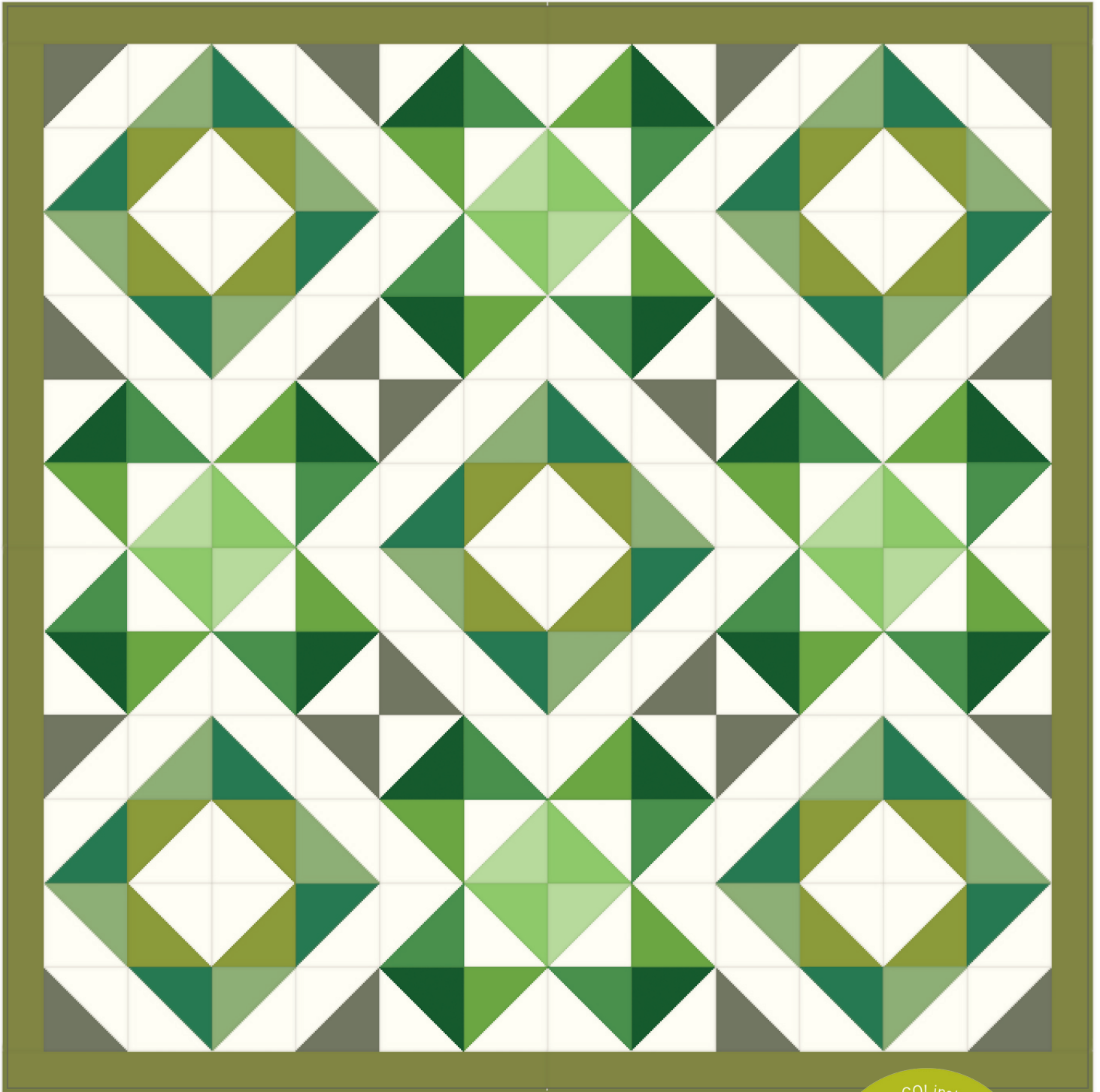


# RECOVERY QUILT

Psychology of Color for Quilting Therapy

52 1/2" x 52 1/2"



michael miller FABRIC



# RECOVERY QUILT

## Psychology of Color for Quilting Therapy

Color psychology has been around for a very long time. One of the earliest documented color psychology charts was published in 1798! The Ancient Egyptians and Ancient Chinese used chromotherapy, the use of color, to heal. In our modern culture, however, the Psychology of Color is mostly the secret of marketing and politics to appeal to people's emotions.

