



A beautiful project to brighten your home!

Folded Fabric Flower Square

Step-by-Step Tutorial

Easy • Fun • Colorful

A perfect project for quilts, cushions, table mats and home décor!

♥

Finished Size:
30 cm x 30 cm
 (11.8 in x 11.8 in)

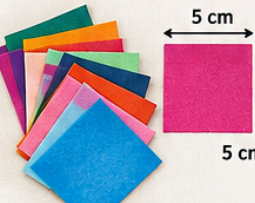
Materials

- Assorted cotton fabrics (solid and printed)
- Thread to match fabrics
- 1 piece of background fabric (30 cm x 30 cm)
- 1 piece of fabric for the center circle (10 cm x 10 cm)
- Batting (optional)
- Ruler, scissors, pins, needle
- Sewing machine (optional)

Tools

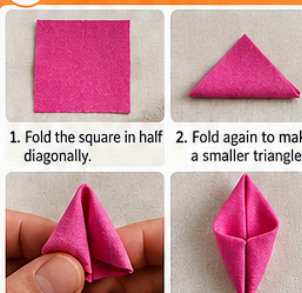


1 Cut the Fabric



- Cut many squares of fabric 5 cm x 5 cm (use different colors and patterns).
- For a 30 cm x 30 cm square you will need about 80 to 100 squares.

2 Fold the Petal



1. Fold the square in half diagonally.
2. Fold again to make a smaller triangle.
3. Bring the two side corners to the back.
4. You will get a folded petal like this.

3 Make Many Petals



Make many folded petals until you have enough to cover the square. (About 80–100 petals).

4 Prepare the Center



- Cut a circle 10 cm x 10 cm.
- Sew a gathering stitch around the edge.
- Pull the thread to gather and form a circle.
- Secure the thread and flatten it. This will be the center of your flower.

5 Prepare the Base



- Use a square of fabric 30 cm x 30 cm as the base. (You can add batting for extra structure.)

6 Start Sewing the Petals



- Start in the center.
- Sew the first row of petals around the center, overlapping them slightly.
- Use a needle and thread or a sewing machine.

7 Continue the Rows



- Continue sewing new rows of petals, always overlapping and alternating colors, until you cover the entire base.

8 Back View



- The back will look like this.
- Keep your stitches secure.
- You can add a lining fabric to cover the back if desired.

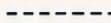
9 Final Result



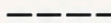
Finished Size:
30 cm x 30 cm
 (11.8 in x 11.8 in)

- ✓ Bright and cheerful
- ✓ Great for cushions, table mats or wall décor
- ✓ Use your favorite color combinations
- ✓ A wonderful handmade gift idea!

Main Sewing Methods Used



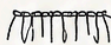
Running Stitch
 (used for gathering)



Backstitch
 (for strong seams)



Overlapping Technique
 (to layer the petals)



Gathering Stitch
 (to make the center)



Hand Sewing or Sewing Machine
 (both work well for this project)

Tips & Variations

- ✓ Use a mix of solid and printed fabrics.
- ✓ Vary the petal colors for different looks.
- ✓ Make a larger or smaller square by adjusting the base size.
- ✓ This technique can be used for pillows, bags, quilts, or wall hangings.
- ✓ Try seasonal colors (pastels, autumn colors, Christmas fabrics, etc.).
- ✓ Have fun and be creative!

