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 ½” x 8 ½”. Finished square must be no larger than 8” x 8”. Leave at least a ½” 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.*