This Hugs and Kisses, Xs and Os design is in response to the Covid-19 pandemic. As artists, instead of just wringing our hands and then washing them again, we need to put color in our hands and keep them busy. Specifically, we need to put **GREEN** in our hands.

**Green** relaxes us mentally, as well as, physically and helps alleviate anxiety. Green supports and stimulates health, new growth, generosity, and fertility.

**We are drawn to the colors that we need emotionally.** Whether you realize it or not, you have been practicing color therapy in your quilting at some level.




Once you're aware of the emotional support color can have for you, as a quilter, you can take this one step further and use Color Therapy purposefully to help you process and express your feelings through your color choices in quilting.

### Fabric Requirements:

**Michael Miller Cotton Couture** [SC5333]




was used for this example.

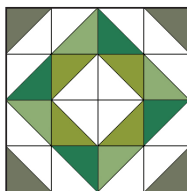
<https://www.michaelmillerfabrics.com/shop/basics/cotton-couture.html>

-  1 ½ yards of Soft White
  -  ¾ yard of Asparagus for Border
  -  ½ yard of Asparagus for Binding
- 3 ½ yards of backing

### O Block






1 fat quarter or ¾ yard

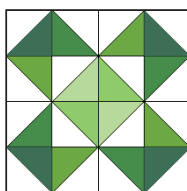
-  Kiwi
-  Keylime
-  Clover
-  Jungle



### X Block

1 fat quarter or ¼ yard

-  Leaf
-  Pine
-  Spring
-  Fern
-  Apple



**White** – is the compression of all the colors in the color spectrum. It is associated with creativity – our clean canvas. White reflects cleanliness, purity, goodness, innocence, and hope. Alone, it can feel sterile.

**Black** – is the absence of all color. It reflects mystery, drama, strength, and power. Yet it can also be mournful, sobering, and evil.

**Gray** – is a careful color modest, practical, and can also represent sorrow. It can be modern and futuristic. Alone it can be boring.

**Pink** – is the color of love. It is the most calming and gentle of all colors. It is feminine, affectionate, and sisterly love.

**Red** – is the color of life blood. It symbolizes passion, energy, optimism, determination, and anger. Red stimulates energy, blood pressure, and heart rate.

**Purple** – is royalty, elegance, prosperity, sophistication, and wisdom. It gives a sense of spirituality, calms the mind, and encourages creativity. Purple is considered to stimulate the brain to solve problems.

**Blue** – is tranquility, peace, harmonious, reliable, steadfast, and loyal. It also calms, sedates, and aids intuition. Statistics show you will fall asleep faster and sleep longer in a blue room.

**Brown** – is reliability, stability, friendship, longevity, comfort, earthiness, and conservation. Brown encourages you to slow down and relax. It is perfect for counterbalancing, contrasting, highlighting, or toning down other colors.

**Yellow** – is a happy color, cheerful, good times, playful, inspired, and also creative.

**Gold** – is an off-shoot of yellow and reflects promise.

**Orange** – is considered to be the most flamboyant color on the planet and reflects celebration, happiness, energy, a new dawn in attitude, and encourages socialization. It is also known to stimulate your appetite.

**READ all the instructions before starting.** All seams are 1/4".

Four methods to create **Half Square Triangles [HST]** are on the following pages. Make the **HST** in your preferred method.

**Unfinished Size** of the **HSTs** are 4 1/2". (Size of **HST** before it is sewn into the quilt, including the seam allowance.)

**Finished Size** of the **HSTs** are 4". (Size of **HST** when it is sewn into the quilt.)

### Piecing Instructions

**A. For the O Block,** you'll need **HSTs** of the following color combinations:

Four **HST** Kiwi/White (or a total of twenty HST for the entire quilt)

Four **HST** Keylime/White (or a total of twenty HST for the entire quilt)

Four **HST** Clover/White (or a total of twenty HST for the entire quilt)

Four **HST** Jungle/White (or a total of twenty HST for the entire quilt)