Sew Happiness
One Petal at a Time! ♥

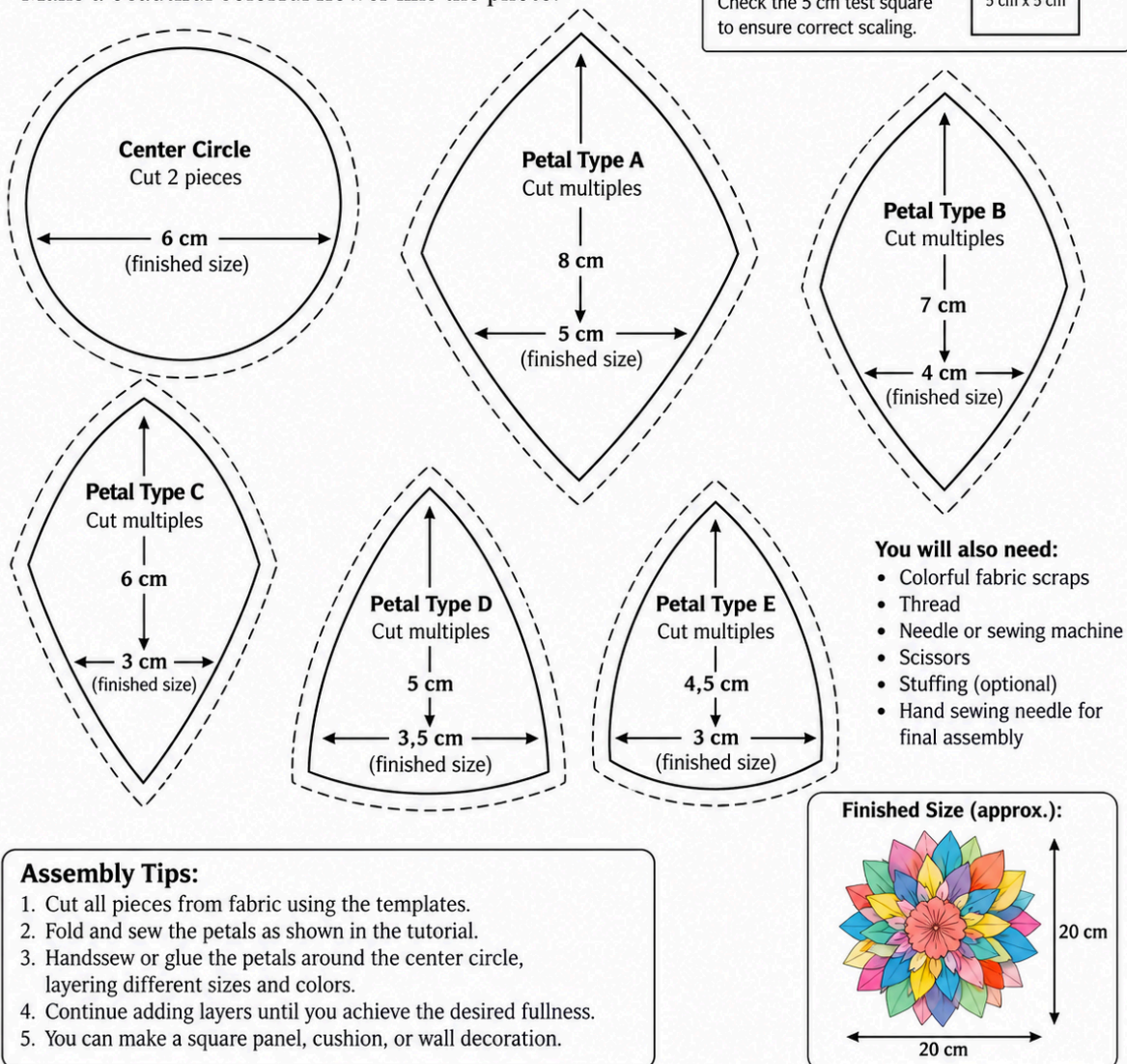
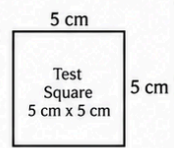
Pattern for Fabric Flower

(Template for Printing)

Make a beautiful colorful flower like the photo.

Note:

All pieces include a 0,7 cm (1/4")
seam allowance (dashed line).
Print at 100% (actual size).
Check the 5 cm test square
to ensure correct scaling.



Folded Fabric Flower Square – Complete Step-by-Step Tutorial

The Folded Fabric Flower Square is a colorful sewing project made from dozens of small folded fabric squares arranged in overlapping rows. Once assembled, the individual pieces resemble pointed petals, creating a full three-dimensional flower with a gathered fabric center.

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Following the measurements shown in the tutorial graphic, the finished project is approximately 30 cm × 30 cm (11.8 in × 11.8 in). It works beautifully as a decorative quilt block, cushion front, table mat, wall hanging, bag panel, or other fabric decoration.

The basic construction is beginner-friendly: cut 5 cm × 5 cm (about 2 in × 2 in) fabric squares, fold them into petals, prepare the backing, and sew the petals down in increasingly larger overlapping rows.

Step 1 – Gather Your Materials

Before cutting, prepare everything you need. Using quilting-weight cotton is a practical choice because it folds easily while still holding the pointed petal shape.

