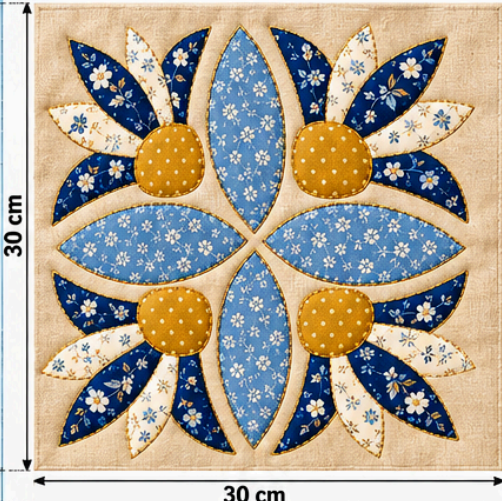




30 cm

QUILT BLOCK TUTORIAL

Step by Step – With Measurements (CM)

MATERIALS

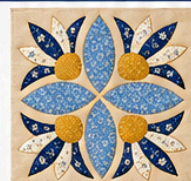
- Cotton fabric (U.S. quilting fabric)
 - Beige (background)
 - Blue floral (navy)
 - Light blue floral
 - Cream floral
 - Mustard yellow with dots
- Batting (optional)
- Threads matching the fabrics
- Fabric marker or pencil
- Pins or fabric clips
- Sharp fabric scissors
- Needle for hand sewing or sewing machine
- Iron and ironing board

TOOLS



- Rotary cutter (optional)
- Quilting ruler (optional)
- Scissors
- Pins or clips
- Needle and thread or sewing machine
- Iron
- Cutting mat (optional)

FINISHED SIZE



30 cm x 30 cm
(12 in x 12 in)

FABRIC CUTTING GUIDE (measurements in CM)



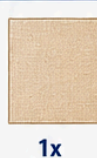
4x
Center petals
8 cm x 20 cm



16x
Petals
5 cm x 12 cm
(8 navy + 8 cream)



4x
Centers
6 cm x 6 cm



1x
Background
30 cm x 30 cm

STITCHES USED



Running stitch
(for appliqué)



Whip stitch
(for appliqué)

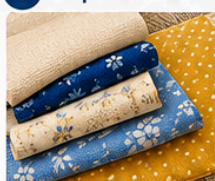


Blanket stitch
(optional decoration)



Backstitch
(for quilting)

1 Prepare the fabrics



Choose your fabrics and cut all pieces according to the cutting guide. Press the fabrics to remove wrinkles.

2 Transfer the templates



Use the measurements from the cutting guide or a template to trace the shapes on the wrong side of the fabric.

3 Cut the pieces



Cut all the pieces carefully. You will need 4 center petals, 16 curved petals and 4 center circles (slightly rounded squares).

4 Prepare the edges



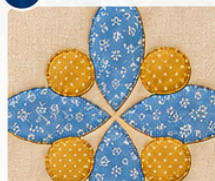
Fold a small seam allowance (0.5 cm) on the edges of each piece or use fusible web for appliqué to make it easier.

5 Appliqué the center petals



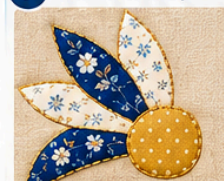
Position the 4 center petals in the middle of the background fabric. Pin them in place and appliqué using a running stitch or blanket stitch.

6 Appliqué the centers



Place the 4 center circles at the base of each petal group. Pin and appliqué.

7 Add the curved petals



Arrange 4 curved petals around each center circle (alternating navy and cream). Pin and appliqué.

8 Complete all petals



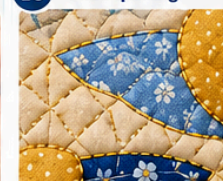
Repeat the process on the other three corners until all 16 curved petals are appliquéd.

9 Check and adjust



Make sure all pieces are well attached. Use a blanket stitch or running stitch with matching thread.

10 Final quilting



Quilt around the appliqué pieces and in the background. You can use straight lines, free motion or simple quilting.

11 Press and square



Press the block from the back side. Trim to 30 cm x 30 cm if necessary.

12 Optional: add a border



You can add a narrow border (2.5 cm wide) to frame the block.

13 Block variations



Change the fabric colors to create different looks. This block is perfect for quilts, cushions, table runners and wall hangings.

