

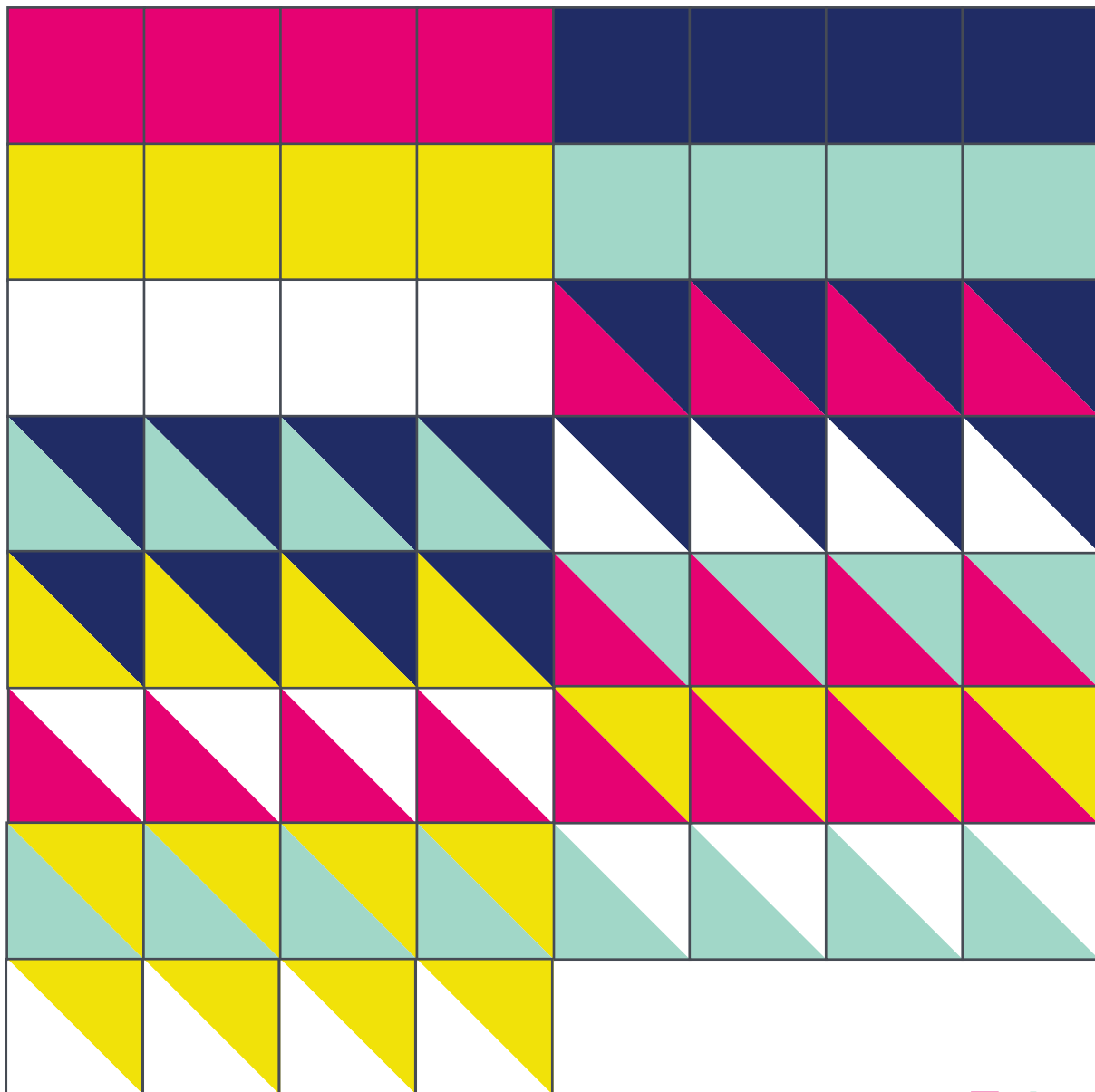
Finding Inspiration in Textiles

Hobbies such as knitting, embroidery, quilting, and others that involve working with textiles can be incredibly beneficial for mental health. The repetitive motions and focus create a calming experience that can reduce stress and anxiety. This form of art fosters creativity, offering a sense of accomplishment and pride as you see your work come together.

Discover your own quilt block design with the color blocks below. Based on the elements of a quilter's tool kit, these half-square triangle blocks give you the freedom to move the pieces around as you wish to find a pattern you like. Cut the color squares on the black lines and play with the pattern possibilities!



EXAMPLE



Use your creativity to color in this pattern and imagine how it would look as fabric. And then move the pattern down a bit to center it on the page.

