

July Stir Crazy - Cap Flowers (Quilled Coils)

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Make these simple little fabric coils, then add them to bottle caps and turn them into a neat note card or magnet. In this project video Ann takes you through the steps. Don't have a quilling tool? That's ok! Ann shows you how to make two with items you probably have around the house. You could use paper instead of fabric if you'd rather. At the end of the video Ann shares several other projects that she has made using fabric coils. After you've made your cap flowers post a photo on Instagram and Facebook with [#stircrazyvam](#) and [#vamcapflowers](#).

SUGGESTED MATERIALS

- Finely woven fabric – Batiks are best or regular paper (At least 2 different colors and a min. 1" x 10" piece, cut into 1/8" strips)
- Something to cut strips of fabric or paper (rotary cutter, paper cutter, sharp scissors)
- Clear dry craft glue
- Paper clip and/or Tooth pick (if you don't have a quilling tool)
- Bottle caps – one for each flower and/or 1/2 to 5/8" circle magnets
- Tweezers – optional
- Craft knife (optional, to cut tooth pick)
- A drying place that the coils won't glue to (parchment paper works)

INSTRUCTIONS

To view step by step instructions, copy and paste this link into your browser - <https://youtu.be/tCQtulJfhCw>