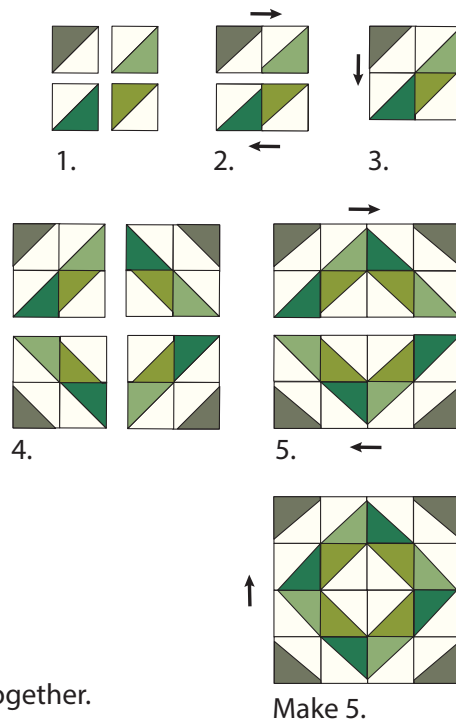
1. Arrange one of each of the four **HSTs** listed above like the diagram.

2. Align and sew the top two **HSTs** together. Align and sew the bottom two **HSTs** together. Press seams as indicated by the arrows.

3. Nest seams, pin, and sew the top set to the bottom set. Press the seam as indicated by the arrow. Repeat to make four identical block quadrants.

4. Arrange the block quadrants like the diagram.

5. Sew the top two quadrants together. Sew the bottom two quadrants together. Press as the arrow indicates. Block should measure 16 1/2" square. Repeat to make a total of five **O Blocks**.



**A. For the X Block,** you'll need **HSTs** of the following color combinations:

Four **HST** Leaf/White (or a total of sixteen HST for the entire quilt)

Four **HST** Pine/White (or a total of sixteen HST for the entire quilt)

Four **HST** Apple/White (or a total of sixteen HST for the entire quilt)

Two **HST** Spring/White (or a total of eight HST for the entire quilt)

Two **HST** Fern/White (or a total of eight HST for the entire quilt)

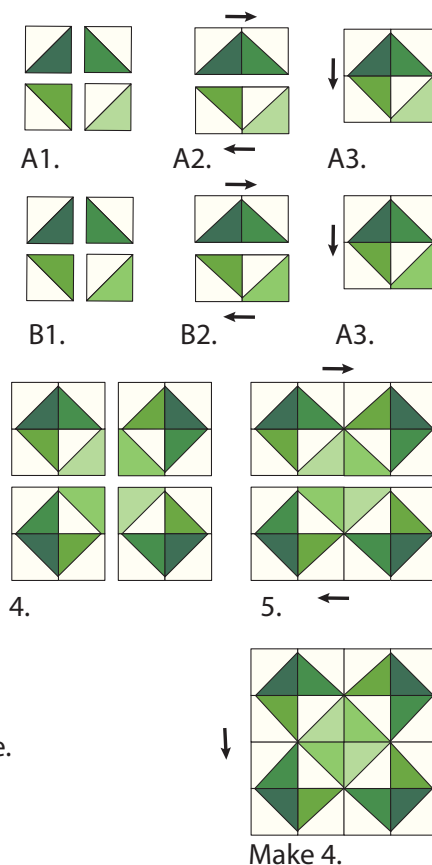
1. Arrange the four **HSTs** listed above like the two diagrams, A1 and B1.

2. Align and sew the top two **HSTs** together. Align and sew the bottom two **HSTs** together. Press seams as indicated by the arrows.

3. Nest seams, pin, and sew the top set to the bottom set. Press the seam as indicated by the arrow. Repeat to make two identical block quadrants.

4. Arrange the block quadrants like the diagram.

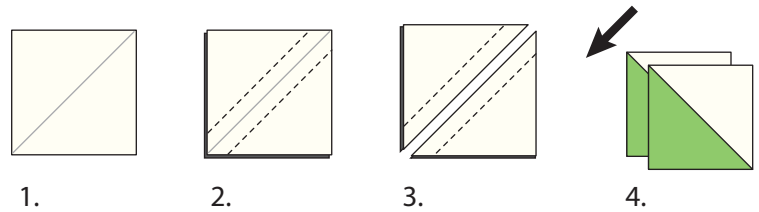
5. Sew the top two quadrants together. Sew the bottom two quadrants together. Press as the arrow indicates. Block should measure 16 1/2" square. Repeat to make a total of four **X Blocks**.



