



- ✓ 100% cotton quilting fabrics (various prints and solids)
- ✓ Backing fabric
- ✓ Batting (quilt batting)
- ✓ Basic sewing supplies (scissors, pins, rotary cutter, thread)
- ✓ Fabric marker or pencil
- ✓ Iron and ironing board
- ✓ Sewing machine

Quilted Fabric Wall Panel Step-by-Step Tutorial

Create a Beautiful Art Quilt with Appliqué

Finished size: 40 cm x 60 cm (approx.)

This tutorial shows you how to make a fabric wall panel inspired by the image, using appliqué and simple quilting techniques. Perfect for home décor or as a gift!

♥ Sew
Create
Quilt
Be Happy!

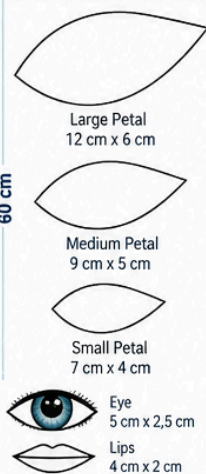
1. Materials



2. Finished Size and Layout



3. Templates (Actual Size)



Add 0.5 cm seam allowance to all pieces when cutting.

4. Cutting the Fabrics



Cut multiple petals using various fabrics. You will need approximately:
8 large petals
10 medium petals
12 small petals
Also cut the templates for the face, neck, eye, and lips.

5. Prepare the Background



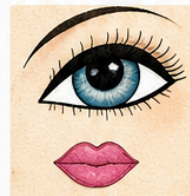
Cut the background fabric 42 cm x 62 cm (add seam allowance).

6. Sew the Face and Neck



Cut the face and neck pieces from skin-tone fabric. Stitch the facial outline with a straight stitch.

7. Make the Facial Details



Appliqué the eye, lips and other details using raw edge appliqué or turned edge appliqué. Use a small zigzag or blanket stitch. Add eyelash lines with embroidery thread (optional).

8. Prepare the Petals



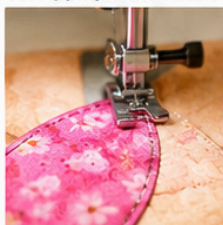
Cut the petals using the templates. You can use different prints like florals, dots or checks. Press each piece and, if desired, apply a light fusible web to make appliqué easier.

9. Arrange the Petals



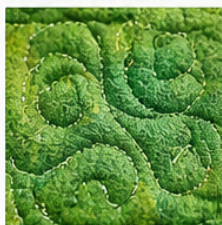
Arrange the petals around the head, overlapping them as shown in the image. Pin in place before sewing.

10. Appliqué the Petals



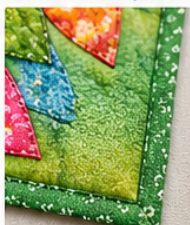
Sew each petal with a small zigzag stitch or blanket stitch around the edge. Overlap the pieces for a natural look.

11. Quilt the Panel



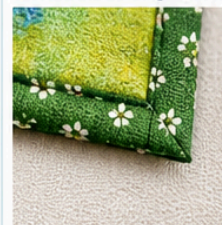
Layer the quilt top, batting and backing fabric. Quilt the background using free-motion quilting or straight lines.

12. Trim and Square



Trim the panel to 40 cm x 60 cm (or your desired size).

13. Add the Binding (Optional)



Cut binding strips 5 cm wide. Sew around the panel and miter the corners. Hand stitch the back.

14. Finished Project!



Your beautiful quilted wall panel is ready! Display it, give it as a gift, or make more with different colors!

Main Sewing Methods Used

- ♥ Appliqué (raw edge or turned edge)
- ♥ Zigzag stitch
- ♥ Blanket stitch
- ♥ Straight stitch
- ♥ Free-motion quilting
- ♥ Layering (quilt sandwich)
- ♥ Binding

Tips for Success

- ✓ Use 100% cotton quilting fabric.
- ✓ Press each piece before sewing.
- ✓ Mix different prints for a vibrant look.
- ✓ Use pins or fabric glue to hold pieces in place.
- ✓ Take your time arranging the petals.
- ✓ Practice stitching on scrap fabric first.
- ✓ Feel free to personalize the colors and size!

