

Heart Wreath Table Mat

♥ Sewing Tutorial ♥

A beautiful and easy project to decorate your home!

1 Materials

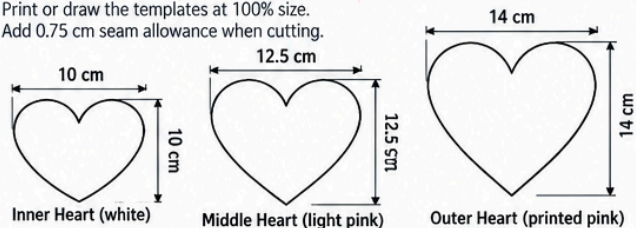
- 100% cotton fabric (quilting cotton)
- Batting (thin or medium)
- Coordinating thread
- Fabric scissors or rotary cutter
- Pins or fabric clips
- Sewing machine
- Iron
- Optional: template plastic or cardstock



Finished Size:
Approx. 40 cm
diameter
(16 in)

2 Template and Measurements

Print or draw the templates at 100% size.
Add 0.75 cm seam allowance when cutting.



3 Cutting

For 8 hearts (complete mat):



Tip: Use a rotary cutter for more accuracy.

4 Layer the Pieces



Layer the pieces (wrong sides together):
1. Outer heart (right side down)
2. Middle heart
3. Inner heart (right side up)
Pin in place.

5 Quilt the Inner Heart



Sew quilting lines on the inner heart using a walking foot. You can follow a curved design as shown or your preferred pattern.

6 Assemble the Heart Unit



Sew around the heart, following the shapes. Use a coordinating thread and a narrow zigzag stitch or decorative stitch if desired.

7 Make 8 Hearts



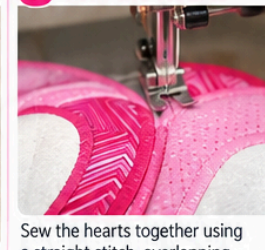
Repeat steps 4-6 to make 8 identical heart units.

8 Arrange the Hearts



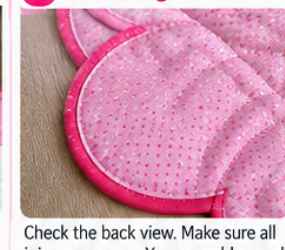
Arrange the 8 hearts in a circle, slightly overlapping the tips.

9 Join the Hearts



Sew the hearts together using a straight stitch, overlapping the edges. Continue until the circle is complete.

10 Finishing



Check the back view. Make sure all joins are secure. You can add a small circle of felt in the center if desired (optional). Press gently with an iron.

11 Final Result



Finished Size:
40 cm (16 in)
diameter

Sewing Methods Used

- ✓ Cutting with templates
- ✓ Layering fabric
- ✓ Pinning or clipping
- ✓ Straight stitch
- ✓ Curved quilting lines
- ✓ Joining pieces
- ✓ Topstitching
- ✓ Pressing with an iron

Helpful Tips

- Use 100% cotton fabric for best results.
- A walking foot helps with quilting.
- Keep seam allowance at 0.75 cm.
- Press each step for a neater finish.
- Try different color combinations for a unique look!

Back View



♥ ♥
Handmade
touches make
everyday life
more special!

Heart Wreath Table Mat Pattern Templates

Print at 100% size (no scaling).
Each piece includes a 0.75 cm
seam allowance.

Use for personal and
non-commercial use.

Finished Size:
40 cm (16 in)
diameter

Seam Allowance
0.75 cm

Outer Heart

Cut 8
Main Fabric
(Printed Pink)

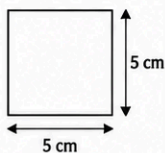
Middle Heart

Cut 8
Light Pink Fabric

Inner Heart

Cut 8
White Fabric

Test Square
5 cm x 5 cm



Assembly Guide (Reference)



8 heart units form the complete mat.
Finished size: 40 cm (16 in) diameter.

