

# Paper Quilling — Workbook

This workbook turns the course into deliberate practice. Each section pairs hands-on rolling drills with reference logs so you build muscle memory and a record you can repeat. Work through it with a stocked tray of 3 mm acid-free strips, both tools, and a coil sizing board.

## Tools, Papers, and Your First Coil

Calibrate your kit and roll repeatable tight and loose coils with both tools.

### Exercise: Twelve-Coil Calibration Run

Roll twelve loose coils, all relaxed in the same hole of your coil sizing board, six with the slotted tool and six with the needle tool. Lay them in two rows and compare. Record what you notice about consistency and center quality.

- Which tool gave you more consistent diameters, and why do you think that is?

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• Describe the visible difference in the centers between the two rows.

- What changed in your tension or pace between the first coil and the sixth?

### Worksheet: Kit and Paper Reference Card

Fill in the exact tools and papers you are actually using so you can reorder and reproduce results. Keep this taped inside your kit.

Slotted tool brand and model

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Needle tool brand and model

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Glue brand and type

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Paper brand

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Paper width in mm

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Paper weight in gsm

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Non-stick work surface used

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Coil sizing board hole sizes available

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### Checklist: Clean Coil Setup Check

- Strips are acid-free, 100 to 120 gsm, and a true even width
- Slotted tool tip is free of dried glue
- Needle is straight, not bent or wobbly
- Glue is decanted into a puddle, not used from the wide nozzle
- A damp detail brush and paper towel are within arm's reach

## The Core Shape Family

Drill the eight foundational shapes until you can produce any one on demand.

### Exercise: Eight-Shape Sampler Board

Make one clean example of each core shape: tight coil, loose coil, teardrop, marquise, triangle, square, C-scroll, and S-scroll. Glue them onto a card in a labeled grid. This sampler becomes your personal reference.

- Which shape was hardest to pinch cleanly, and what specifically went wrong?  
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- For your marquise, did both points line up across the center? If not, how will you fix it?  
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- Which open scroll curled most evenly, and what did you do differently on it?  
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### Worksheet: Shape Recipe Log

For each shape you practice, log the inputs so you can reproduce a good result. Capture strip length, board size, and number of pinches.

Shape name  
\_\_\_\_\_

Strip length in cm  
\_\_\_\_\_

Board hole or target diameter in mm  
\_\_\_\_\_

Tool used (slotted or needle)  
\_\_\_\_\_

Number and placement of pinches  
\_\_\_\_\_

Open or closed (glued seam yes or no)  
\_\_\_\_\_

Notes on what made it clean  
\_\_\_\_\_  
\_\_\_\_\_

### Checklist: Pinch Quality Check

- Loose coils were relaxed before gluing, not rolled tight
- Each pinch used a firm fingernail crease for a sharp point
- Geometric pinches were evenly spaced around the coil
- Open scrolls were left unglued and springy
- Inner spirals settled evenly rather than bunching to one side

## Assembly, Gluing, and Color

Join shapes invisibly, use color with intent, and build a planned composition on a template.

### Exercise: Template Mandala Build

Choose or print a simple symmetric mandala template at your frame size. Cover it with wax paper, pre-roll all the shapes it needs into a tray, then assemble the design in place. Photograph the finished piece in flat light.

- How many of each shape did the template require, and did batching them first speed you up?  
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- Where did glue squeeze-out appear, and how did you clean it?  
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- Does the value contrast read against your chosen background? What would you change?  
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### Worksheet: Composition and Color Plan

Plan a piece before you build it. Decide the color story, the shape inventory, and the build order so assembly is deliberate.

Design or template name  
\_\_\_\_\_

Final size to fit frame opening  
\_\_\_\_\_

Dominant color  
\_\_\_\_\_

Accent color  
\_\_\_\_\_

Neutral or background color  
\_\_\_\_\_

Shape inventory with counts  
\_\_\_\_\_

Build order (center-out or motif-first)  
\_\_\_\_\_

Background value (light, mid, or dark)  
\_\_\_\_\_

### Checklist: Clean Assembly Check

- [ ] Glue applied to contact edges only, never the visible face
- [ ] Beads of glue were pinhead-sized, placed with a fine tip or toothpick
- [ ] Major shapes tacked and set before small accents added
- [ ] Tested one coil of each color on the real backing first
- [ ] Piece dried flat under no pressure so shapes held form

## 3D Forms and Framing Your Work

Build dimensional forms and finish a piece for archival display in a shadow box.

### Exercise: Dome, Beehive, and Fringed Flower Trio

Make one domed coil, one beehive cluster, and one fringed flower. Lock the dome with interior PVA and let it cure. Compare how each adds depth differently and decide where each belongs in a design.

- How far did you push the dome center, and did the interior glue hold the shape?

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• Did your beehive read as texture or just as a messy coil? What would improve it?

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• Hand-cut or fringer for the flower, and how even were the fringe slits?

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### Worksheet: Framing and Finishing Spec

Record the finishing decisions for a piece you intend to frame, so it lasts and stays clean.

Tallest 3D element height in mm

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Shadow box internal depth in mm

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Backing board type (acid-free yes or no)

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Glazing type (glass, acrylic, UV-filtering)

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Sealer used and tested on scrap (yes or no)

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Display location and light exposure

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Signed and dated on back (yes or no)

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### Checklist: Display-Ready Check

- Shadow box is deeper than the tallest element so nothing touches glazing
- Every element glued by its base edge with small dots of PVA
- Piece dried fully flat before standing upright
- Backing is acid-free and the back is sealed against dust
- Piece will be displayed out of direct sunlight and away from humidity

## Your Action Plan

1. Assemble your kit: both tools, acid-free 3 mm strips, PVA glue, a non-stick surface, and a coil sizing board
2. Roll the twelve-coil calibration run and pick your default tool for tight and for loose coils
3. Build the eight-shape sampler board and keep it as your bench reference
4. Practice each pinched shape until you can hit it on demand, logging recipes as you go
5. Print a simple mandala template, batch-roll its shapes, and build your first planned composition
6. Add color intent: try graduated and two-tone strips and check value contrast against the backing
7. Make a dome, a beehive, and a fringed flower to bring real depth into a piece
8. Choose a shadow box deeper than your tallest element and mount a finished piece on acid-free board

9. Seal, sign, and date the back, then photograph the work in flat light for your portfolio
10. Review your sampler and logs monthly to confirm your shape control is improving