# CREATING HALF SQUARE TRIANGLES (HST)

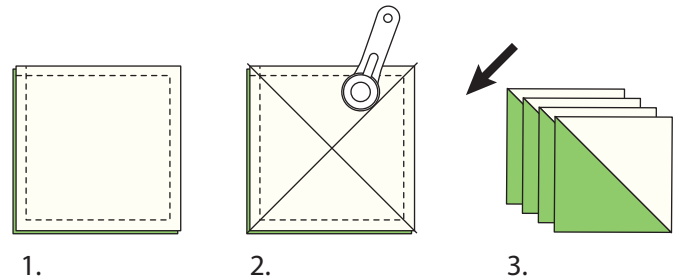
## A. Two-at-a-time Method

1. Cut one  $4\frac{7}{8}$ " square of White and one  $4\frac{7}{8}$ " square of Green. Draw a diagonal line from corner to corner with a mechanical pencil on the wrong sides of the White fabric.
2. With right sides together, sew  $\frac{1}{4}$ " seam on both sides of the drawn line.
3. Cut on the drawn line to yield two **HST**. Press seams open or toward the darker fabric. Trim off dog ears.
4. Measure and trim to  $4\frac{1}{2}$ " if needed.



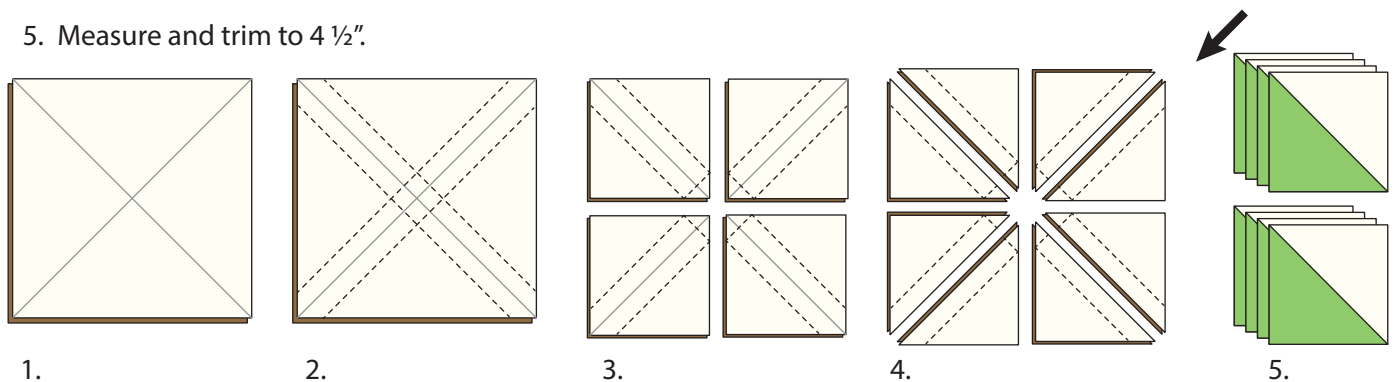
## B. Four-at-a-time Method

1. Cut one  $7\frac{1}{8}$ " square of White and one  $7\frac{1}{8}$ " square of Green. Right sides together, sew a  $\frac{1}{4}$ " seam on all four sides like the diagram.
2. Rotary cut twice on the diagonal to yield four **HST**. Press seams open or toward the darker fabric. Trim off dog ears.
3. Measure and trim to  $4\frac{1}{2}$ ".



## C. Eight-at-a-time Method

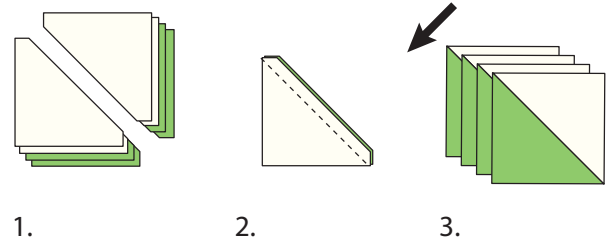
1. Cut one 10" square of White and one 10" square of Green. Draw a diagonal line from corner to corner in both directions on the wrong side of the White fabric.
2. Right sides together, sew  $\frac{1}{4}$ " on both sides of the drawn lines.
3. Cut vertically and horizontally at the center mark (5") as shown in diagram 3.
4. Cut on the drawn lines. Press seams open or toward the darker fabric. Trim off the dog ears.
5. Measure and trim to  $4\frac{1}{2}$ ".



## D. AccuQuilt Method

Use Die #55710 Half Square Triangle 4" Finished Square.  
This die was included in the 8" GO! Qube.

1. Rough cut one White rectangle and one Green rectangle at  $5\frac{3}{4}" \times 11\frac{1}{2}"$ . Fold in half and lay on the die. Watch <https://www.accuquilt.com/blog/tutorials/technique-tutorials/> "How to Fan-Fold Fabric for AccuQuiltGo! Dies" for accurate positioning of the fabric.