Heart Wreath Table Mat Sewing Tutorial

The Heart Wreath Table Mat is a decorative sewing project made from eight layered heart units arranged in a circular wreath. Following the tutorial graphic, the finished piece measures approximately 40 cm (16 in) in diameter and combines white, light pink, and printed pink quilting cotton.

This project is especially attractive because the individual hearts overlap to create movement around the center opening.

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The curved quilting inside each white heart adds texture, while the contrasting fabrics emphasize the layered heart design.

The instructions below follow the supplied graphic closely, including its 10 cm, 12.5 cm, and 14 cm heart templates, 0.75 cm seam allowance, eight-unit construction, curved quilting, and circular assembly.

Step 1: Gather the Materials

For the fabric, use 100% cotton quilting fabric, which is commonly available in U.S. quilt shops and fabric stores. Choose three coordinating fabrics: white fabric for the inner hearts, light pink fabric for the middle hearts, and a printed pink fabric for the outer hearts. The example uses a bright pink chevron-style print for additional contrast.

You will also need thin or medium batting. Batting gives the hearts enough body to hold their shape while still allowing them to overlap naturally when arranged into the wreath. Avoid extremely thick batting because the multiple layers can become difficult to stitch together.

Have coordinating sewing thread ready. Pink thread works particularly well around the pink sections, while white or another coordinating thread can be used for the quilted inner hearts. The exact thread color is a design choice as long as the finished stitching looks neat.

For cutting, prepare fabric scissors or a rotary cutter, a cutting mat, and preferably an acrylic quilting ruler. A rotary cutter is particularly useful for accurate fabric preparation, although scissors will be necessary around some of the tighter curves.

You will also need pins or fabric clips, a sewing machine, and an iron. Fabric clips can be particularly convenient around the

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thicker layered areas because they hold the pieces without distorting the curves.

Optional supplies include template plastic or sturdy cardstock for making reusable heart templates, a removable fabric marker, walking foot, quilting gloves, and a point-turning or shaping tool if your chosen construction technique requires one.

Step 2: Prepare the Heart Templates

The tutorial uses three heart sizes to build the layered design. These measurements should be treated as the approximate overall dimensions shown in the supplied graphic rather than as mathematically interchangeable standard heart shapes.

The Inner Heart measures approximately 10 cm × 10 cm. This is the smallest heart and is made from the white fabric. It becomes the central quilted area visible on the front of each finished heart unit.

The Middle Heart measures approximately 12.5 cm × 12.5 cm. Cut this template from the light pink fabric. Its purpose is to create the soft pink layer surrounding the white center.

The Outer Heart measures approximately 14 cm × 14 cm. This is made from the printed pink fabric and creates the strongest visual outline around part of each heart unit.

The graphic specifies a 0.75 cm seam allowance. If your templates represent the finished stitching line rather than the cutting line, add this 0.75 cm allowance around the required edges before cutting. Keep the allowance consistent because inconsistent cutting can make the eight units difficult to match.

For the most reliable results, transfer the three templates to cardstock or template plastic. Clearly write INNER HEART – 10

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CM, MIDDLE HEART – 12.5 CM, and OUTER HEART – 14 CM on them so the pieces cannot accidentally be mixed up.

Before cutting all your fabric, make one paper test set. Place the three hearts together and compare their proportions with the tutorial graphic. The middle heart should remain visible around the white heart, and the printed outer heart should form the dramatic outer curved section.

Step 3: Cut the Fabric Pieces

You need eight complete heart units to construct the wreath. Because each finished unit contains three visible heart layers, careful repetitive cutting is important.

From the white quilting cotton, cut 8 Inner Heart pieces using the approximately 10 cm template. Keep the grain direction reasonably consistent from piece to piece so that the eight hearts behave similarly during quilting.

From the light pink quilting cotton, cut 8 Middle Heart pieces using the approximately 12.5 cm template. The example uses a subtle dotted fabric, which provides texture without competing with the stronger outer print.

From the printed pink quilting cotton, cut 8 Outer Heart pieces using the approximately 14 cm template. If your fabric has a directional design such as chevrons, stripes, or another geometric print, pay attention to pattern orientation while tracing.

