



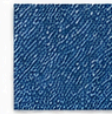
Flower Petal Table Mat

Sewing Tutorial

A charming project to decorate your home or give as a special gift! ♥

Finished Size:
40 cm
(15.7 in) diameter

Materials (U.S. Fabric Recommendations)



Fabric A
(Denim or solid)
25 cm x 55 cm
(9.8 in x 21.6 in)



Fabric B
(Print)
25 cm x 55 cm
(9.8 in x 21.6 in)



Batting
45 cm x 45 cm
(17.7 in x 17.7 in)



Backing Fabric
45 cm x 45 cm
(17.7 in x 17.7 in)

Tools



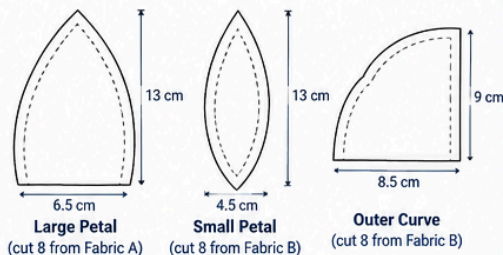
- Sewing machine
- Rotary cutter or scissors
- Quilting ruler
- Pins or clips
- Iron
- Thread (matching colors)
- Optional: Quilting gloves

Main Techniques Used

- Cutting with templates
- Accurate 1/4" (0.7 cm) seam allowance
- Sewing curved pieces
- Pressing seams open
- Appliqué-style piecing (fold and sew method)
- Quilting (free motion or straight lines)
- Binding the edge

*Sew
Create
Enjoy!*

Templates (in real size proportions)



Large Petal
(cut 8 from Fabric A)

Small Petal
(cut 8 from Fabric B)

Outer Curve
(cut 8 from Fabric B)

Add 0.7 cm seam allowance to all pieces.

Step 1 – Cut the Pieces



Using the templates, cut:

- 8 large petals (Fabric A)
- 8 small petals (Fabric B)
- 8 outer curves (Fabric B)

Step 2 – Sew the Petals



Sew one large petal (A) and one small petal (B) together, right sides facing. Use a 0.7 cm seam allowance. Press the seam open.

Step 3 – Make 8 Units



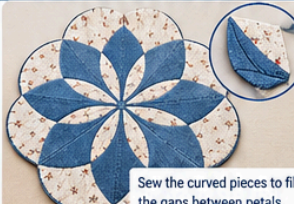
Repeat to make 8 identical units. Each unit will look like this.

Step 4 – Join the Units



Sew the 8 units together in a circle, matching the tips. Press seams open.

Step 5 – Add the Outer Curves



Sew the curved pieces to fill the gaps between petals. Match centers and pin well. Sew slowly, then press.

Step 6 – Complete the Top



Your quilted top is complete! It should measure about 40 cm in diameter (15.7 in).

Step 7 – Layer and Quilt



Layer the quilt top, batting and backing fabric. Quilt as desired. (You can follow the petal lines or use free motion quilting.)

Step 8 – Trim



Trim the excess batting and backing fabric, leaving about 0.7 cm from the edge.

Step 9 – Add the Binding



Cut a 4 cm wide strip (about 150 cm long). Fold in half, press and bind the edge. Sew by machine or hand.

Step 10 – Finished!



