

Fidget quilts

Size: Placemat

Options:

pockets (old jeans, etc.)

belt loops (from jeans, pants)

zippers

flaps

Velcro (add to a pocket and/or flap)

textured fabric (denim, fleece, flannel, corduroy, satin, upholstery, etc.)

colorful fabric

lawn chair webbing

flannel shirt for back (keeps from sliding)

lacing

pieces of crochet

applique

prairie points

ribbon

rick rack

old ties

fringe

braiding strands

NO buttons

Internet links:

<https://www.wikihow.com/Make-a-Fidget-Quilt>

<https://frommycarolinahome.com/2015/08/06/fidget-quilts-for-alzheimers-patients/>