♥ Quilting is
art with fabric!
Happy Sewing!

Appliqué Wall Panel

Template for Printing

Use at 100% (do not resize)

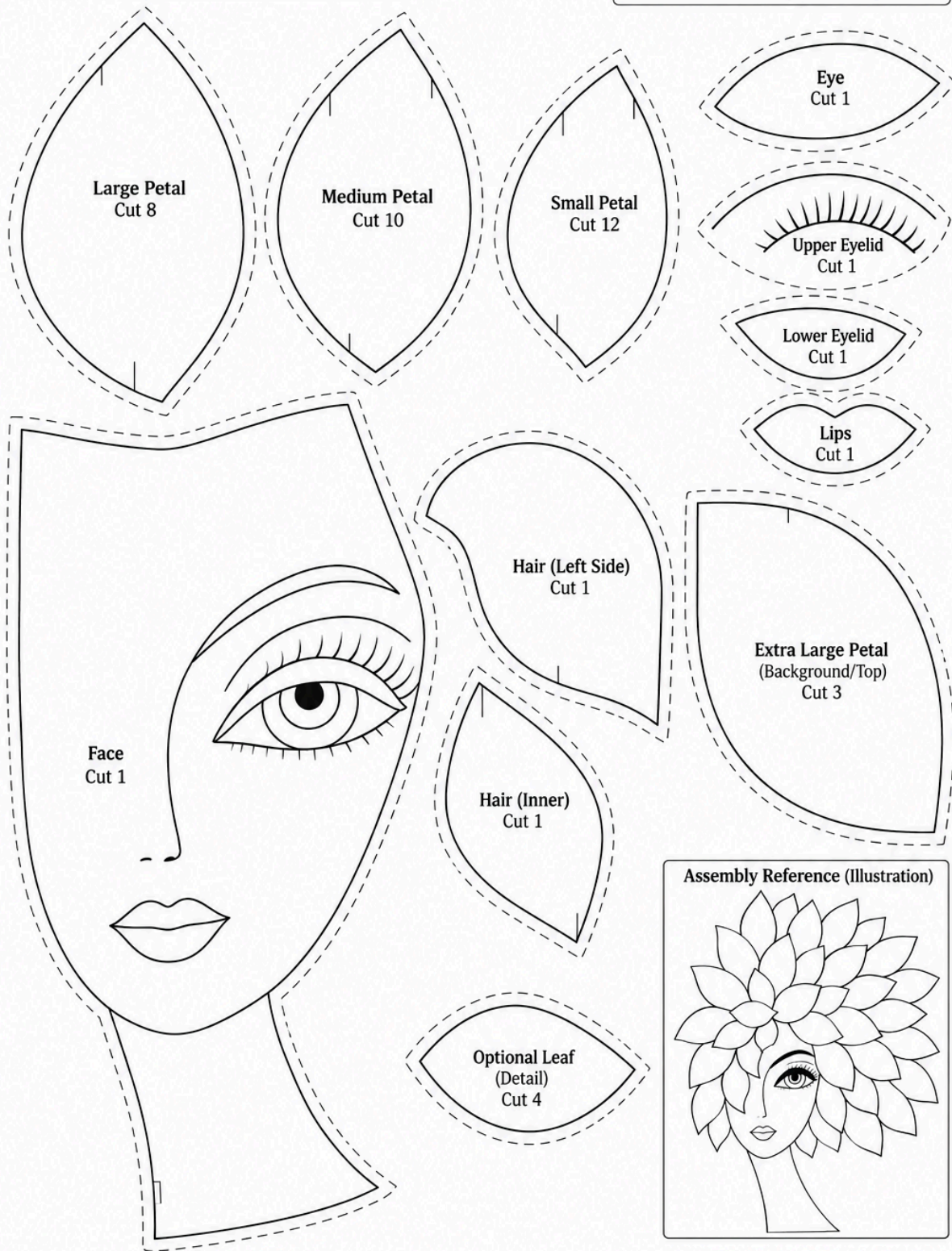
Seam allowance: 0.5 cm

(dashed line = seam allowance)

Instructions:

1. Print this template at 100%.
2. Cut out the pieces on the solid lines.
3. Transfer to fabric or use as a cutting guide.
4. Each piece includes a 0.5 cm seam allowance.
5. Use for appliqué, raw edge or turned edge.
6. Combine with your favorite fabrics.