Your beautiful Flower Petal Table Mat is ready to use! ♥



Helpful Tips

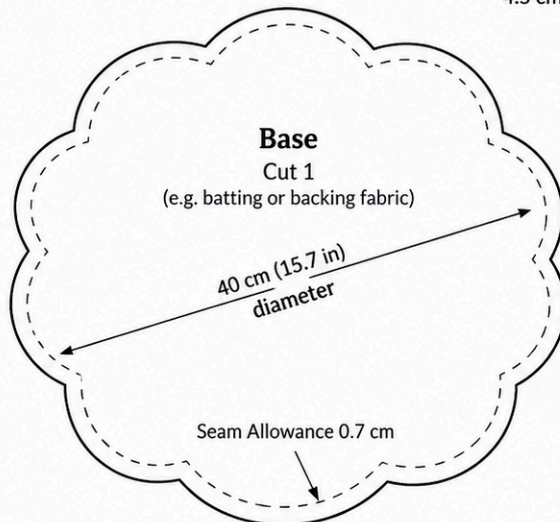
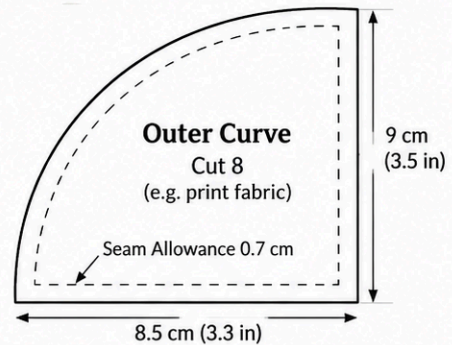
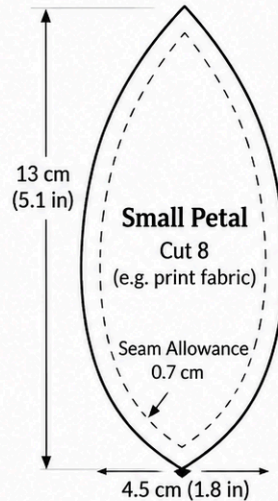
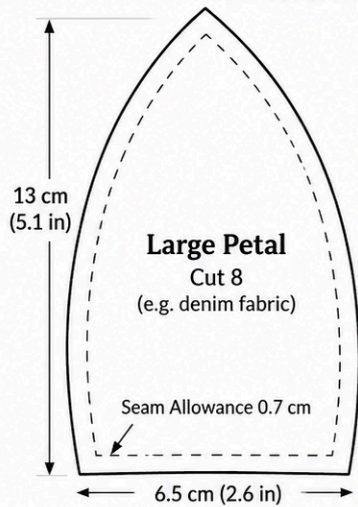
- Use 100% cotton fabric (quilting fabric from U.S. brands like Moda, Riley Blake or Robert Kaufman).
- Keep a consistent 0.7 cm seam allowance.
- Pin curves carefully and sew slowly.
- Press seams open for a flat finish.
- Try different color combinations to create unique mats!

*Handmade
happiness
for your home!*

Small projects
make a big difference!

Flower Petal Table Mat Templates for Printing

Print at 100% (Actual Size)



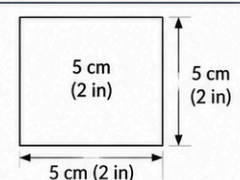
Finished Size:
40 cm (15.7 in) diameter

Sewing Notes:

- All templates include 0.7 cm (1/4 in) seam allowance.
- Print this page at 100% (do not resize).
- Use a ruler to check the measurements.
- Cut the pieces according to the quantities indicated.
- Join the petals and curves to make 8 units, then assemble as shown in the tutorial.

Test Square

This square should measure 5 cm x 5 cm (2 in x 2 in). If not, check your printer settings.



Happy Sewing! ♥

Flower Petal Table Mat Sewing Tutorial

This Flower Petal Table Mat is a beautiful quilted sewing project that combines denim-blue fabric with a delicate floral print to create an eight-petal flower design. The finished mat measures approximately 40 cm (15.7 inches) in diameter, making it suitable as a table centerpiece, decorative mat, or handmade gift.

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The project uses familiar U.S. quilting techniques, including template cutting, curved piecing, a 1/4-inch seam allowance, pressing seams open, quilting, and binding. Although the curved pieces may look complicated at first, the construction becomes much easier when the project is divided into eight identical units.

For the closest result to the tutorial graphic, use 100% cotton quilting fabric for the printed sections and either lightweight denim or a denim-look quilting cotton for the blue sections. Prewash fabrics if you normally prewash quilting cotton, then press everything flat before cutting.

