

Quilt Along with QUILTERS SELECT®

Be Still: Just Breathe Blocks Construction pt 2

Completing the Just Breathe Units

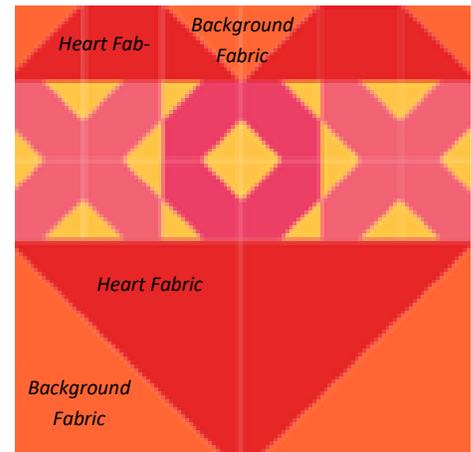
Pro-Tips:

- Read through all instructions before beginning.
- Seam Allowance= 1/4"
- Each block measures 18 1/2" x 18 1/2 "for an 18" finish.

Cutting:

Background	Cut (3)	11" x 11" squares
	Cut (6)	4" x 4" squares*
Heart Fabric	Cut (6)	3.5" x 3.5"
	Cut (3)	11" x 11" squares
	Cut (6)	4" x 4" squares*

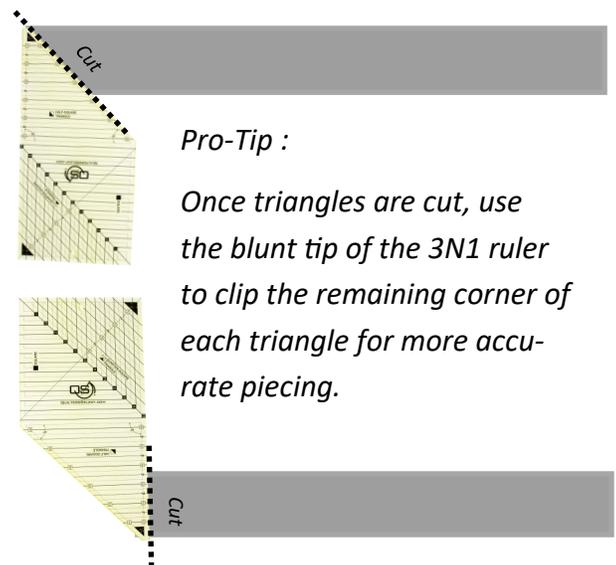
**OR for ruler method using the Quilters Select 3N1 ruler cut one 3 1/2" x WOF strip of the Background and the Heart Fabric.*



Just Breathe
18 " x 18" Finished >Make 3

Half-Square (HST) Triangles: Ruler Method

- Place Background and Heart fabric strips right sides together. Straighten one short edge of the stacked strips. Position the blunt tip of the 3N1 Ruler along the top long edge of the strip, trimmed short edge aligned with straight edge of ruler, bottom of the strip at the 3 1/2" line. Cut.
- Rotate the ruler 180°, cut. Continue, cutting a total of 12 triangles of each fabric.



Pro-Tip :

Once triangles are cut, use the blunt tip of the 3N1 ruler to clip the remaining corner of each triangle for more accurate piecing.



Quilt Along with QUILTERS SELECT®

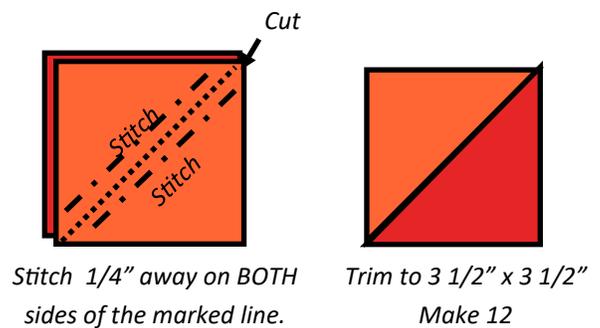
Construction HST : Ruler Method

- Position Background Fabric & Heart Fabric triangles, right sides together, blunted corners aligned. Stitch.
- Press seam allowance open. Make 12 HSTs.
- Each HST should measure $3\frac{1}{2}'' \times 3\frac{1}{2}''$.

