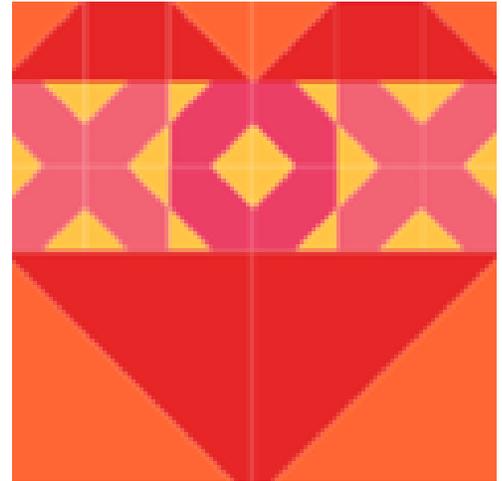


Be Still: Just Breathe Blocks Construction pt 1

Signature Block : mini version
X & O units



Small Signature Block
3" Finished



Just Breathe
18" x 18" Finished >Make 3

Pro-Tips:

- Read through all instructions before beginning.
- Seam Allowance= 1/4"
- Small Signature Block follows the same construction method as for the larger ones stitched in previous installments.
- **NOTE: This instruction set is for non-directional fabrics. Refer to Cutting Directional Fabric handout for refresher on handling directional Base Fabrics.**

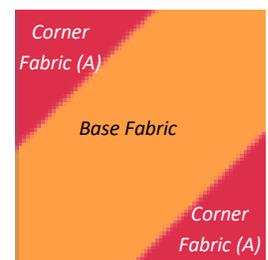
Cutting the Blocks:

The unit is constructed using Stitch & Flip; note the position of the base fabric and the corners when cutting/planning fabric use.

Fabric (A): Cut (4) 2" strips x WOF
Cross cut the strips into 2" squares (total of 72).

Base Fabric Cut (36total) 3.5" x 3.5"

The X & O illusion is most readily visible when all four base fabrics match.



Quilt Along with QUILTERS SELECT®

Assembling the Blocks:

NOTE: Remember to assemble/press directional Base Fabrics with mirrored pairs as instructed in the Cutting Directional Base Fabrics installment.

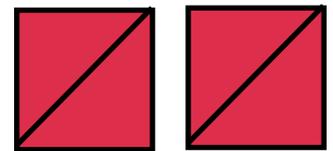
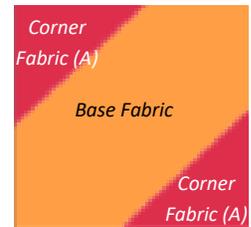
- Mark wrong side of Fabric (A) square from corner to corner.
- Two Fabric (A) squares are needed for each Base Fabric.

Pro Tip: Quilters Select Self Erase Marker is perfect for this step. The fabric safe marker glides rather than drags across the fabric making more accurate lines. As the marker is air-soluble, mark only as many units as will be sewn in a sitting.

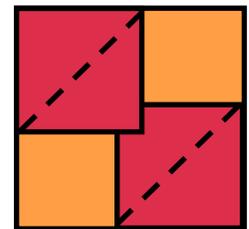
- Place marked (A) right sides together on one corner of Base. Match the corners and edges as perfectly as possible.
- Stitch DIRECTLY on the marked center line.
- Repeat with a second (A) square in the opposite corner.

- Cut 1/4" away from the stitching toward the outer corner of the Base Fabric.

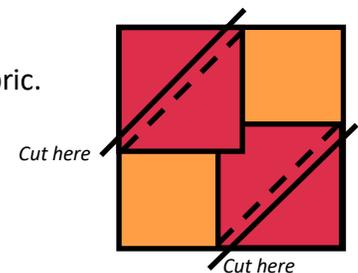
- Press each trimmed unit as illustrated paying attention to the direction of the base. Or press each seam open.
- Each unit should measure 3 1/2" x 3 1/2".
- Make 72.



Mark the center on wrong side of each 2" square.

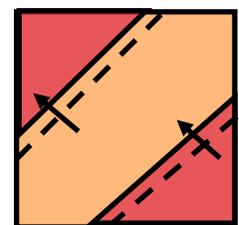


Stitch DIRECTLY on the marked lines.



Cut here

Cut here

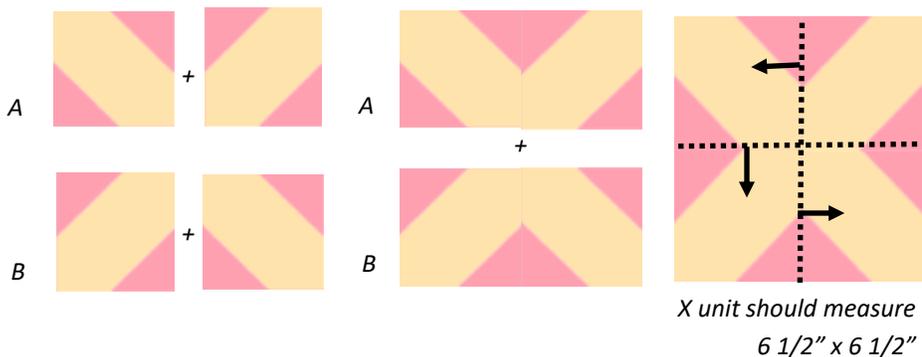


Press seam allowances in direction as shown.



Assembling the X Blocks:

- Gather four Signature Units; place wrong side up. Position so that the adjoining seams will nest together during construction. Take care when positioning directional fabrics.
- Stitch the top 2 units together.
- Stitch the bottom 2 units together.
- Stitch Unit A to Unit B. Make six X Blocks.

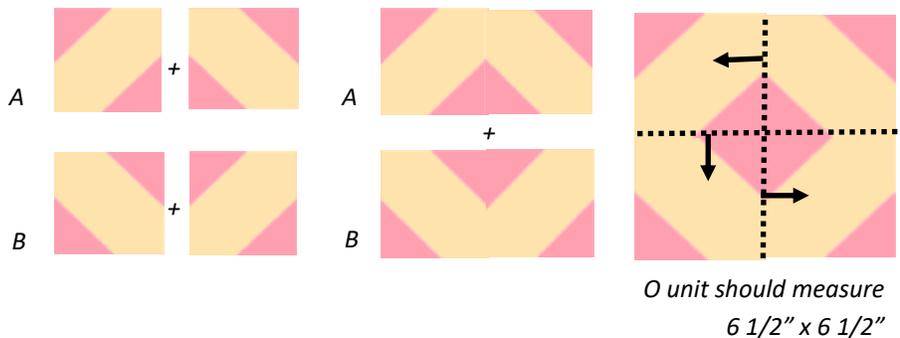


- Press center VERTICAL seam allowances in opposite directions.
- Press center HORIZONTAL seam allowance toward the lower edge of the block for 4 of the units and toward the top for 2 of the units*.

* The units pressed to the top are for the center Just Breathe Block.

Assembling the O Blocks:

- Gather four Signature Units; place wrong side up. Position so that the adjoining seams will nest together during construction.
- Stitch the top 2 units together.
- Stitch the bottom 2 units together.
- Stitch Unit A to Unit B. Make 3.



- Press center VERTICAL seam allowances in opposite directions, consistent with X block vertical seam direction.
- Press center HORIZONTAL seam allowance toward the TOP edge of the block for 2 units and toward the bottom for the remaining unit. Reserve this unit for the center Just Breathe Block.