

February Heart Balloons

Art Quilt Wall Hanging

About this project

This project gives a basic plan for a themed art quilt wall hanging. The finished size for all the monthly wall hangings is 7" x 12". Each month is a different theme, with ideas for creating a unique art quilt. Each wall hanging is fat quarter, jelly roll, scraps or stash friendly!

February is puffy heart balloons focusing on the technique of trapunto.
Follow my YouTube tutorial: [February Heart Balloons](#)

Fabric + Supply requirements

You will need:

- Scraps (dark to light) of red fabric, solids or prints
- Half of a fat quarter (11" x 18") of a cream fabric, solid or printed
- Fat quarter of a coordinating fabric for backing and binding
- 7" x 12" cut of batting + scraps
- Scraps of paper backed fusible web
- Stuffing
- One yard length of yarn
- Very sharp scissors
- Optional, but useful: a turner tool

Preparation

The base of your wall hanging is the 7" x 12" cut of cream fabric, which will become the sky in your art quilt. You could choose a light blue or even a beautiful sunset. Remember, this is an art quilt, and you are the artist!

Press scraps of fabric onto paper backed fusible web. Cut various sizes and shapes of hearts from the different scrap fabrics.

Cut at least one larger heart; for this heart you will need to cut two layers of fabric. The fabric does not need to be backed with fusible web.

Trapunto

Trapunto techniques can add dimension and texture to art quilts. There are three different trapunto methods I have used to create lofty squishiness in the balloons of this art quilt.

Stitch and Cut

In this method, a design is created on the front side of the quilt. It can be marked or applique can be used to create a shape. An additional layer of fabric is added to the back, and stitching is created around the shape. Flip the fabric over, and using small sharp scissors, make a slice in the back layer of fabric. Push stuffing into the hole until you get the right amount of puffiness. Hand stitch the hole closed.



Double Batting



A newer method is to first create the design or shape on the front side of the quilt. Then, create a quilt sandwich using a high loft batting, and quilt *around* the shape so that it puffs up from the batting. Flip over, and using small sharp scissors, cut away the batting from around the shape. Then do the final quilt sandwich for the finished quilt, using additional layers of batting and backing. Quilt around the shape and design as you typically would.

Stuff and Turn

Another method is to create a shape by sewing two fabrics right side together, leaving a space to turn. Much like making a pillow! Trim corners as needed, and turn the shape right side out. Fill the shape with stuffing, and hand stitch the gap closed. Then apply that stuffed shape onto the front side of the quilt, applying like an applique and stitching around the edges by hand or with a machine.



Instructions

Using one or more of the trapunto techniques, apply hearts to the background fabric.

The strings of the balloons are created using yarn couching. Cut a short length of yarn (~6 inches). Place the yarn at the base of the heart, and using a zig zag stitch on the sewing machine, zig zag over the yarn to secure it in place. Move the yarn around to create waves or swirls. Trim the ends of the yarn.

Finishing the wall hanging

There are several options to finish your wall hanging:

1. Quilt, and add binding.
2. Quilt and zigzag edges.
3. Layer, stitch and turn, then quilt.

Option 1: Create a quilt sandwich with your art quilt top, batting and backing. If you are able to free motion quilt, you can follow the landscape shapes, and go around the hearts. To quilt with a straight stitch, make gentle wavy lines that mimic sky or clouds. You can hand quilt for even more intricate quilting. Cut two 3" squares from the backing fabric. Fold each in half to create a triangle with a folded edge. Place a square in each top corner, and pin in place. Bind the edges of the quilt with bias binding made from any fabric you choose.



Option 2: Create a quilt sandwich and quilt as desired as in option 1. Add the triangles to the top. Stitch a zig zag around the raw edges instead of adding binding.

Option 3: Layer quilt batting, quilt backing right side up, two triangles at the top, and your art quilt top, face down. Pin in place. Stitch around the edges, leaving a 4" gap. Turn the quilt inside out and press. Hand or machine stitch the gap closed. Quilt and hang.

To hang, insert a 6" dowel with a small diameter ($\frac{1}{4}$ " to $\frac{1}{2}$ ") into the two triangle pockets.