## Quilt therapy

# From Cupboard to Creativity Project Sep 2021 - Row by Row Quilt 

Theme this month: Opposite colours in Mirrored Shapes

## Hi Everyone,

This month I have chosen to play with blocks or units where the colours swap places across a block or unit made up of mirrored shapes.
Imagine folding the block in half ( on square of diagonal lines), as the two sides come together the shapes are the same but the colours have swapped.
I have given rows of examples here-some you may recognise such as Hunter's Star below. For each row I show the block and the unit. Try finding some of your own.


Block


Rows made from blocks that have opposite colours when folded as a square or on diagonal into quarters


More rows \& blocks below with same concept


Try different colours for each block in your row, or use more than 2 colours in a block. Watch for secondary patterns \& have fun playing with your rows this month. Jan P.

