

**Cindy Grisdela**  
**Contemporary Art Quilts**  
Reston, VA

[www.cindygrisdela.com](http://www.cindygrisdela.com)  
[cindy@cindygrisdela.com](mailto:cindy@cindygrisdela.com)

703-402-3116



**Artful Improv – Permission to Play! Supply List**

To create units to incorporate into a small quilt top, please include a selection of warm colors (red, orange, yellow) and cool colors (blue, green, purple) in a variety of lights, darks and medium tones, OR a selection of light, medium and dark fabrics that you like together.

Strips and scraps of cotton fabric in solids, or fabrics that read as solids, such as tone on tone and small scale prints. Avoid large scale prints. If you don't have strips and scraps handy, you can bring fat quarters, charm packs, layer cakes, or jelly rolls.

The larger the variety, the better. Suggested sizes below:

For Improv blocks: strips and scraps of various fabrics, 1" – 5" in width

For Improv circles: 12-16 squares from 3" - 8" (charm packs or layer cakes will work here)

For Angled Stripe and Insert blocks: 6-12 rectangles roughly 6"x 8" to 8" x 10"

For Curved Strips: strips from 2" – 5" in width and 21" in length (jelly rolls will work)

1/2 yard neutral for background—I used lime green in the example, but you can choose your favorite color or fabric. You can also use fat quarters in several different tones or shades of the same color. Remember that neutral doesn't have to be boring—it's simply a place for the eye to rest!

Sewing machine in good working order

Rotary cutter and mat

Rulers – suggest 6" square and 6" x 12"

Scissors

Neutral thread

Batting 20"-24" square to design and transport your quilt

Extension cord

\*optional but helpful - *Artful Improv: Color Recipes, Building Blocks & Freemotion Stitching* by Cindy Grisdela

If you have any questions, please contact Cindy at [cindy@cindygrisdela.com](mailto:cindy@cindygrisdela.com)