Have fun and create your own version!



Quilted Fabric Wall Panel – Step-by-Step Tutorial

This Quilted Fabric Wall Panel is a colorful art-quilting project that combines traditional American quilting techniques with appliqué, decorative stitching, and free-motion quilting. The finished piece measures approximately 40 cm × 60 cm (15.7 × 23.6 inches) and features a stylized woman's face surrounded by overlapping fabric petals in cheerful floral, dotted, checked, and solid prints.

The tutorial below follows the graphic closely, including the three petal sizes, face and neck appliqué, facial details, quilt sandwich, quilting, trimming, and optional binding. Although the measurements are given primarily in centimeters, inch equivalents are included where useful for U.S. sewists.

This project is suitable for confident beginners as well as experienced quilters. You do not need to reproduce every fabric in the example. In fact, using scraps from previous quilting projects is a wonderful way to create the varied, colorful appearance of the original design.

1. Gather Your Materials

Begin by preparing everything before cutting. Having your materials pressed and organized will make the appliqué process much easier.

For the quilt top, choose 100% cotton quilting fabric. You will need a green fabric for the background, a skin-tone fabric for the face and neck, small amounts of black, blue, pink, and other fabrics for the facial details, and a generous selection of colorful scraps for the petals.

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The petal fabrics are one of the main features of this project. Mix florals, dots, checks, small-scale prints, batiks, and solids. Pink, yellow, blue, green, purple, orange, and red create a lively palette similar to the tutorial graphic.

You will also need quilt batting and backing fabric. A low-loft cotton or cotton-blend batting is a good choice because this is a wall panel rather than a heavy bed quilt.

Prepare standard sewing supplies: a sewing machine, sharp fabric scissors, rotary cutter, cutting mat, quilting ruler, pins or fabric clips, coordinating thread, bobbins, hand-sewing needle, fabric marker or pencil, iron, and ironing board.

For easier appliqué, you may also use lightweight fusible web. This is especially helpful for the numerous petals because it prevents them from shifting while you stitch.

The project uses these approximate template sizes:

- Large Petal: 12 × 6 cm (4.7 × 2.4 in), cut approximately 8
- Medium Petal: 9 × 5 cm (3.5 × 2 in), cut approximately 10
- Small Petal: 7 × 4 cm (2.8 × 1.6 in), cut approximately 12
- Eye: approximately 5 × 2.5 cm (2 × 1 in)
- Lips: approximately 4 × 2 cm (1.6 × 0.8 in)
- Finished panel: approximately 40 × 60 cm (15.7 × 23.6 in)

These quantities are a starting point. You can cut a few extra petals so you have more freedom when arranging the design.

2. Prepare and Cut the Background Fabric

The finished quilt measures approximately 40 × 60 cm, but the tutorial recommends beginning with a slightly larger background.

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Cut your green background fabric approximately 42 × 62 cm (16.5 × 24.4 inches). This gives you extra fabric around the perimeter so the quilt can be squared accurately after quilting.

Press the fabric carefully from the wrong side. It should lie completely flat without deep creases.

If your green fabric is directional, decide which end will be the top before beginning the appliqué. Mark the top discreetly on the wrong side with a removable fabric marker.

Place the background vertically on a large flat surface. The face and neck will occupy much of the lower-left area, while the petals will spread upward and toward the right.

Do not trim the background to exactly 40 × 60 cm yet. Quilting can cause slight distortion or shrinkage, so final trimming is done only after all quilting is complete.

3. Make the Face and Neck Templates

Trace the face and neck shapes from your pattern onto template paper, freezer paper, or another suitable pattern material.

The face is intentionally elongated and stylized rather than anatomically realistic. Preserve this shape because it contributes greatly to the character of the finished art quilt.