For one approximately 30 cm × 30 cm finished square, prepare:

- Assorted cotton fabric scraps in solid colors and prints
- Approximately 80–100 fabric squares, each 5 cm × 5 cm (about 2 in × 2 in)
- One backing fabric square measuring 30 cm × 30 cm (11.8 in × 11.8 in)
- One fabric piece measuring approximately 10 cm × 10 cm (4 in × 4 in) for the gathered center
- Coordinating sewing thread
- Hand-sewing needle
- Straight pins or fabric clips
- Fabric scissors or rotary cutter
- Quilting ruler and cutting mat
- Optional batting for additional structure
- Sewing machine, if preferred

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The charm of this project comes from mixing colors. The example uses turquoise, royal blue, green, yellow, orange, pink, purple, red, and several gingham prints.

You do not need to reproduce the exact combination. Scraps from previous quilting projects are particularly suitable because every petal requires only a small piece of fabric.

For a lively appearance similar to the example, distribute your colors before sewing. Avoid placing too many identical fabrics beside one another.

Step 2 – Cut the 5 cm Fabric Squares

The petals begin as simple squares.

Cut your assorted fabrics into 5 cm × 5 cm squares. In U.S. measurements, this is approximately 2 in × 2 in.

For a full 30 cm × 30 cm flower square like the example, plan on approximately 80–100 squares. The exact quantity can vary depending on how closely you overlap the petals and how many rows you make.

Accuracy matters here. When all the squares have the same dimensions, the folded petals will also be consistent in size.

A rotary cutter, acrylic quilting ruler, and cutting mat make repetitive cutting considerably faster. Scissors are perfectly acceptable if those are the tools you have.

Once everything is cut, arrange the squares by color or print. This makes it much easier to create a balanced color distribution while assembling the flower.

Step 3 – Fold Each Square Into a Petal

Take one 5 cm × 5 cm fabric square and place it in front of you.

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Fold the square diagonally in half, matching two opposite corners. You will now have a triangle.

Next, fold the triangle again to make a smaller triangular shape.

Bring the two side corners toward the back or center so the fabric forms the narrow, pointed petal shape illustrated in the tutorial.

Adjust the folds until the point is neat and the two sides appear reasonably symmetrical. The raw edges should remain together near the bottom of the petal.

You can place a small pin through the bottom to prevent the layers from unfolding. Alternatively, make a few temporary stitches across the base.

Repeat this process with every square.

After folding several pieces, compare them. Keeping approximately the same width and length will produce much cleaner concentric rows later.

Step 4 – Make Approximately 80–100 Folded Petals

Continue folding squares until you have enough petals to cover the base.

For the 30 cm × 30 cm version shown in the graphic, approximately 80–100 folded petals should provide enough pieces for several dense rows.

Do not worry if your project requires slightly more or fewer. The quantity depends on the amount of overlap between adjacent petals.

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Spread the finished petals on your work surface and experiment with the color arrangement before sewing.

You might alternate solid and printed fabrics, distribute contrasting colors evenly, or create intentional color groups.

The original design achieves its cheerful patchwork appearance through irregular color placement rather than perfectly matching rows.

A useful approach is to keep a selection of every color beside the project as you sew. Before adding each petal, check the surrounding colors and choose one that provides contrast.

Step 5 – Prepare the Gathered Fabric Center

The orange centerpiece in the example is a gathered fabric circle resembling a small fabric rosette or yo-yo.

Start with the approximately 10 cm × 10 cm center fabric specified in the graphic. Cut it into a circle.

Thread a hand-sewing needle with strong coordinating thread.

Using a running stitch, sew around the outer edge of the circle. Keep the stitches reasonably even.

When you reach your starting point, gently pull the thread. The fabric edge will gather toward the center.

Continue pulling until the opening becomes small and the circle forms a compact gathered rosette.

Flatten and shape the piece with your fingers, distribute the gathers evenly, then secure the thread firmly with several stitches and a knot.

Set the center aside. It will eventually cover the innermost raw edges of the petals and provide the focal point of the flower.

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Step 6 – Prepare the 30 cm × 30 cm Base

Cut a backing square measuring 30 cm × 30 cm (11.8 in × 11.8 in).

Press the fabric so it lies completely flat.

If you want a slightly firmer finished piece, place a matching piece of batting behind the backing. Batting is optional, particularly if the flower square will eventually become part of a cushion or another quilted project.

Find the exact center of the backing by folding it lightly in half horizontally and vertically or by measuring with a ruler.

Mark the center using a removable fabric marker.

You can also draw light guidelines around the center. These references make it easier to keep each petal row approximately circular and prevent the flower from drifting toward one side of the backing.

Remember that most of the base will eventually disappear beneath the overlapping petals.

Step 7 – Sew the First Row of Petals 🌻

Begin near the center of your backing.

Arrange several folded petals around the center mark with their pointed ends facing outward.

