



ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing

Quilling

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Ann Martin

www.allthingspaper.net

and

Cheryl Trowbridge

www.teachkidsart.net

and

Dick Blick Art Materials

www.Dickblick.com

Objectives:

The participants will

1. Learn the history of quilling
2. Learn the techniques of quilling and the various patterns they can use to create simple designs
3. Use quilling to create art

Audiences:

This activity should be restricted to those who can safely use and manipulate the tools necessary for quilling.

Learning Opportunity:

The art form of quilling answers to many names: paper rolling, paper scrolling, paper filigree or mosaic. Whether quilling originated in ancient Egypt or China in 105 AD when paper was invented, the art form has a rich and fascinating history.

In the 300's and 400's, silver and gold wire (known as metal filigree) was used to adorn pillars, vases and jewelry using the quilling technique. When metal became scarce, paper was substituted as the materials used for quilling which made the art form affordable and accessible to the masses.

Quilling really came into its own in the 1500s and 1600s when French and Italian nuns used the torn edges from gilt-edged bibles and goose feathers to quill and decorate religious articles and pictures. In the 1700s and 1800s, quilling, along with needle point, were popular hobbies taught to young ladies. Although it was not typically practiced by working-class women, quilling eventually found its way to America where it was embraced and enjoyed by settlers. Today, with the advent of scrapbooking and card making, quilling has found a resurgence in popularity.

Sources: <http://quilling-guild.weebly.com/the-history-of-quilling.html>
<http://www.mypaperquilling.com/paper-quilling/history-of-quilling.php>

"A Quilling Tutorial" Re-Posted with Permission by Ann Martin

<http://www.allthingspaper.net/p/tutorials.html>



Quilling Tools: *left to right: needle tool, ultra-fine slotted tool, slotted tool*



Getting Set up

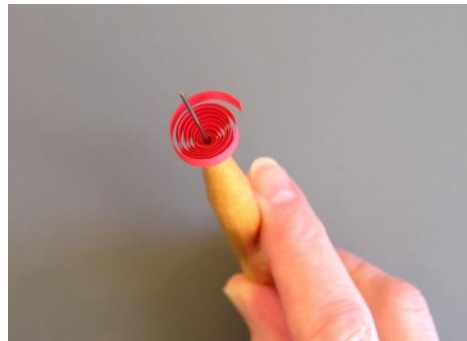
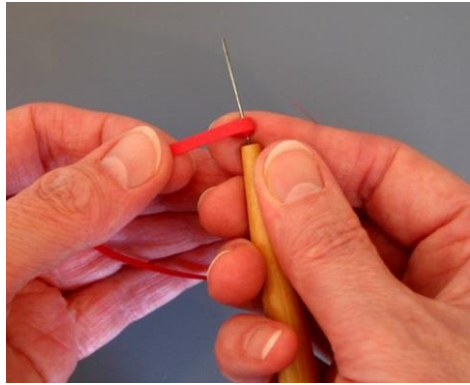
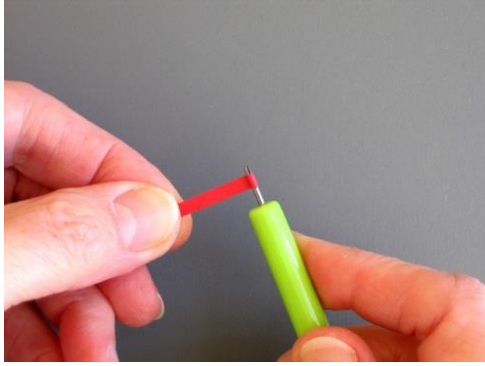


Paper! Paper! Paper!

The Basics of Quilling



The projects in this article feature the teardrop coil, but there are many other intriguing shapes to try — marquises, arrowheads, holly leaves, and all sorts of beautiful scrolls, just to name a few.





Please visit Ann's website: <http://www.allthingspaper.net/p/tutorials> for complete instructions in creating a wide variety of beautiful quilling art!

"Quilled Paper Designs" Re-Posted with Permission by Cheryl Trowbridge

<http://www.teachkidsart.net/quilled-paper-designs/>



Supplies/Materials:

- Paper strips

- Q-tip, with the ends cut off (*You can purchase a special tool with a slit at the end for rolling your paper strips, but it really isn't necessary.*)
- scissors (or simply tear the strips to the lengths you want)
- glue
- toothpick for applying small amounts of glue

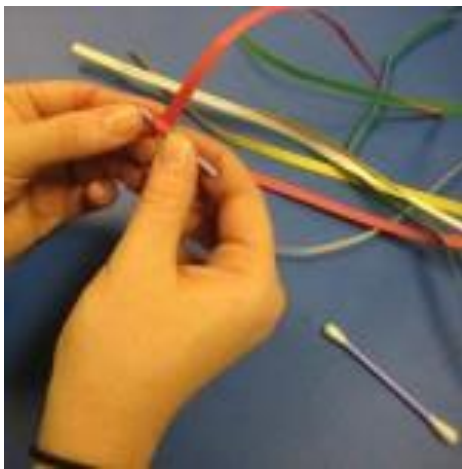
Class Instructions:

Follow these simple steps to learn the basic shapes for quilling... then combine them to create fun designs of your own!