Place the template over your skin-tone cotton. If you are using turned-edge appliqué, add approximately 0.5 cm (about 3/16 inch) seam allowance around pieces that need the extra fabric for turning.

For raw-edge appliqué with fusible web, you can generally trace the finished shape directly onto the fusible web according to the manufacturer's instructions.

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Cut the face and neck carefully with smooth curves. Avoid making small, choppy cuts around the jawline because they can produce an uneven finished edge.

Position the face and neck on the background before sewing. The face should sit toward the left side of the panel, leaving plenty of room above and to the right for the dramatic petal arrangement.

Once you are satisfied with the placement, pin, baste, or fuse the pieces temporarily into position.

4. Appliqué the Face and Neck

The graphic suggests stitching around the facial outline with a straight stitch. You can also use a narrow blanket stitch if you prefer a more decorative edge.

Start with the neck if it needs to sit beneath the face. Position it first, then overlap the bottom of the face slightly over the top of the neck.

If using raw-edge appliqué, stitch close to the cut edge. A distance of approximately 2–3 mm from the edge works well.

Sew slowly around the curves. When changing direction, stop with the needle down, raise the presser foot, pivot the fabric slightly, lower the foot, and continue.

If you choose turned-edge appliqué instead, turn the approximately 0.5 cm seam allowance underneath and press or baste it into position before stitching.

After the face and neck are secured, press the work gently from the wrong side. Avoid stretching the background.

At this stage, you should have the basic silhouette of the woman established against the green background.

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5. Create the Eye and Facial Details

The eye is the focal point of the face, so take your time with this section.

The finished eye is approximately 5 × 2.5 cm. Create the white eye shape first, followed by the blue iris and black pupil. Layer these pieces carefully so the pupil sits approximately in the center of the iris.

Appliqué each layer before adding excessive decorative detail. Very small pieces are often easiest to secure with fusible web.

Add the dark upper eyelid and eyeliner. In the inspiration graphic, the upper line is bold and expressive, giving the face its distinctive appearance.

Eyelashes may be added using embroidery thread or machine stitching. If machine stitching them, reduce the stitch length and work slowly. Hand embroidery is another excellent option because it provides greater control.

The nose can be created primarily with simple stitched or drawn contour lines rather than a large appliqué piece. Keep the lines minimal so they match the artistic character of the original design.

For the mouth, cut a pink lip shape approximately 4 × 2 cm. Secure it with fusible web or pins and appliqué around the perimeter with a narrow straight, zigzag, or blanket stitch.

6. Cut the Three Petal Sizes

The colorful petals create the dramatic hair or headdress effect.

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Prepare three basic templates. The large petal measures approximately 12 × 6 cm, the medium petal 9 × 5 cm, and the small petal 7 × 4 cm.

The graphic recommends approximately 8 large, 10 medium, and 12 small petals. However, because the original design has a rich layered appearance, it is useful to prepare several extras.

Trace the templates onto your selected quilting fabrics. Distribute the colors rather than cutting all large petals from one color and all small petals from another.

Try combinations such as pink floral, yellow floral, turquoise dots, green floral, purple prints, red prints, orange florals, pale blue, and gingham.

For raw-edge appliqué, apply lightweight fusible web to the wrong side of the fabric before cutting if desired. Follow the fusible manufacturer's temperature and pressing instructions.

If you are using a turned-edge method, remember to add the required 0.5 cm seam allowance before cutting.

7. Prepare Each Fabric Petal

After cutting, arrange all the petals on your work surface by size and color.

If using fusible appliqué, remove the paper backing only when you are ready to position each piece.

For turned-edge appliqué, carefully turn the seam allowance toward the wrong side. A small amount of fabric glue or temporary basting can help maintain the pointed ends.

Press each petal individually. A crisp, flat petal is much easier to arrange accurately than one with curled edges.

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Do not worry about making every petal perfectly identical. Slight variations help give the finished panel its handmade art-quilt character.

You can also audition additional scraps at this point. If one section of your color palette seems too heavily pink or blue, introduce another yellow, green, orange, or purple piece.

Keep the three sizes separated until you begin arranging them.