2. After running it through the machine, discard scraps. Align a White triangle and a Green triangle with right sides together. Sew  $\frac{1}{4}"$  on the longest side. Press seams open or toward the darker fabric.

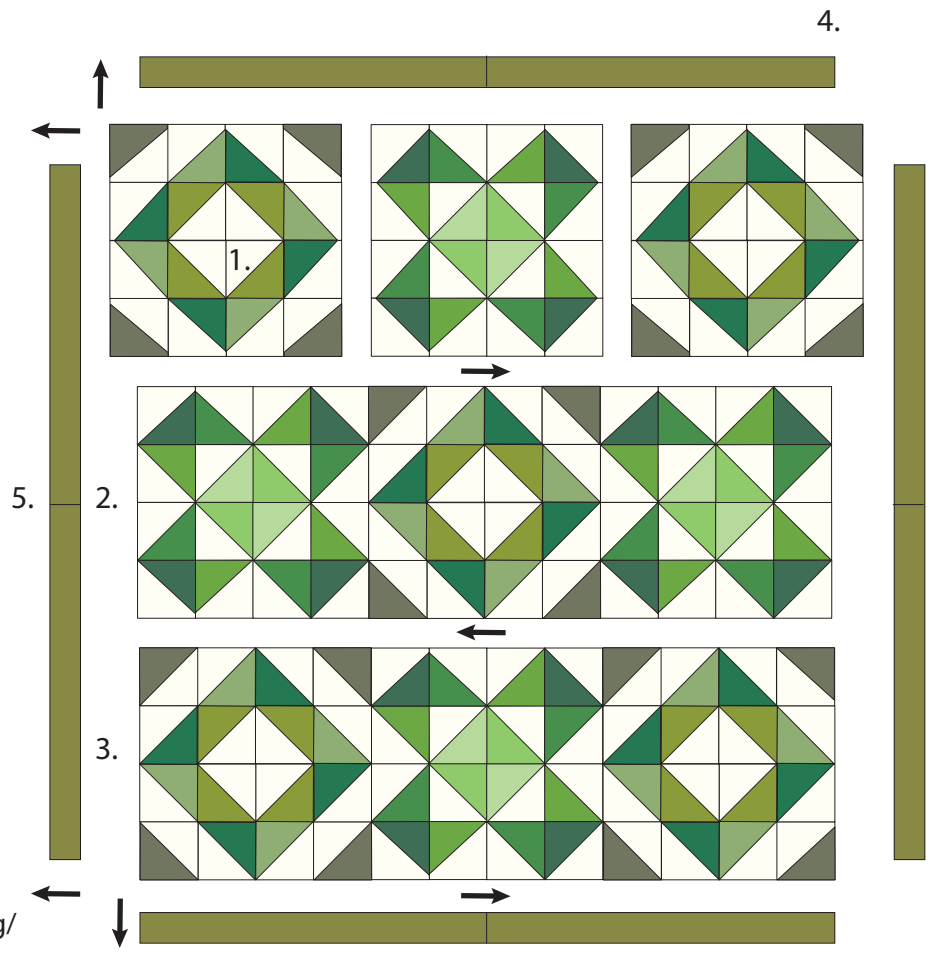
## Quilt Top Assembly Instructions

1. Refer to the diagram below and arrange your Xs and Os blocks.
2. Sew the blocks together in horizontal rows. Nest seams, pin, and sew. Repeat for all rows. Press seams in alternating directions, as the arrows indicate. Press well.
3. Sew rows together. Nest seams, pin, and sew. Press seams in one direction.

## Instructions for Border

Cut Eight strips  $2\frac{1}{2}" \times$  WOF of Asparagus Green [Accuquilt Die#55017]

4. Trim selvage off the strips and sew two strips end to end. Make four sets.
5. Using the seam as a center point, trim two strips at  $48\frac{1}{2}"$ . Pin and sew to the left and right sides, easing any differences. Press seams toward the border.
6. Using the seam as a center point, trim the remaining two strips at  $52\frac{1}{2}"$ . Pin and sew to the top and bottom, easing any differences. Press seams toward the border. Quilt top should measure  $52\frac{1}{2}" \times 52\frac{1}{2}"$ .
7. Quilt, bind, and label. Enjoy your new quilt!



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