Step 1 – Gather the Fabrics and Sewing Supplies

For the blue sections, prepare approximately 25 × 55 cm (9.8 × 21.6 inches) of Fabric A. The tutorial shows a denim-style blue fabric. Lightweight denim works well, but ordinary quilting cotton in a denim print is easier to sew, especially for beginners.

For the contrasting floral sections, prepare approximately 25 × 55 cm (9.8 × 21.6 inches) of Fabric B. A cream or off-white cotton with a small floral print closely matches the original design.

You will also need a piece of batting measuring approximately 45 × 45 cm (17.7 × 17.7 inches) and a backing fabric of the same size. Cotton or low-loft cotton-blend batting is a practical choice because the finished mat should lie relatively flat on the table.

For the edge, prepare enough coordinating fabric to make approximately 150 cm (59 inches) of binding. The tutorial uses a blue binding that visually connects the edge with the blue

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petals. Cut the binding strips approximately 4 cm (1.6 inches) wide.

Your basic tools should include a sewing machine, rotary cutter or fabric scissors, cutting mat, quilting ruler, pins or sewing clips, iron, ironing surface, fabric marker, coordinating thread, and hand-sewing needle. Quilting gloves are optional.

Throughout the project, use an approximately 0.7 cm (1/4-inch) seam allowance, as indicated in the original tutorial.

Consistency matters more than sewing quickly. A consistent seam allowance helps all eight units meet neatly at the center.

Step 2 – Prepare the Three Main Templates

The design is constructed primarily from three shapes: a large petal, a small narrow petal, and an outer curved section. Make sturdy templates from template plastic, cardstock, or heavy paper.

The large petal is approximately 13 cm (5.1 inches) high and 6.5 cm (2.6 inches) wide at its widest/base reference area. You will eventually need 8 large petals from Fabric A, the blue fabric.

The small petal is also approximately 13 cm (5.1 inches) high, but only about 4.5 cm (1.8 inches) wide. Cut 8 small petals from Fabric B, the floral fabric.

The outer curved piece is approximately 8.5 cm (3.3 inches) wide and 9 cm (3.5 inches) high. Cut 8 of these pieces from Fabric B. These sections fill the spaces around the outside and create the scalloped flower silhouette.

The template dimensions are a guide based on the tutorial graphic. When making your own paper templates, preserve the

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curves and proportions shown in the pattern rather than converting the shapes into simple straight-sided pieces.

Include the 0.7 cm (1/4-inch) seam allowance consistently. If your paper template represents the finished seam line instead, add the seam allowance around the required sewing edges before cutting your fabric.

Step 3 – Cut All the Fabric Pieces

Press Fabric A and Fabric B before cutting. Wrinkles can slightly distort curved pieces, and even a few millimeters of distortion can become noticeable when eight sections meet in the center.

Place the large-petal template on Fabric A and trace it carefully. Cut 8 identical large blue petals. Keep the grain direction reasonably consistent so the pieces behave similarly while sewing.

Next, use the narrow template to cut 8 small floral petals from Fabric B. Avoid stretching these pieces while handling them because some edges may run partly along the bias.

Use the outer-curve template to cut another 8 pieces from Fabric B. Arrange your templates efficiently before cutting so you do not waste fabric.

Once everything is cut, organize the pieces into eight sets. Each basic set will contain one large blue petal and one small floral petal, with an outer curved floral piece added later.

Before sewing, count everything again: 8 large petals, 8 small petals, and 8 outer curves. This simple check prevents discovering a missing component halfway through assembly.

Step 4 – Sew One Large Petal to One Small Petal

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Take one large blue petal and one small floral petal. Place them right sides together, aligning the curved edge indicated by the design.

Because you are joining curves, match the important points first. Align the ends, then find and match the approximate center. Add pins or clips between those reference points.