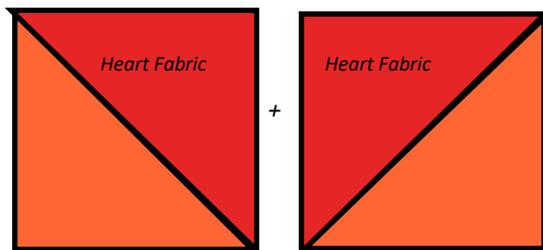
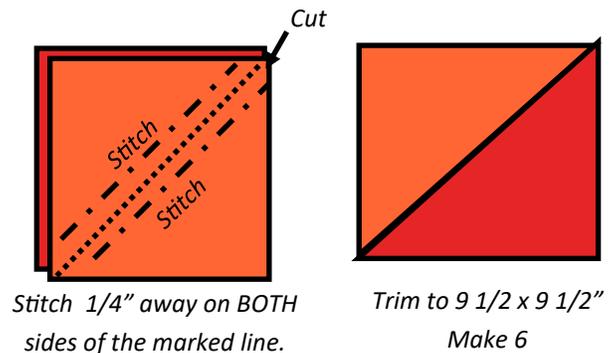


Construction: 2 at a Time Method

- Draw a line corner to corner on each Background square. Position Background square & Heart square right sides together. Stitch $\frac{1}{4}''$ away on each side of the marked line.
- Cut along the marked line.
- Press open and trim each unit to $3\frac{1}{2}''$. Make 12.



- Repeat this process with the $11''$ Background/Heart Fabrics.
- Press seams open, trim to $9\frac{1}{2}'' \times 9\frac{1}{2}''$. Make 6.
- Stitch together two of the $9\frac{1}{2}''$ HST with the Heart Fabrics positioned as illustrated.
- Press seam open; unit measures $9\frac{1}{2}'' \times 18\frac{1}{2}''$
- Make 3.



Measures $9\frac{1}{2}'' \times 18\frac{1}{2}''$

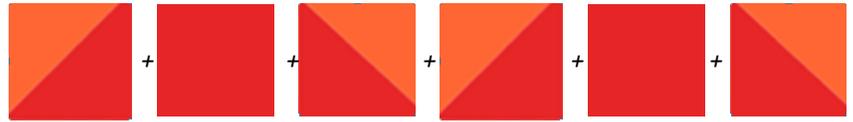
Make 3



Quilt Along with QUILTERS SELECT®

Putting it All Together

- Stitch a Row 1 strip as illustrated.



Row 1



Measures 3 1/2 x 18 1/2"

Make 3

X & O Rows

- Gather the 2 x X units with horizontal center seam pressed up and 1 x O unit with horizontal center seam allowances pressed toward the lower edge of the block.
- Stitch Row 2 strip as illustrated.
- Stitch together two additional Row 2 strips from remaining X & O blocks.



Row 2



Measures 6 1/2 x 18 1/2"

Make 3

Final Steps:

- Stitch Rows 1/23 together as illustrated.
- Each block measures 18 1/2" x 18 1/2". Make 3.

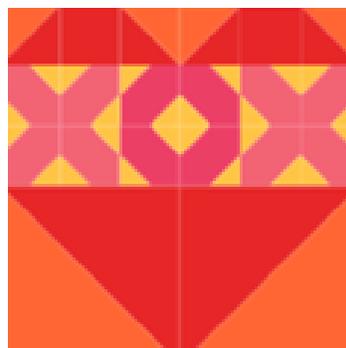
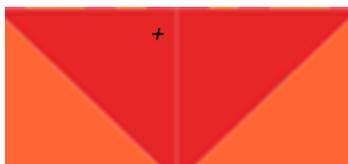
Row 1



Row 2



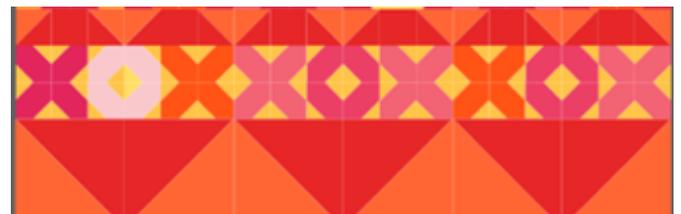
Row 3



Measures 18 1/2" x 18 1/2"

Make 3

- Join the three Just Breathe blocks to form a strip 18 1/2" x 54 1/2"



QUILTERSSELECT.COM

Pattern design *Design* **N** **Q**UILT™