

How to make a pocket heart



Choose your two colours and use your template to cut a heart shape from wool felt.



Anchor your thread by sewing three stitches on top of each other, in the top centre of your heart.



Sew around your heart until you have just a small hole for stuffing; blanket or whip stitch work well.



Stuff your heart by putting small pieces in the hole and poking them in to fill the heart.



Stitch the hole shut and finish with three stitches on top of each other to secure the thread.

Hooray, you did it!
Offer your heart to someone
who needs a little love
(and remember, it might be you).



1000 Hearts Template

Tips for a perfect pocket heart

- ♥ Please use 100% wool felt for an eco-friendly, durable little heart that is kind to people and our planet.
- ♥ For stitching, two strands of 6-strand embroidery cotton or single strand perle thread work best.
- ♥ Chenille needles work very well as they are sharp with a bigger eye (24 is a good size).
- ♥ To stuff, pure wool or other eco-friendly stuffing is best. Stuff firmly to create a good tactile heart that will cope with lots of squeezing.

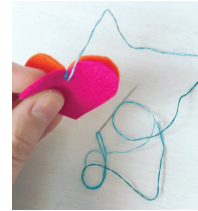
1000 Hearts is a kindness project she started in Tasmania by Sarah De Jonge. For more info on her story, visit www.1000hearts.com.au.

#loveyourlocalmandurah

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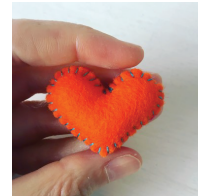
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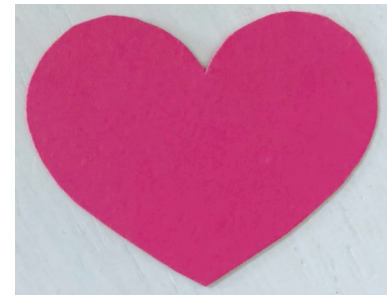


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