FINAL RESULT



30 cm x 30 cm (12 in x 12 in)

This Quilt Block Tutorial creates a finished 30 cm x 30 cm (12 in x 12 in) appliqué block inspired by the floral design shown in the reference graphic. The block combines four large light-blue center petals, four mustard-yellow centers, and sixteen curved outer petals in navy and cream floral fabrics.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

The project works well as a quilt block, cushion front, table runner component, wall hanging, or decorative fabric panel. The instructions below follow the construction sequence shown in the graphic, including the same measurements and appliqué methods.

Step 1 – Gather the Materials and Tools

For the background, cut one square of beige cotton quilting fabric measuring 30 cm × 30 cm. If you prefer to square the block very accurately after appliqué, you can begin with a slightly oversized background and trim it to 30 cm × 30 cm at the end.

For the appliqué pieces, prepare light-blue floral cotton, navy-blue floral cotton, cream floral cotton, and mustard-yellow cotton with small dots. Medium-weight quilting cotton is ideal because it is easy to trace, cut, press, and stitch.

According to the cutting guide, you will need:

- 4 center petals: approximately 8 cm × 20 cm each
- 16 curved outer petals: approximately 5 cm × 12 cm each, divided into 8 navy and 8 cream
- 4 mustard centers: approximately 6 cm × 6 cm each
- 1 background square: 30 cm × 30 cm
- Matching or coordinating thread, pins or fabric clips, fabric marker or pencil, sharp fabric scissors, hand-sewing needle or sewing machine, iron and ironing board, plus optional batting, rotary cutter, quilting ruler, and cutting mat

The mustard centers are shown as softly rounded squares rather than perfect circles. Keep those slightly irregular

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

rounded corners if you want the finished block to remain faithful to the reference design.

You may also prepare a thin layer of batting if you intend to quilt the finished block. Batting is not essential during the initial appliqué stage, but it creates the dimensional quilted appearance shown in the final example.

Step 2 – Prepare and Press the Fabrics

Prewashing quilting cotton is optional, but if you normally prewash your quilt fabrics, do it before cutting. The important point is to treat all the fabrics consistently so they behave similarly in the completed project.

Press each fabric until it lies completely flat. Wrinkles can change the shape of small appliqué pieces and make accurate tracing difficult.

Place the beige background fabric on your work surface and check that it is square. Mark the center lightly by folding the fabric vertically and horizontally and finger-pressing the folds. You can also use a removable fabric marker.

The intersection of these two lines establishes the center of the quilt block. This is especially useful because the four large blue petals must meet symmetrically in the middle.

Keep the markings light and inside areas that will eventually be covered or stitched. Always test a removable marking tool on scrap fabric first.

At this stage, arrange your four colors together. Checking the color balance before cutting makes it easier to reproduce the alternating navy-and-cream appearance of the original block.

Step 3 – Make and Transfer the Appliqué Templates

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Create a paper or template-plastic pattern for each of the three main shapes: the large center petal, narrow curved outer petal, and rounded center.

The four large petals should fit approximately within an 8 cm × 20 cm cutting area. Their shape resembles a long symmetrical leaf with pointed ends and gently curved sides.

The sixteen outer petals fit approximately within a 5 cm × 12 cm area. These pieces are narrower and slightly curved, creating the radiating flower effect around each mustard center.

Each mustard center uses approximately a 6 cm × 6 cm piece of fabric. Round all four corners until the piece resembles the softly squared floral centers shown in the graphic.

Trace the templates onto the wrong side of the corresponding fabrics. Make 4 large light-blue petals, 8 navy outer petals, 8 cream outer petals, and 4 mustard centers.

If you are using traditional turned-edge appliqué, remember that the cutting line needs enough fabric outside the finished template line to turn under. The graphic suggests approximately 0.5 cm seam allowance around appliqué pieces.

Step 4 – Cut All the Fabric Pieces

Cut the pieces carefully with sharp fabric scissors. Smooth curves are important because uneven cutting becomes more noticeable after the edges are turned and stitched.

Start with the four large light-blue petals. Stack fabrics only if you are confident that the layers will not shift; otherwise, cutting them individually provides better accuracy.

Next, cut the sixteen narrow petals. You should finish with eight navy floral pieces and eight cream floral pieces.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Cut the four mustard-yellow centers last. Maintain the gently rounded-square shape instead of making them sharply square.

