

The *Free-Motion Quilting Idea Book* Class Plan

By Amanda Murphy

<<11128_runner.tif>>

Class Description:

This is a fun two-day class. The first day covers basic piecing techniques while making the runner. The second day covers some basic free-motion concepts. As an alternative, you can conduct this as a one-day class if the students piece their runner beforehand.

Class Length:

Two 6-hour days. Students cut and piece the runner on the first day. They should take their pieced runner home with instructions to spray or pin baste the top on top of batting and backing and to stitch in the ditch around all seams (borders first!) to stabilize the quilt sandwich. They then come back the second day to work on free-motion quilting.

Class Supply List:

- Required text: ***Free-Motion Quilting Idea Book* by Amanda Murphy**
- White solid (sashing): 1/3 yard
- Dark aqua solid (binding): 1/4 yard
- Medium aqua solid: 1/2 yard
- Light aqua solid: 1/4 yard or 1 fat quarter
- Medium green solid: 1/2 yard
- Light green solid: 1/8 yard
- White, green, and aqua quilting threads
- Piecing thread
- 5 practice quilting sandwiches per participant (10" × 10")
- Sewing machine
- 1/4" piecing foot, free-motion foot, walking foot
- Rotary cutter, mat, and rulers
- Scissors
- Pins

- Paper and pens or pencils

Classroom Preparation:

Each student will need table space and access to an outlet for their sewing machine. Pressing stations should be set up for piecing.

Class Agenda:

*Instructions for the piecing the runner can be found starting on p. 16 of the **Free-Motion Quilting Idea Book**.*

Day 1

1. Cut the pieces for the runner from the cutting instructions on p. 17 of the *Free-Motion Quilting Idea Book*.
2. Piece the three blocks as shown on pp. 18–19.
3. Assemble the runner as shown on p. 20.
4. Show the students how to baste their quilt sandwich and stitch in the ditch over all the seams to prepare for free-motion quilting on Day 2.

Day 2

1. Show students some basic quilting motifs like loops, swirls, stippling, tubes, back-and-forth, pebbles, and wavy lines as shown in the *Free-Motion Quilting Idea Book*. You can vary the complexity depending on the quilting experience of your students.
2. Have them practice the design, first by drawing on paper and then by quilting on their practice sandwiches. (I usually like to have them practice free-motion quilting a square about 1" from the edge. This is hard, but it gives them practice getting from one area of the quilt to another, and so is very useful.)
3. Have them draw out some design ideas for the runner. Some examples can be found on pp. 21–26 of the *Free-Motion Quilting Idea Book*.
4. Once they have settled on a plan, have them do any echo quilting needed for their design. (They might not have any.) This is typically seen in the sashing areas.
5. Have the students free-motion quilt their runners!