



Patchwork Promise

Breast Cancer Awareness Project
Girl Scouts of San Jacinto Council

Who: Girl Scout Brownies, Juniors, Cadettes, Seniors, Ambassadors

Project Instructions

- What:** Design and complete one or more quilt squares.
Design must be squared on the square. No diagonals.
Design related in some way to Women's Health Issues.
- healthy lifestyle, good eating habits.
 - physical activity, exercise, sports
 - self-care related to being the best you can be.
 - being a good role model for good mental and physical health habits.
 - breast cancer awareness, healthy heart, and healthy lungs.
 - substance abuse
 - medical, educational, careers, inspirational, thoughts or symbols.
 - Juliette Low, Girl Scout founder, who had breast cancer.
- How:** Squares are cut $8 \frac{1}{2}'' \times 8 \frac{1}{2}''$. Finished square must be no larger than $8'' \times 8''$. Leave at least a $\frac{1}{2}''$ border around square for joining/piecing the square.
- Fabric:** Fabric may be purchased by participant(s). Kona cloth or a good quality muslin is recommended.
- Design:** Use 2 or more of the following techniques to complete the square.
- Applique - may be fused or machine stitched.
 - Handwork stitches - buttonhole, blanket, running and/or traditional stitches.
 - Embellishment: Button(s), beads, trinkets, lace, or patches.
 - Embroidery.

- Silk ribbon embroidery or stitchery.
- Fabric pen drawing or writing. (NO paints or markers.)
- Use your imagination, there are many more methods.

Girls and/or troops are encouraged to complete an entire quilt, lap quilt, wall hanging or pillows and donate to a local hospice, faith community, fire station, police station, hospital, nursery or assisted living.