Lay all the pieces on the 30 cm background without stitching anything. This preliminary layout is an important checkpoint.

You should now have 24 appliqué pieces in total: 4 center petals + 16 outer petals + 4 mustard centers.

Step 5 – Prepare the Appliqué Edges

The graphic shows a turned-edge approach in which approximately 0.5 cm of fabric is folded toward the wrong side of each appliqué piece.

Work slowly around curved areas. Small, gradual turns produce smoother curves than trying to fold a long curved edge at once.

At pointed ends, reduce unnecessary bulk while retaining enough fabric to prevent fraying. Use the point of a needle or small turning tool to help form neat tips.

Press the prepared edges gently. Avoid stretching the pieces while pressing because bias sections of curved petals can distort easily.

If you prefer another appliqué method, fusible-web appliqué can be used instead. Follow the manufacturer's instructions for the fusible product and use an appropriate edge stitch afterward.

For the traditional appearance illustrated in the tutorial, however, hand-turned or carefully prepared appliqué edges provide a particularly attractive finish.

Step 6 – Position and Appliqué the Four Center Petals

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Place the four large light-blue petals in the center of the beige background.

Their pointed inner ends should meet at the middle, creating a four-petal formation similar to a cross or four-pointed flower. One petal extends upward, one downward, one left, and one right.

Before sewing, measure from the edges of the block to confirm that the entire arrangement is centered. Small positioning errors at this stage can become much more obvious after the sixteen outer petals are added.

Pin or temporarily baste the pieces in place. Keep the pins away from the exact stitching path whenever possible.

Appliqué around each petal using a running stitch, small invisible appliqué stitch, or another preferred secure appliqué technique.

Continue until all four light-blue petals are attached securely and lie flat against the beige background.

Step 7 – Add the Four Mustard Centers

Position one mustard center near the outer end of each large blue petal, as illustrated in the reference.

The four centers should form a balanced arrangement around the central intersection. Before sewing, stand back and check the block visually.

Pin each center securely. Because these pieces contain rounded corners, make sure the curves remain smooth.

Appliqué the centers using small stitches. A whip stitch is one option for securing an appliqué edge, especially if you want the stitching to become a subtle decorative detail.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Try to keep stitch length and spacing reasonably consistent around each center.

After attaching all four pieces, place the block flat and check the spacing again. These mustard centers act as anchors for the remaining outer petals.

Step 8 – Arrange the Sixteen Curved Outer Petals

Each mustard center receives four curved petals, giving you four repeated floral groups around the block.

Arrange the navy and cream petals in an alternating pattern. The reference design uses the contrast between the dark navy floral print and light cream floral print to create rhythm around the block.

Do not sew the first group immediately. Arrange all sixteen pieces first so you can compare the four corners and make adjustments.

The narrow ends of the petals should visually converge toward their mustard center, while the pointed outer ends radiate toward the perimeter of the block.

Keep enough beige background visible between the floral groups. This negative space is an important part of the design and prevents the block from appearing overcrowded.

Once you are satisfied with the symmetry, pin, baste, or temporarily secure every petal.

Step 9 – Appliqué All the Outer Petals

Begin with one floral group and stitch its four curved petals permanently to the background.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Follow the prepared edge closely. If hand sewing, take small stitches through the folded edge and background so the attachment remains neat.

Continue to the second, third, and fourth floral groups, periodically placing the block flat to check for puckering.

The finished arrangement should contain four large blue petals in the center, four mustard centers, and sixteen alternating navy-and-cream outer petals.

For decorative visible stitching, the graphic demonstrates several options, including running stitch, whip stitch, and blanket stitch.

Blanket stitch is especially effective with raw-edge or fused appliqué because it can both secure and decorate the edges.

Step 10 – Check and Adjust the Appliqué

Once every appliqué piece is attached, examine the entire block before quilting.

Look for loose points, uneven curves, puckered background fabric, or sections where an appliqué edge has not been completely secured.

Small imperfections can usually be corrected with a few additional hand stitches.

The graphic suggests using a blanket stitch or running stitch with matching thread where additional attachment is needed.

Check the outer dimensions as well. The block should ultimately measure 30 cm × 30 cm.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Do not aggressively stretch the fabric to make it square. Proper pressing and careful trimming provide a much cleaner result.

