Print this page and cut the squares apart. Use with the grid page to try out different layouts.

Friendship Squares ©2002 Bethany S. Reynolds
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Use this grid to try different arrangements. If you want your design to be symmetrical, make the design “mirror” from one or both of the heavy lines.
Friendship Squares

Pre-Cutting Instructions:

For the center signature area, cut a 7" strip across the width. With the strip unfolded, cut one end at a 45° angle. Cut 2 1/2" wide bias strips. You will need one bias strip per block. For the triangles, cut 6" squares. Cut each square once on the diagonal to make two triangles. You will need two triangles per block.

Piecing instructions:

(Note: The glue stick and sticky label method suggested here works well with children, but you can substitute pins.)

Center the bias strip against the unprinted side of the paper foundation, wrong side of fabric facing the unprinted side of the paper. The long edges of the strip should extend 1/4" beyond the two diagonal seamlines. Hold in place with glue stick. Trim off the corners of the strip as shown.

Place one triangle on the center strip, right sides together. The long side of the triangle should line up with one edge of the strip, and the right-angle corner of the triangle should line up with the dot-and-dashed centerline. Use sticky office labels or pins to hold the triangle in place.

Flip the paper over and sew on the dotted line, beginning and ending at the outer edge of the square.

Remove the labels and finger-press the triangle over to cover the paper. Make sure the fabric extends past the edges of the square on each side.

Turn the square over and place the second triangle on the other edge of the center strip. (To check that the triangle is centered, you can fold the corners together and make a little crease on the edge, then match the crease to the centerline on the paper.) Hold in place with sticky labels. Flip the paper over and stitch on the dotted seamline.

Remove the labels and finger-press the fabric over the foundation.

Press the block with a dry iron, fabric side up. With the paper side up, trim on the solid outline to complete the square.

For easier signing, leave the paper in place as a stabilizer.

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