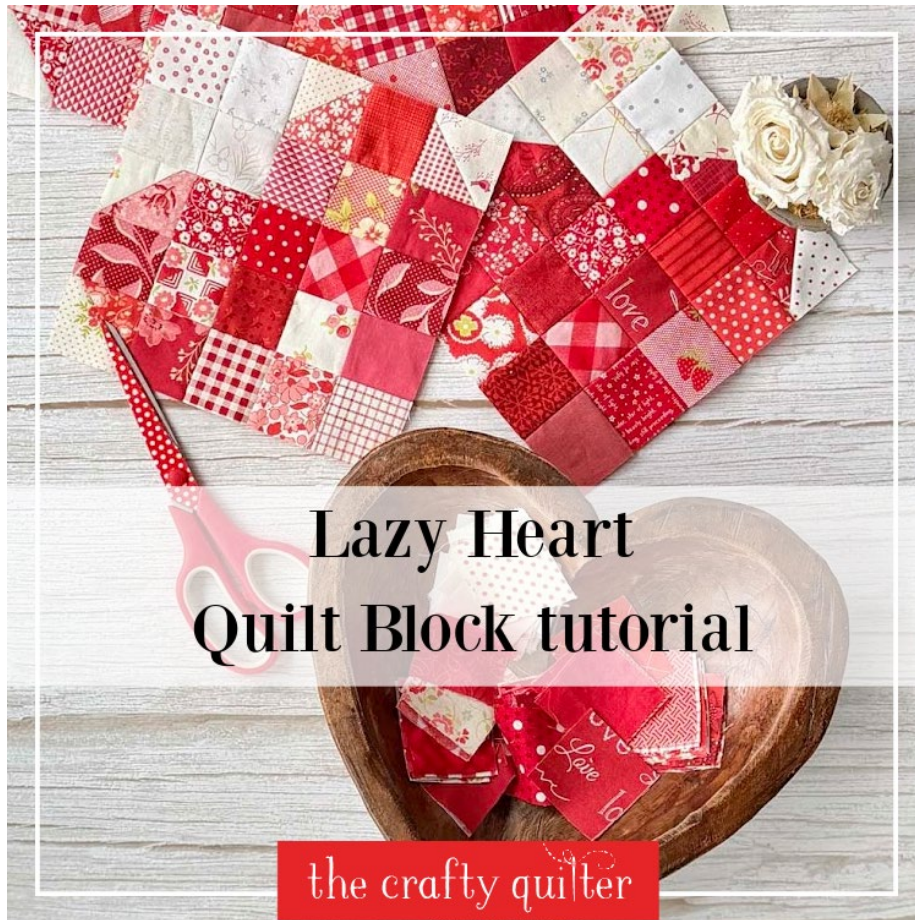




Lazy heart quilt block tutorial

By **Julie Cefalu** on February 6, 2026

Get your red (or pink) and white scraps ready, because we're going to make a scrappy heart quilt block! This sweet quilt block comes with two size options and it's super easy to make! This is a great project for beginning quilters and it's cute enough that every quilter will want to make at least one.



About the block

I love hearts in all shapes and sizes! The Lazy Heart block can be made in two sizes: 7.5" or 10" finished. You can use either one as a small wall hanging, part of a sampler quilt, or make multiples of them for a baby quilt or something larger.

This quilt block is meant to be scrappy. The more variety, the better! If you have an abundance of small fabric scraps, this is the perfect project to put them to use. Yardage can be used as well – the more variations in fabric and color range (light, medium, dark) will give you more of that scrappy look.



Supplies for one block

You'll need red and/or pink fabric scraps ranging from medium to dark with a minimum size of 2.5" square. For the background (white) fabric, you can use low volume prints, solids or white on white. The same size requirement applies. A charm pack or mini charm pack can be used for both sizes as well. You don't need to limit yourself to a red and white color scheme.

Cutting instructions

Use the chart below to cut fabrics for your desired block size: 7.5" or 10" (finished).

Color	7.5" block	10" block
Reds	<ul style="list-style-type: none"> • (17) 2" squares • (2) 2.5" squares (HST's) 	<ul style="list-style-type: none"> • (17) 2.5" squares • (2) 3" squares (HST's)
Whites	<ul style="list-style-type: none"> • (4) 2" squares • (2) 2.5" squares (HST's) 	<ul style="list-style-type: none"> • (4) 2.5" squares • (2) 3" squares (HST's)

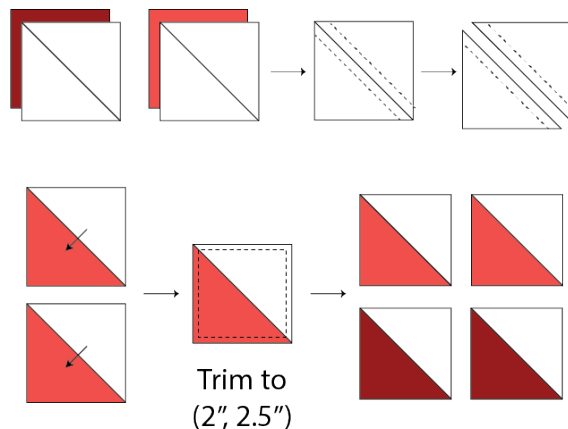
Piecing instructions

Before beginning, please read through the instructions and note the following:

- Instructions give sizes for the 7.5" quilt block first, followed by the 10" quilt block in ().
- All seams are 1/4".
- HST = half-square triangle unit
- RST = right sides together

1. Make four HST units using the larger squares

- Draw a diagonal line on the wrong side of each white 2.5" (3") square.
- Place a marked white square RST with a red 2.5" (3") square and stitch 1/4" on each side of the line.
- Cut apart on the line.
- Press towards the red fabric.
- Trim HST to 2" (2.5") square.



2. Make the block

- Arrange the four white squares, four HST units and 17 red squares as shown in the diagram below.
- Sew the squares into rows.
- Press the seams in each row in alternating directions.
- Sew the rows together being careful to nest seams.
- Press the row seams open or to the side.
- The quilt block should measure 8" (10.5") square.