The bottom portions of the petals should meet or slightly overlap near the center.

Before sewing, arrange the entire first row and check the spacing. The points should radiate outward like flower petals.

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Overlap neighboring petals slightly. This overlapping technique is important because it creates the dense layered appearance seen in the finished project.

Secure each petal at its base using hand stitches or your sewing machine.

You do not need to stitch around the entire petal. The objective is to anchor its lower portion while allowing the pointed end to remain dimensional.

Continue around the circle until the first row is complete.

Step 8 – Continue Adding Overlapping Rows

Now begin another row around the first one.

Position the new petals slightly farther from the center and overlap both the previous row and neighboring petals.

Try placing new petals between the petals of the previous row rather than directly behind them. This staggered arrangement helps eliminate obvious gaps.

Continue alternating colors and prints.

As the flower grows, every new circular row will require more petals because its circumference becomes larger.

Frequently rotate the entire square while working. Viewing the project from different directions makes uneven areas much easier to notice.

Continue building rows until the petals cover essentially the entire visible surface of the base.

Near the outer edges, position the petals carefully so the overall project maintains its approximately square silhouette.

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The finished effect should be intentionally dense. Seeing very little backing between the petals is part of the design.

Step 9 – Attach the Gathered Center

Once all petal rows are secure, place your gathered fabric rosette over the middle.

Center it carefully.

The rosette should hide the attachment points and raw edges of the innermost petals.

Hand sewing is particularly convenient for this stage. Stitch around the underside or outer edge of the gathered center, catching both the center piece and the layers underneath.

Keep these stitches small so they are not obvious from the front.

Check the center from several directions before making your final stitches. Once satisfied, knot the thread securely on the back.

Your flower now has its distinctive dimensional center.

Step 10 – Finish and Secure the Back

Turn the project over and inspect the backing.

Make sure that every petal is securely attached. Reinforce any loose sections before finishing the back.

Trim stray threads.

If the project will become a cushion, bag, quilt block, or table mat, you can now incorporate the completed square into that project.

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You may also add a lining fabric to conceal the construction stitches on the reverse side.

For a standalone decorative panel, finish the outside edges using your preferred quilting or sewing method.

Give the project a gentle final press from the back if necessary. Avoid aggressively flattening the front because the raised petals are responsible for the flower's dimensional character.

Main Sewing Methods Used

Several simple sewing techniques work together in this project.

Running stitch: Used primarily for gathering the center circle. Small stitches are worked in and out of the fabric before the thread is pulled to create gathers.

Backstitch: A strong hand-sewing stitch that can reinforce areas requiring extra security.

Overlapping technique: Each petal partially covers neighboring pieces and the previous row. This produces the dense, layered flower effect.

Gathering stitch: Used to transform the center fabric circle into the decorative rosette.

Hand sewing or machine sewing: Either method can secure the petals. A sewing machine is faster for the many repeated pieces, while hand sewing provides excellent control in tight areas.

Tips, Color Ideas, and Variations 

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Mix solid and printed cotton fabrics to emphasize the patchwork appearance. Gingham, small geometric prints, dots, florals, and solid quilting cotton can all work together.

For a softer look, use pastel pink, lavender, mint, pale blue, cream, and peach. For an autumn version, try rust, mustard, brown, burgundy, olive, and orange.

A Christmas version could combine red, green, cream, and seasonal prints, while a spring flower could use bright yellow, pink, turquoise, lavender, and fresh green.

You can also change the dimensions of the base. A smaller base requires fewer petals, while a larger panel will require additional rows and considerably more folded squares.

The same technique can be adapted for pillows, bags, quilts, table mats, wall hangings, and decorative fabric panels.

Most importantly, preserve the three-dimensional nature of the petals. Their raised points and overlapping layers are what give this project its distinctive texture.

Final Result

When finished, your Folded Fabric Flower Square should measure approximately 30 cm × 30 cm (11.8 in × 11.8 in), following the dimensions in the original tutorial.

You will have a dense arrangement of roughly 80–100 colorful folded petals, a gathered fabric center, and a sturdy backing supporting the entire design.

The basic construction sequence is simple: cut 5 cm squares → fold the petals → prepare the center → prepare the 30 cm base → sew the first petal row → build overlapping rows → attach the gathered center → finish the back.

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Because no two fabric combinations need to be identical, this is also an excellent scrap-fabric project. Every finished flower can have its own color palette and character while following exactly the same construction method.

Sew happiness, one petal at a time! 🧵🌸✂️