8. Arrange the Petals Around the Head

This is one of the most creative stages of the project.

Lay the panel on a large table and begin arranging the petals around the top and sides of the head. Do not sew immediately.

Start with some of the larger petals. These establish the outer silhouette and provide a foundation for the smaller pieces.

Allow the petals to overlap. The layered construction is essential to reproducing the full, dimensional appearance shown in the tutorial.

Next, introduce medium petals to fill gaps and create movement. Change their angles slightly so they appear to radiate outward from the head.

Use the smallest petals around the face and in areas requiring finer transitions. These are particularly useful near the forehead and around the eye area.

Step away from the arrangement occasionally and look at the entire panel. Make sure no single color dominates one area unnecessarily.

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When you are satisfied, photograph the arrangement before removing or sewing anything. This gives you a visual reference in case pieces shift.

Pin or lightly fuse the petals in place, working from the pieces that sit underneath toward those that overlap them.

9. Appliqué All the Petals

The tutorial recommends a small zigzag stitch or blanket stitch around each petal.

Begin with the petals that belong to the lowest visual layer. Stitch those first before moving toward the overlapping upper layers.

For a small zigzag stitch, test your settings on scrap fabric before sewing the actual panel. You want the stitch to secure the raw edge without visually overwhelming the colorful prints.

A blanket stitch creates a more traditional appliqué appearance and works particularly well when contrasting thread is used.

You may also use straight stitching close to the edge if you want a deliberately raw-edge art-quilt appearance.

When sewing around the pointed ends, slow down considerably. Stop with the needle in the fabric, pivot, and continue down the opposite side.

Continue until every petal is securely attached. Check the entire surface afterward and gently lift the edges with your fingers to locate any sections you may have missed.

Press the completed appliqué from the back using an appropriate temperature for your fabrics and fusible product.

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10. Add Decorative Sewing and Embroidery

Once the appliqué is secure, additional stitching can bring the portrait to life.

Reinforce important facial outlines if necessary. The eyebrow, eyelashes, nose, eye contour, and mouth can all benefit from carefully controlled decorative stitching.

You can use standard sewing thread for subtle details or embroidery thread for stronger visual definition.

Decorative stitching may also be added inside selected petals. However, avoid embellishing every piece equally. Leaving some fabrics relatively simple allows the patterned cottons to remain visible.

If desired, add a second line of stitching just inside some petal edges to imitate the handmade illustrated effect of the original artwork.

Keep the design balanced. The eye should remain the strongest facial focal point, while the colorful petals should provide movement around it.

After completing the decorative work, remove loose thread tails and inspect the back of the quilt top for knots or bulky thread nests.

11. Make the Quilt Sandwich

Now transform the appliqué top into an actual quilted panel.

Place the backing fabric wrong side up on a clean, flat surface. The backing should be slightly larger than the quilt top.

Place the batting over the backing and smooth it outward from the center.

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Position your completed appliqué quilt top over the batting, right side facing upward.

You now have the traditional three-layer quilt sandwich: backing + batting + quilt top.

Smooth all three layers carefully. There should be no wrinkles underneath the top.

Secure the layers with quilting safety pins, temporary basting spray, or your preferred basting method. Start near the center and work toward the outside.

Because the finished piece is relatively small, you can baste it quite thoroughly without needing an excessive number of pins.

12. Quilt the Wall Panel

The tutorial suggests free-motion quilting or straight-line quilting.

For beginners, gentle straight or slightly curved lines are usually the easiest option. Quilt the green background without crossing unnecessarily over important facial features.

If you are comfortable with free-motion quilting, create flowing curves, loops, leaves, spirals, or organic lines in the background.

The quilting should secure the three layers while adding texture rather than competing with the appliqué.

You can also quilt around the outer edges of the face and petals. This technique, often called outline or echo quilting, helps emphasize the appliqué shapes.

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Work from the central areas outward whenever practical. Frequently check the back of the panel to make sure you are not creating folds or puckers.

Do not rush. The large number of appliqué pieces makes this an art-quilt project where controlled, deliberate stitching produces the best result.

Once quilting is complete, remove all remaining safety pins and thread tails.

