dress, Body, Arm, and Apron

Prepare the mustard dress using the template. Smooth curves are particularly important along the wide bottom edge.

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Position the upper body piece above the dress. In the reference design, the girl's bent arm creates a rounded heart-like silhouette across the upper torso.

Prepare the arm separately. The hand/arm section can be made from a pale neutral fabric to distinguish it from the dress and blanket.

Next prepare the floral apron. The tutorial specifies approximately 20 × 15 cm of fabric for this component before the pattern shape is cut.

Turn and press the apron edges according to your chosen appliqué method. Center it over the front of the dress, following the placement shown in the reference.

The upper apron should sit around the waist, while its rounded bottom extends down the front of the skirt.

Add the floral bow at the waist. The bow can be constructed as a small dimensional element or as flat appliqué pieces. Secure its center firmly so the loops and tails remain in position.

Decorative running stitches or blanket stitches around the dress and apron can reproduce the handmade appearance of the original.

Step 7: Make the Patchwork Quilt or Blanket

The small quilt carried by the girl is an excellent place to use leftover quilting cotton.

Choose several coordinating scraps. The example combines olive green, dark green, mustard yellow, cream floral fabric, and green gingham.

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Cut small rectangles and squares. The graphic suggests pieces in the general range of 5 × 5 cm to 5 × 7 cm, but the exact sizes can be adjusted to fit your blanket template.

Arrange the scraps before sewing. Alternate light and dark fabrics so individual patches remain visible.

Sew neighboring pieces right sides together using a consistent quilting seam allowance. Press the seams after each section is joined. Pressing seams to one side or open can both work; consistency matters more on a project this small.

Continue joining patches until you have a piece large enough for the complete blanket template.

Place the blanket template over the assembled patchwork and cut the final silhouette. Prepare the outer edges according to your appliqué technique.

The blanket should curve naturally beside the girl and overlap the arm in a way that suggests she is carrying it.

Step 8: Position All the Appliqué Pieces

Before sewing the appliqué permanently, arrange every major component on the quilted background.

Start with the large dress because it establishes the overall position of the figure. Add the body, apron, arm, bonnet, bow, and patchwork blanket.

Compare the arrangement with the finished reference. The bonnet should sit near the upper-left area of the composition, while the blanket extends downward on the right side.

Check the outer margins. Leave sufficient space around the design for the final border.

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Pin the pieces lightly or use an appliqué positioning method appropriate for your chosen technique.

Look at the entire panel from a short distance before sewing. Small positioning errors are much easier to correct now than after the appliqué has been stitched.

Once satisfied, secure the pieces so they cannot shift during sewing.

Step 9: Appliqué the Girl to the Background

Attach the appliqué in a logical layering order. Pieces that visually sit behind other pieces should generally be sewn first.

Begin with the large dress and work toward the smaller overlapping components.

A blanket stitch works particularly well around the edges and gives the project a traditional decorative finish. You can sew it by hand or use a blanket-stitch setting on your sewing machine.

A small running stitch is another option, especially when you want the handmade appearance visible in the reference.

For cleaner, less visible edges, use a fine appliqué stitch with thread that closely matches each fabric.

Sew around the apron, body, arm, bonnet, bow, and blanket individually. Make sure curved areas lie flat without puckering.

Pay particular attention to points where several layers meet, such as the waist and the area where the arm overlaps the blanket.

When all pieces are attached, inspect the entire appliqué. Reinforce any loose corners or intersections.

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Step 10: Add Decorative Stitching

The visible stitching is an important part of this quilt's character.

Use running stitch around selected appliqué areas to create the hand-finished appearance shown in the tutorial.

Use blanket stitch around edges where you want stronger visual definition.

A backstitch can be used for outlines or smaller decorative details. It produces a continuous-looking line and is especially useful when a small curve needs greater control.

Use straight stitch when assembling patchwork sections and border pieces.

The background itself uses the previously described quilting stitch arranged into diagonal lines.

Choose thread colors that either blend with the fabrics or provide gentle contrast. The sample uses warm stitching that harmonizes with the mustard and floral fabrics.

Tie off hand stitching securely on the back, and trim loose threads as you finish each section.

Step 11: Add the Outer Border

Once the appliqué and quilting are finished, square the panel carefully.

The graphic calls for four border strips approximately 5 cm wide. Because the exact required length depends on the dimensions after quilting and squaring, measure the actual panel before making the final cuts.

A traditional quilting method is to attach the side borders first.

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Measure the panel vertically through its center and cut two border strips to that measurement. Pin or clip them to the sides with right sides together.

Sew using a consistent seam allowance and press the borders outward.

Measure the new width of the panel through its center. Cut the upper and lower border strips to this measurement.

Attach them in the same manner and press.

The reference uses a mustard floral border that coordinates with the girl's dress and bonnet details, visually tying the entire design together.

Step 12: Finish the Back and Edges

The tutorial graphic shows the backing placed with the front and batting, followed by stitching around the outside while leaving an opening for turning.

If using this pillowcase-style finish, place the backing and quilted front with right sides together. Make sure the batting and other layers are arranged correctly for the construction method.

Pin or clip around the perimeter.

Sew around the outer edge, leaving an opening large enough to turn the panel right side out.

Clip excess bulk from the corners without cutting through the stitching.

Turn the piece carefully through the opening. Use a blunt turning tool to shape the corners without puncturing the fabric.

Press the outer edges flat.

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Fold the raw edges of the opening inward so they align with the sewn edge. Close the opening neatly using a ladder stitch/slip stitch by hand, or carefully topstitch it by machine.

For makers who prefer conventional quilt binding, the panel can instead be finished with a standard double-fold quilt binding after the quilt sandwich has been completed and trimmed.

Step 13: Final Pressing and Inspection

Give the completed Sunbonnet Girl Quilt Panel a careful final inspection.

Check every appliqué edge. Look particularly at the bonnet, bow, arm, apron, and patchwork blanket because these areas contain small curves and overlapping pieces.

Remove any temporary fabric markings according to the marker manufacturer's instructions.

Trim loose threads.

Press the project gently from the back or according to the requirements of your fabrics and batting. Avoid aggressively flattening dimensional details such as the bow and bonnet ribbons.

Confirm that the finished panel is approximately 30 × 40 cm. Small differences are perfectly acceptable because quilting can slightly change the dimensions of a handmade panel.

Your Sunbonnet Girl is now complete. 🧵💛

Step 14: Ways to Use the Finished Sunbonnet Girl Panel

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The finished piece can be displayed exactly as shown—as a small decorative quilt or wall hanging.

To turn it into a wall hanging, add a hanging sleeve to the back. Keep the attachment stitches from showing on the front.

You can also use the appliqué as the centerpiece of a cushion cover. Simply adapt the surrounding background and borders to the dimensions of your cushion form.

Another option is to make several Sunbonnet Girl blocks with different dresses and patchwork blankets. The blocks can then become part of a larger traditional quilt.

Changing fabric colors can completely transform the project while preserving the same pattern. Pastels create a soft cottage look, while reds, blues, and deeper traditional prints can give it a classic American country-quilt appearance.

Most importantly, maintain the same construction sequence: prepare the templates → cut the fabrics → quilt the background → assemble the appliqué → make the patchwork blanket → position the pieces → appliqué everything securely → add borders → finish the backing and edges.

That order keeps the project manageable and helps produce a clean, polished Sunbonnet Girl Quilt Panel from beginning to end.