Cut the batting required by your chosen layered construction. Keep excess bulk away from narrow seam areas whenever practical. The batting should support the quilted white sections without making the outer curves stiff.

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After cutting, organize the pieces into eight sets, with one inner, one middle, and one outer heart in each set. This simple step helps prevent accidentally sewing nine pieces of one type while leaving another unit incomplete.

Step 4: Layer Each Heart Unit

Work on one heart unit at a time until you are comfortable with the positioning. Lay the outer printed heart down first, then position the light pink heart and finally the white inner heart according to the layered arrangement shown in the graphic.

The tutorial illustrates the three layers as progressively smaller hearts. The white section sits prominently inside the pink layers while enough of the light pink and printed fabrics remain exposed to produce the distinctive dimensional appearance.

Add the batting where needed beneath the quilted section. Smooth everything carefully from the center outward. You do not want puckers trapped underneath the white fabric before quilting begins.

Pin or clip the layers securely. Start near the center and work outward toward the curves. With layered shapes, excessive pinning directly on the curved edge can sometimes distort the fabric, so keep everything secure without stretching it.

Check the heart from several angles before sewing. The exposed pink areas should look intentional and balanced. Since eight hearts will eventually sit beside one another, noticeable differences in placement become more obvious in the finished wreath.

Prepare all eight units in the same orientation. Consistency is important because the final arrangement depends on the hearts flowing around the circle in the same direction.

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Step 5: Quilt the White Inner Hearts

The curved quilting is one of the most recognizable features of this project. The supplied graphic shows several gently radiating curved lines running through the white inner heart.

Begin with one heart as your practice unit. Mark the first quilting line lightly with a removable fabric marker if necessary. Once that line is established, use the edge of your presser foot as a spacing guide for the neighboring curves.

A walking foot can be helpful because it feeds the fabric and batting layers more evenly. Sew slowly, particularly as the line changes direction. Smooth curves look better when they are stitched continuously rather than with abrupt corrections.

The quilting does not need to be extremely dense. Several evenly spaced curved lines are enough to create the fan-like texture visible in the tutorial graphic.

Continue quilting until the white center has the desired texture. Secure thread ends neatly rather than leaving loose threads visible on the front.

Repeat exactly the same general quilting approach on the remaining seven white hearts. Minor variations are completely acceptable in a handmade piece, but similar spacing will give the wreath a more cohesive appearance.

Step 6: Assemble and Finish Each Heart Unit

Once the quilting is finished, secure the layered shapes following their edges. The tutorial suggests using coordinating thread and a narrow zigzag or decorative stitch where appropriate.

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Work slowly around the curved areas. The inward curves require particularly careful handling because fabric can bunch if it is forced around the presser foot too quickly.

Use topstitching to emphasize the layered edges. The example has clearly defined pink outlines, which visually separate the white, pale pink, and strongly printed sections.

Keep your stitch length and edge distance consistent throughout the project. This is more important than sewing quickly. Stop periodically with the needle down, lift the presser foot, reposition the fabric, and continue around difficult curves.

Inspect both the front and back after completing each unit. Trim loose threads and correct any puckers or unsecured areas before proceeding.

Repeat the process until you have 8 finished heart units. Place them beside one another and confirm that their overall sizes are reasonably consistent.

Step 7: Arrange the Eight Hearts Into the Wreath

Place all eight hearts on a large flat surface. Arrange them around an imaginary circle with the pointed portions oriented toward the center and the decorative curves flowing around the outside.

Follow the graphic carefully: the hearts are slightly overlapped, rather than simply placed edge-to-edge. This overlapping arrangement creates the flower-like wreath appearance.

Do not immediately sew the first arrangement you make. Move the hearts around until the center opening is reasonably even and the outer circumference looks balanced.

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The completed mat in the supplied tutorial is approximately 40 cm (16 in) in diameter. Because handmade construction, seam allowances, and overlap can vary, your finished diameter may differ slightly.

Once you are satisfied with the arrangement, use clips or pins to hold neighboring hearts together. Work around the entire circle so nothing shifts when you move the wreath to the sewing machine.