13. Trim and Square the Quilt

After quilting, the panel can finally be trimmed to its intended finished dimensions.

Place it on a large cutting mat.

Using a quilting ruler and rotary cutter, square the corners and trim the panel to approximately 40 × 60 cm (15.7 × 23.6 inches).

Measure both diagonals if you want to verify that the rectangle is square. They should be approximately equal.

Take only small amounts from each side whenever possible. You do not want to accidentally remove an important petal or part of the portrait.

Check that the woman remains visually balanced within the finished rectangle.

Once the panel is squared, remove any loose batting fibers from the edges.

You are now ready to finish the perimeter.

14. Add the Optional Quilt Binding

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The tutorial recommends cutting binding strips approximately 5 cm (2 inches) wide.

Join enough strips end-to-end to go around the entire perimeter, allowing extra length for joining the ends.

Press the strip according to your preferred quilt-binding method.

Attach the binding to the front of the quilt with your sewing machine, carefully mitering each corner.

Fold the binding around the raw edge toward the back.

For a traditional finish, hand-stitch the folded binding to the backing with small invisible stitches.

Alternatively, machine-stitch the binding completely if you prefer a faster and more durable finish.

Press the finished perimeter lightly so the binding lies flat.

15. Final Finishing and Display ✨

Inspect the front and back of your Quilted Fabric Wall Panel carefully.

Trim every visible thread tail. Check the appliqué petals once more to ensure that all edges are secure.

If the project will be displayed as wall art, add a hanging sleeve to the upper back edge. A narrow wooden dowel or quilt hanger can then support the panel without damaging the front.

You can also add a fabric label to the back with the maker's name, date, project name, and any special information about the fabrics.

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Give the finished quilt a final gentle press from the back. Avoid flattening the batting excessively.

Your finished panel should measure approximately 40 × 60 cm and feature a layered arrangement of colorful petals surrounding the appliquéd portrait.

The result does not have to match the example color-for-color. The beauty of this project comes from combining different quilting fabrics and allowing every maker to create an individual version.

Main Sewing Methods Used

The main technique is appliquéd, which may be completed using raw-edge or turned-edge construction. Raw-edge appliquéd is particularly practical for this design because there are many individual petals.

A small zigzag stitch provides good control around curved appliquéd shapes and helps contain raw edges. Adjust the width and length on scrap fabric before beginning.

A blanket stitch is another excellent option. It gives the petals a decorative, traditional appliquéd outline while securely attaching them to the background.

Straight stitching is useful for the face outline, neck, decorative details, and minimalist raw-edge appliquéd.

Free-motion quilting creates texture in the green background after the quilt sandwich has been assembled. Beginners can substitute straight-line or gentle curved quilting.

Layering and basting are essential because the quilt top, batting, and backing must remain aligned throughout quilting.

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Finally, binding provides a neat finished perimeter and protects the raw edges of the quilt sandwich.

Tips for a Beautiful Result

Use 100% cotton quilting fabrics whenever possible because they are easy to cut, press, appliqué, and quilt.

Press each fabric before cutting and press the appliqué components as you work. Accurate pressing makes a significant difference in a project with many overlapping pieces.

Mix prints rather than trying to match everything. Florals, dots, checks, small geometric patterns, and solids create the lively patchwork character shown in the graphic.

Arrange all the petals before permanently sewing them. Taking a photograph of the final arrangement is particularly useful when you need to remove upper layers to stitch pieces underneath.

Practice your appliqué stitch on scrap fabric first. Test the stitch length, width, thread tension, and pivoting technique before sewing around the actual petals.

Most importantly, treat the measurements as a reliable framework rather than a restriction on creativity. Keep the 40 × 60 cm overall proportion and the approximate petal sizes if you want a result close to the tutorial, but feel free to personalize the colors, prints, quilting design, and decorative stitching.

Once the final binding or edge finish is complete, your colorful Quilted Fabric Wall Panel is ready to display. The combination of portrait appliqué, overlapping fabric petals, colorful American-style quilting cottons, and textured quilting turns a

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collection of small fabric pieces into a distinctive piece of textile art.

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