Fabric Butterflies
Butterfly instructions

Top tip :-
Practice folding technique (Steps 2–9) first using a sheet of A4 paper

Requirements

- Two pieces of contrasting fabric at least 25 × 34 cm or 10.25 × 13.5 inches.
- Pipe cleaners for antennae
- Trim, buttons, sequins, etc. for decoration
- For "no sew" version, piece of heat and bond at least 25 × 34 cm or 10.25 × 13.5 inches.

No sew version step 1

a) Cut one piece of "Heat and bond paper" A4 size approx. 24 × 33 cm or 9.75 × 13 inches.
b) Draw a rectangle on the paper A4 size approx. 1 cm or half an inch inside the cut line
c) Select two pieces of CONTRASTING fabric a little bigger than the paper
d) Use a hot iron to seal the heat and bond paper to the WRONG side of one of the fabrics (fabric 1) paying particular attention to the edges
e) When cool cut out on the line and twist edge to peel away backing paper
f) Lay fabric 2 WRONG side up on ironing surface
g) Lay fabric 1 right side up on top of fabric 2 so you can see a small margin of fabric 2
h) Use a hot iron to seal fabric 1 to fabric 2, paying particular attention to the edges
i) When cool, use pinking shears to cut out approx. 1 cm or half an inch inside the edge of the fabric

Follow steps 2–9 as for sewn version

n.b to make smaller butterflies cut the rectangle in half with pinking shears after i) in step one of the No Sew version (see above)
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Sewn version step 1

a) Cut two pieces of CONTRASTING fabric, A4 size approx 21 x 30 cm or 8.25 x 11.5 inches.
b) Sew them together right sides together with a quarter inch seam allowing a 2 inch gap in the middle of the long side (for turning right side out)
c) Trim corners close to stitch line Figure 1
d) Turn right side out – use scissor points to gently poke the corners into shape
e) Finger press the seam allowance, and whip stitch together.

Figure 1

Step 2
Lay double-sided rectangle on a flat surface, feature side upwards.
See Figure 2

Step 3
Fold in half horizontally (i.e. leaving a fat rectangle NOT a thin one)
Make sure the fold is at the top
See Figure 3

Figure 2

Figure 3
Fabric Butterflies

Step 4 Fold in half vertically left side to right

Step 5 Lift bottom right corner of the rectangle, move to the left; press open to leave a shape like a house

See Figure 4

Figure 4

Step 6 Turn over

Spread open and repeat on the other side

Rotate 180 degrees

See Figure 5

Figure 5

Step 6

Bend the right "leg" down pulling open the fold

Figure 6

Figure 6
Step 9
Repeat on the left side
Add antennae, and body if desired
See Figure 7

Decorate as desired!