Step 11 – Add Batting and Quilt the Block

To create the dimensional finish shown in the graphic, place the completed appliqué top over batting. Add backing fabric beneath the batting if you are preparing a complete quilt sandwich.

Smooth the three layers from the center outward and baste them together using your preferred method.

Quilt around the appliqué shapes first. Stitching close to their edges helps emphasize the floral forms and adds definition.

Next, quilt the beige background. The reference shows a simple quilted texture around the appliqué motifs. You can use straight lines, gentle free-motion quilting, or another uncomplicated quilting pattern.

A backstitch can also be useful for secure hand quilting in selected areas.

Keep the quilting density reasonably consistent so one section of the block does not become noticeably tighter than another.

Step 12 – Press and Square the Quilt Block

After the appliqué and quilting are complete, press the block carefully from the back side.

Use a pressing motion rather than moving the iron aggressively from side to side. This helps prevent the appliqué shapes from becoming distorted.

Allow the block to cool on a flat surface before measuring it.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Use a quilting ruler to check the horizontal and vertical dimensions.

Trim the edges carefully until the final block measures 30 cm × 30 cm (approximately 12 in × 12 in), matching the finished size shown in the graphic.

Check the corners with your ruler to ensure they remain square.

Step 13 – Optional: Add a Narrow Border

The tutorial graphic also demonstrates an optional border around the completed floral block.

For a similar appearance, add a border approximately 2.5 cm wide around the block. The example uses a navy floral fabric that coordinates with the dark outer petals.

Measure the actual finished block before cutting border strips rather than relying only on the planned measurement.

Attach opposite border strips first, press the seams, and then attach the remaining two strips.

Keep the border straight and evenly distributed around the design.

Remember that adding a border changes the overall dimensions. The 30 cm × 30 cm measurement refers to the original finished block before an optional external border is added, unless you resize the center specifically to compensate.

Step 14 – Finishing the Project

Inspect every appliqué edge and trim loose threads.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

If this block will become part of a larger quilt, join it to neighboring blocks using the seam allowance required by your quilt layout.

For a cushion, use the finished block as the front panel and add your preferred envelope or zipper backing.

For a wall hanging, add backing, binding, and a hanging sleeve. The strong symmetrical composition works particularly well as a small decorative wall quilt.

You can also repeat the block several times to make a larger quilt. Rotating the blocks or changing the fabric combinations can create surprisingly different secondary patterns.

The reference graphic suggests alternative palettes such as red and green, pink and green, or purple and yellow, so the same templates can be reused for seasonal or personalized versions.

Understanding the Stitches Used

The running stitch consists of small, evenly spaced stitches passing in and out of the fabric. In this project, it can be used for appliqué details, temporary basting, or decorative outlining.

The whip stitch travels over the appliqué edge with repeated small stitches. When worked neatly with coordinating thread, it provides a straightforward way to attach an appliqué shape.

The blanket stitch forms a visible line along the appliqué edge with perpendicular stitches extending into the appliqué. It is especially attractive when the stitching is intentionally decorative.

The backstitch produces a strong continuous-looking stitched line and can be useful for hand quilting or areas requiring additional strength.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Whichever stitch you select, test it on fabric scraps before working on the finished block. This allows you to adjust stitch length, thread choice, and tension.

You do not have to combine all four stitches. They are options shown in the graphic; using one consistent appliqué method throughout the project can produce an equally attractive result.

Final Result 🌻

Your completed Quilt Block Tutorial project should feature a balanced floral arrangement on a beige background, with four large light-blue floral center petals, four mustard-yellow centers, eight navy floral petals, and eight cream floral petals.

The finished block measures 30 cm × 30 cm (12 in × 12 in) before any optional external border. Its symmetrical construction makes it especially suitable for repeating across a larger quilt.

For the closest match to the reference, maintain the alternating navy and cream petals, keep the four mustard centers evenly positioned, and carefully center the four large blue petals before adding the surrounding pieces.

The design is also very adaptable. Once you have made the templates, you can create additional blocks using different fabric collections while keeping exactly the same construction process.

Take particular care during the layout stage because accurate positioning is more important than speed for this design. Pin everything, inspect the complete arrangement, and only then begin the final appliqué stitching.

<https://creative.craftsforlove.com/> - **SEE THE BEST PATTERNS**

Once pressed and squared, your floral appliqué block is ready to become a quilt, cushion, table runner, wall hanging, or decorative textile panel.  