



# HEALING HEARTS

## MAKE THIS BEAUTIFUL HEART DECORATION

You can make your own heart decoration using our step-by-step guide.

When it is completed -  
If you would like us to include it our on-line gift store, please post to us at  
PO Box 641, Hornsby 1630

Or you may choose to gift it to a friend to let them know how much you care.

Feel free to make as many as you would like...

It's all about sharing the love.



  
**Women's**  
Hornsby  
Kuringgai Shelter

## YOU WILL NEED

- PAPER
- PENCIL
- SCISSORS
- FELT - OR MATERIAL FOR HEART
- EMBROIDERY THREADS
- NEEDLE
- RIBBON OR STRING
- ITEMS FOR EMBELLISHMENT
- TOY STUFFING



## INSTRUCTIONS

1. Cut out a heart shape from paper. You can use the one above or draw one yourself. The best way to do this is to fold your paper in half and then draw half the shape and cut it out around the outline. This will make sure that it is even on both sides. We recommend hearts sized 13cm wide x 10cm high, as per our three pics.
2. Cut out two of the shape in your chosen fabric as this will make the front and back of the decoration
3. Find some embellishments to add to the heart design e.g. these could be embroidery patterns, scraps of material buttons etc. Note that you can choose whatever colours you wish - they don't need to be Christmas themed.
4. Sew a pattern and embellishments that you like on the heart - this could be something traditional, modern, geometric whatever you like.
5. Do not worry too much about tidiness on the back of the piece as this will be hidden when the item is completed.
6. When you are happy with your design, sew the front piece to the back piece. The ideal stitch for doing this in is blanket stitch.
7. Make sure that you sew in your ribbon at the dip in the top of the heart to be the string from which the decoration hangs.
8. Leave a small space before finishing it to use to fill with toy fill or other stuffing. I usually do mine from the side as it is easier to stuff it from there.
9. Stitch the hole closed and the item is finished.

