

Block 5 | A Steady Heart

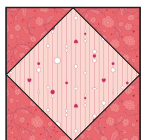
This square-in-a-square block builds from the inside out, creating a strong, centered focal point. It's a timeless unit that brings structure and calm to your quilt, a reminder that even the simplest forms can hold everything together.

*Please reference either the Weekly Whim² **Afternoon Delight Palette Materials List** or the **Sunday Morning Sunshine Palette Materials List** to determine which palette details apply to your plan below. Whether you are using these exact fabrics or substituting from your own stash, be sure to choose either a 14-piece or 21-piece layout. Selecting one of these two options will allow us to map your quilt accurately within the appropriate specifications.

Sunday Morning Sunshine 14-piece (limited fabric range)



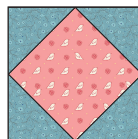
Block 5



We'll make (12).

Afternoon Delight - 21-piece (scrappier fabric range)

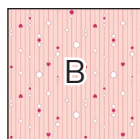
Block 5



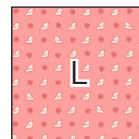
We'll make (12).



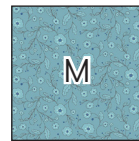
From Each Print Below, Cut as Follows:



(12) 4 ½" squares ← **Wall** → (12) - 4 ½" squares
 (12) 6 ½" squares ← **Lap** → (12) - 6 ½" squares
 (12) 8 ½" squares ← **Queen** → (12) - 8 ½" squares



(48) 2 ½" squares ← **Wall** → (48) - 2 ½" squares
 (48) 3 ½" squares ← **Lap** → (48) - 3 ½" squares
 (48) 4 ½" squares ← **Queen** → (48) - 4 ½" squares



For complete instructions for creating this and other The Weekly Whim² blocks, follow along at **A Scrappy Little Joy** YouTube channel under The Weekly Whim² playlist. Subscribe for weekly blocks and simple, scrappy inspiration.

I'd love to see your block! Come join is at the A Scrappy Little Joy Facebook group or tag me on Instagram @serendipitywoods #theweeklywhim #ascrappylittlejoy