Do not pull one fabric edge until it appears to fit. Instead, gently manipulate the curved edges with your fingers. Small amounts of fullness can be distributed gradually along the seam.

Sew the curved seam slowly using the 0.7 cm (1/4-inch) seam allowance. Shortening the stitch length slightly can give you more control around the curve.

After sewing, inspect the seam before pressing. If you see a tuck, remove only the affected stitches and re sew that small area rather than taking apart the entire seam.

Press the seam carefully. The tutorial recommends pressing seams open. Use the tip of the iron and avoid stretching the curved edges. You now have the beginning of one flower unit.

Step 5 – Make Eight Identical Petal Units

Repeat the previous process until you have 8 matching units. Each should consist of one blue large-petal section joined to one narrow floral section.

Try to make each unit as consistent as possible. The eight pointed ends will eventually converge at the center, so variations in seam allowance become more obvious there.

After sewing each unit, press it before proceeding to the next assembly stage. Pressing as you go gives you much more

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accurate results than assembling all the pieces first and pressing everything at the end.

Lay the eight units on a flat surface in a circle. Position all pointed ends toward the middle. This gives you your first clear preview of the finished flower.

Check that the blue sections repeat evenly around the circle and that the floral sections appear between them. If a unit looks noticeably different in size, compare its seam allowance with the others.

At this stage, the outer perimeter will still have spaces. Do not worry—those openings are intentionally filled by the 8 outer curved floral pieces later.

Step 6 – Join the Eight Units into the Central Flower

Arrange the eight completed petal units exactly as they will appear in the finished mat. Work around the flower in sequence so that you do not accidentally reverse one section.

Place the first two neighboring units right sides together along their joining edge. Match the center point and other important intersections before pinning the remaining portion.

Sew using the same 0.7 cm (1/4-inch) seam allowance. Repeat the process, gradually building larger sections rather than trying to control all eight pieces simultaneously.

One convenient approach is to make pairs first, then join pairs to create two halves. Finally, join the two halves through the center. This can make center alignment easier.

As you sew, pay particular attention to the central points. They should converge as neatly as practical without creating a bulky knot of fabric.

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After the flower is completely joined, press the seams open. Place it flat on your ironing surface and confirm that the center does not pucker significantly.

Step 7 – Add the Eight Outer Curved Pieces

Now take the 8 floral outer-curve pieces. These sections complete the flower and produce the rounded scallops visible around the perimeter.

Position one curved piece in the open space between neighboring blue petals. Match its center with the corresponding center of the opening.

Pin the important matching points first and then distribute the remaining curved edge evenly. Curved seams are easier when you use several pins rather than trying to force the fabrics together with only one or two.

Sew slowly using the 0.7 cm seam allowance. Keep your fingers away from the needle while guiding the curve. Stop with the needle down whenever you need to reposition the fabric.

Repeat for all 8 outer sections. As each piece is added, the recognizable flower-shaped perimeter will begin to form.

Press the seams carefully. When all eight sections are installed, place the top on a flat surface. The completed patchwork top should measure approximately 40 cm (15.7 inches) across.

Step 8 – Prepare the Quilt Sandwich

Cut or prepare the backing and batting at approximately 45 × 45 cm (17.7 × 17.7 inches). Keeping these layers slightly larger

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than the quilt top gives you room for minor movement during quilting.

Place the backing fabric on your work surface with its wrong side facing upward. Smooth it completely.

Position the batting over the backing. Smooth it from the center outward without stretching it.

Place your completed flower top over the batting with its right side facing upward. Center it so you have extra batting and backing around the entire perimeter.

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

Check the back before quilting. It should remain smooth and free of folds because any fold accidentally quilted into the backing will be difficult to correct later.

Step 9 – Quilt the Flower Design

The original project uses visible quilting to emphasize the shape of the petals. You can follow the petal seam lines for a result that remains faithful to the graphic.

Begin near the center and work outward. Stitching close to the existing seams helps define the individual blue and floral shapes.