Take a quick photograph of the arrangement before sewing. This gives you a useful visual reference if several pieces accidentally shift while you are working.

Step 8: Join the Hearts Together

Begin joining two neighboring hearts at their overlapping area using a straight stitch, as indicated in the tutorial graphic.

Keep the stitching in a structurally useful but visually discreet location. The objective is to secure the overlapping hearts without flattening all of the layered dimension that gives the wreath its character.

Add the third heart and continue around the circle. Frequently return the work to a flat surface to confirm that the developing wreath remains circular.

Do not pull the pieces while sewing. Stretching one heart more than another can make the final wreath twist or refuse to lie flat.

When you reach the final connection, check the center opening before permanently securing the last overlap. Make small positioning adjustments if necessary.

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After completing the circle, gently test every connection. If any overlap feels weak, reinforce it with another short line of stitching rather than relying on a single fragile seam.

Step 9: Finish the Table Mat

Inspect the entire front surface. Trim loose threads and make sure all eight heart units are firmly connected.

Turn the mat over and inspect the back. The supplied graphic shows the reverse as a neat circular arrangement of the overlapping hearts, with the joins secured around the wreath.

If desired, you can add a small felt or fabric circle at the center on the back. The tutorial identifies this as optional. It can conceal central construction areas and provide additional reinforcement.

Press the completed project gently. Use the temperature recommended for your cotton fabric and batting, and avoid crushing the quilted texture.

Reshape the hearts with your hands after pressing. Make sure the outer curves remain clearly visible and that the center opening maintains its wreath shape.

Your completed Heart Wreath Table Mat should now measure roughly 40 cm (16 in) across, although a small variation is normal depending on fabric thickness, stitching, and the amount of overlap used during assembly.

Sewing Methods Used in This Project

This project combines several familiar U.S. sewing and quilting techniques: template cutting, fabric layering, pinning or clipping, straight stitching, curved quilting, joining individual units, topstitching, and pressing with an iron.

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Accurate template cutting establishes the shape. Layering creates the contrasting heart design, while quilting stabilizes the fabric and batting and provides the decorative texture visible in the white centers.

Straight stitching provides structural joining between the individual heart units. Decorative stitching or narrow zigzag stitching can help secure and visually define exposed layered edges where appropriate to your construction.

Curved quilting is primarily responsible for the dimensional appearance of the white sections. Beginners should practice the curve on a small fabric-and-batting sandwich before quilting the actual hearts.

Topstitching adds definition and helps control the layered edges. Keep the stitching distance consistent so that all eight units have a related appearance.

Finally, pressing should happen throughout the project rather than only at the end. Press rather than aggressively dragging the iron, especially after quilting, to avoid stretching the curved shapes.

Helpful Tips for a Beautiful Finished Result 💡

Use good-quality 100% quilting cotton because it is stable, easy to cut, and well suited to this type of layered sewing project. Pre-press wrinkled fabric before tracing your templates.

Maintain the graphic's 0.75 cm seam allowance wherever the construction requires it. Accurate allowances are particularly important when making eight repeated units that must ultimately form one circle.

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A walking foot can make the curved quilting easier by feeding multiple layers more evenly. If you do not have one, a standard presser foot can still work; sew slowly and stop whenever the layers begin shifting.

Make one complete test heart before producing all eight. This lets you verify the template proportions, batting thickness, stitch choice, and quilting design without risking all of your prepared fabric.

Experiment with different coordinated fabrics once you understand the construction. Red and cream can create a Valentine's theme, while florals and pastels can produce a spring version. The same design can also be adapted to seasonal quilting fabrics.

Most importantly, keep the eight units consistent. Similar positioning, quilting density, stitching, and overlap will make the finished circular composition look intentional and polished.

Once all eight hearts are joined, your Heart Wreath Table Mat is ready to display. The combination of layered hearts, curved quilting, contrasting cotton fabrics, and the approximately 40 cm (16 in) circular format creates a decorative centerpiece while showcasing several practical sewing and quilting techniques in one project.