1. Cut the ends off your Q-tip and use it to roll one of your paper strips into a tight coil. (I find that rolling towards me is easiest, but that's just personal preference.)
2. Apply a small amount of glue to the end and press it down for a few seconds.
3. Now pull out your Q-tip "quill" — you have just completed your first *tight coil*.
4. Roll another coil the same way, but when you get to the end, pull out your quill and release your grip just a little so your coil begins to expand. You can let it expand a lot or just a little—it's up to you. A small amount of glue will hold it in place at the size you want. We'll call this a *loose coil*.
5. Now make two more *loose coils*. Pinch one of them on one side to form a *teardrop shape*. Pinch the other one on two opposing sides to form an *eye shape*.
6. To make a graceful "*S*" curve, roll a strip halfway and release it. Then roll the other end of the strip halfway in the opposite direction and release again.
7. A *heart shape* is made by first folding your paper strip in half. Then roll each end in toward the middle, releasing when you get to the size you want your *heart shape* to be.
8. After making each of these basic shapes, it's easy to make *triangles*, *squares*, and more.
9. Finally, use small amounts of glue to assemble your shapes into all kinds of fun designs.



Make strips fast with a paper shredder



Cut ends of Q-tip to roll strips



Apply glue to end of strip with a toothpick



Tight coil



Loose coil



Open coil



Teardrop shape



Eye shape



S curve



Heart shape



Triangle shape



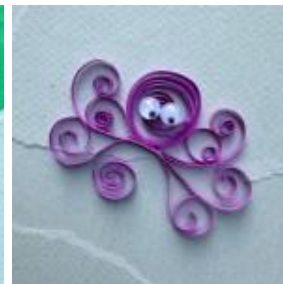
Square shape



Quilled Butterfly



Quilled Crab



Quilled Octopus



Quilled Sea Star



Quilled Octopus



Quilled Fish



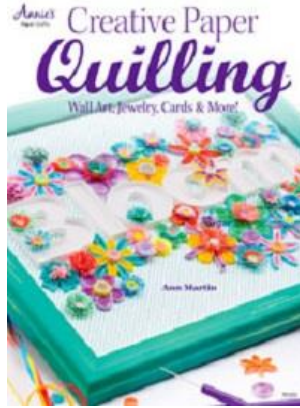
Building a complicated design with quilling can take some patience! It's a good idea to start with a small project like a greeting card, which will help students learn new skills and experience success without feeling frustrated by a project that takes too long to complete.

Additional Projects, Resources, Tutorials and Information About Quilling:

- Please visit <http://www.dickblick.com/lesson-plans/eye-popping-paper-curls/> for a free download of Dick Blick's lesson "Eye Popping Paper Curls"



Please visit Ann Martin's blog site <http://www.allthingspaper.net/p/quilling-faq.html> to read Ann's answers for a variety of questions about quilling or to purchase the book, **Creative Paper Quilling**, by Ann Martin.



“Join Ann Martin and other Quilling artist as they share their expert techniques and helpful tips in the new and exciting book “Creative Paper Quilling”. With projects for all skill levels you will enjoy greeting cards, pendants, earrings, holiday ornaments and much more. This book also includes step-by-step instructions and an image gallery of all the shapes used in the projects. The book has 48 pages with full color illustrations and 28 brand new and exciting designs. Price: \$14.95 Visit http://quillingsupply.com/item_447/Creative-Paper-Quilling-Book.htm to learn more or purchase this resource.”

Visit Ann Martin’s Site: <http://www.allthingspaper.net/p/tutorials.html> to view tutorials to make a multitude of projects. Don’t forget to sign up for her newsletter!



Special thanks to **Ann Martin** for graciously giving Hildegard permission to re-post information from and link back to her website www.allthingspaper.net . Ann is a former hospital nurse living in Delaware. She is an enthusiast who explores the worlds of creative paper art and paper craft. Her books include: [All Things Paper:](#)

[20 Unique Projects from Leading Paper Crafters, Artists, and Designers](#) and [Creative Paper Quilling: Wall Art, Jewelry, Cards & More](#), which are in stores and libraries worldwide. Please visit her website to sign up for her newsletter and learn more about the wonderful art she creates with paper.

Our thanks also to **Cheryl Trowbridge** for sharing a wealth of information and resources about Quilling and many other art forms and ideas on her excellent website www.teachkidsart.net. Cheryl has her art education credentials and has been teaching art to kids for over 20 years. She is inspired by watching children of all ages discover their ability to be creative. Her passion is to make successful art lessons accessible to help share the joy of art with all the kids in our lives. Visit Sheryl's on-line store <https://www.teacherspayteachers.com/Store/Teach-Kids-Art> to purchase a variety of resources for helping kids create art.

Special Thanks to **Dick Blick** for graciously allowing Hildegard Center to link to DB lesson plans in conjunction with its "Art Bridges" Project. Dick Blick's commitment to the educational community extends far beyond providing high-quality products at low prices. DB offers art lesson plans created for all ages and skill levels. Every project also meets several National Standards for Visual Arts education. PDF downloads and videos of these original lessons are available free of charge. Visit www.dickblick.com to see the many ways DB support schools, communities and art education and make DB your one-stop shopping destination for art supplies.

If you have used this activity, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org.

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