You may use stitch-in-the-ditch quilting, sew approximately 2–3 mm beside the seams, or add gentle straight or curved quilting lines inside the larger sections.

Continue quilting across the floral outer areas so all three layers are secured evenly. Avoid leaving very large unquilted

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spaces unless your batting manufacturer specifically permits them.

Smooth the mat regularly while quilting. If the top begins to ripple, stop and redistribute the layers before continuing.

Once quilting is finished, inspect both sides. Remove every basting pin and trim loose thread tails.

Step 10 – Trim and Refine the Scalloped Edge

Lay the quilted piece flat on your cutting surface. The batting and backing will extend beyond the flower-shaped top.

Using sharp fabric scissors is often easier than a rotary cutter around these curves. Carefully trim the excess batting and backing, following the scalloped perimeter of the patchwork top.

Leave the approximate 0.7 cm edge allowance indicated by the tutorial where required for finishing rather than cutting into the patchwork seams.

Work slowly around every scallop. Smooth, symmetrical curves will make the binding much easier to attach.

Check the points where one scallop flows into the next. Avoid making deep, sharp cuts because the binding needs to travel continuously around the perimeter.

After trimming, shake away loose fibers and inspect the entire edge for seams that may need reinforcement before binding.

Step 11 – Make and Attach the Binding

Prepare a fabric strip approximately 4 cm (1.6 inches) wide and about 150 cm (59 inches) long in total. Join shorter strips if necessary.

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For a curved scalloped edge, bias-cut binding is particularly helpful because bias fabric bends around curves more easily than straight-grain binding.

Fold the strip in half lengthwise and press it. For tighter curves, work carefully and avoid overpressing or stretching the binding before it is sewn in place.

Attach the binding around the perimeter with an approximately 0.7 cm (1/4-inch) seam allowance, gently shaping it around each scallop. Do not stretch it aggressively.

Fold the binding over the raw edge to the back. Make sure it covers the previous stitching line and creates a clean, narrow border when viewed from the front.

Finish the second side by machine or by hand. Hand stitching can give the back a particularly clean appearance, while machine stitching is faster and durable.

Step 12 – Final Pressing and Finishing

Place the completed mat on a flat ironing surface and give it a careful final press. Use a temperature appropriate for the fabrics you selected.

Check the center first. The eight sections should meet securely, and the flower should lie reasonably flat without excessive puckering.

Inspect all eight scallops. Gently shape them with your fingers while the fabric is still slightly warm from pressing.

Trim any visible thread tails and check the binding all the way around. Reinforce any section that has not caught securely on the back.

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Your completed Flower Petal Table Mat should measure approximately 40 cm (15.7 inches) in diameter. Small differences are completely normal in handmade patchwork.

The final result should show eight repeating blue petal sections, eight narrow floral petals, floral outer curves, visible quilting, and a coordinating blue bound edge, closely matching the original tutorial design.

Helpful Sewing Tips for the Best Result

Use 100% cotton quilting fabric whenever possible. Lightweight denim is suitable for Fabric A, but very heavy jeans denim can create unnecessary bulk where multiple seams meet.

Keep the 0.7 cm (1/4-inch) seam allowance consistent throughout the project. If your sewing machine has a 1/4-inch presser foot, this is an excellent project for using it.

When sewing curves, pin carefully and sew slowly. More pins or clips generally provide better control, especially if this is your first curved-piecing project.

Press rather than aggressively ironing back and forth. Pressing means placing the iron down, lifting it, and repositioning it. This helps prevent curved and bias edges from stretching.

For the scalloped perimeter, bias binding is easier to manipulate than ordinary straight-grain binding. Apply it slowly and allow the binding to follow the shape naturally.

Finally, feel free to experiment once you understand the construction. The same Flower Petal Table Mat pattern can be made with solids, florals, scraps, traditional quilting prints, or

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contrasting colors while keeping the same eight-unit construction.