

Master Diagnostic & Practice Worksheet: Five-Petal Foundation Exercise

Section 1: Overview of the Exercise

Purpose: Establish and maintain foundational technique, self-assessment habits, and awareness of the individual “quilling hand.”

Use: Complete this at the start of a quilling session or weekly as a diagnostic check-in.

Part A: Diagnostic Practice with Office Paper (5 Elements)

◇ Step-by-Step Process Checklist

Step	Description	Completed? <input checked="" type="checkbox"/>
1. Form	Create a coil with office paper on your needle.	<input type="checkbox"/>
2. Expand	Drop into template and allow natural expansion.	<input type="checkbox"/>
3. Remove	Use tweezers via template notch (2+ rotations).	<input type="checkbox"/>
4. Glue	Apply glue to the loose end using stylus or bottle.	<input type="checkbox"/>
5. Hold	Hold edges parallel 5 seconds (count aloud).	<input type="checkbox"/>
6. Assess	Observe result for flags or irregularities.	<input type="checkbox"/>
7. Repeat	Repeat 5× total with same paper.	<input type="checkbox"/>
8. Shape	Apply 3 major pinching techniques (varied).	<input type="checkbox"/>
9. Assemble	Group into 2s/3s → Final flower.	<input type="checkbox"/>
10. Assess Final	Look for alignment, level petals, center symmetry.	<input type="checkbox"/>

Diagnostic Insight Journal

Coil # | Visual Flag | Possible Cause | Planned Adjustment

1 | | |

2 | | |

3 | | |

4 | | |

5 | | |

Final Flower Notes:

- Are all petals aligned?
- Does the flower sit flat?
- Centerpoint symmetrical?
- Visible kinks or uneven coils?

 Observations:

> _Write 2–3 things to improve in your next practice._

- 1.
- 2.
- 3.

Part B: Application with Real Quilling Paper

Make & Evaluate a Real Paper Version

Task	Notes
Form	Use one pinching style across all petals.
Assemble	Aim for clean radial symmetry.
Compare	Visually compare with office paper version.
Evaluate	Differences may show technique tolerances.

Final Flower Evaluation:

- Is it consistent with intent?
- Does it hide flaws shown in office paper version?
- Can this be reused in a composition?

 Reflection:

- > _How did this compare to the office paper version?_
- > What strength was confirmed? What weakness persisted?

Teaching Pillars Reinforced

- Foundation First
- Technical Mastery Through Self-Assessment

“Quilling Hand” Is Personal but Trainable

Professional Mindset, Even for Beginners



Optional: Track Progress Over Time

Date	Notable Improvements	Persistent Issues	Notes

Reminder: You’re not aiming for perfection. You're training awareness and building a practice habit. Office paper exaggerates flaws to help you fix them before they affect real work. Use it as your “honest coach.”