

1000 HEARTS

heart starter

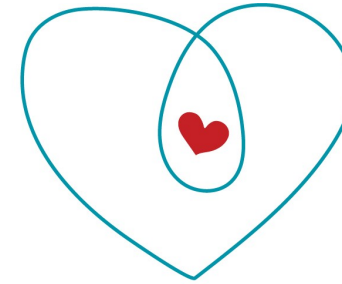
1000 Hearts is a kindness project which began in 2016 - we make and share pocket hearts to bring comfort and hope to anyone who needs it. Please keep a heart for yourself before giving any away - being kind to yourself is just as important as being kind to others.

Welcome to 1000 Hearts and thanks for being here.

~ Sarah De Jonge, founder & heartist

www.1000hearts.com.au

Facebook ~ Instagram ~ Etsy



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How to make a pocket heart

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



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



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



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



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

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

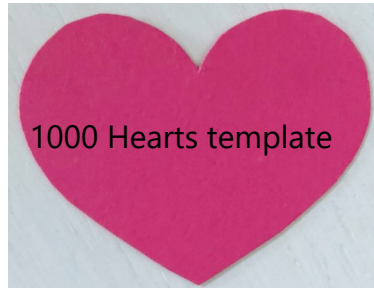
Tips for a Perfect Pocket Heart

~Please use 100% wool felt for an eco-friendly, durable little heart that is kind to people and our planet.

~ For stitching, I use two strands of 6-strand embroidery cotton; single strand perle thread is also good.

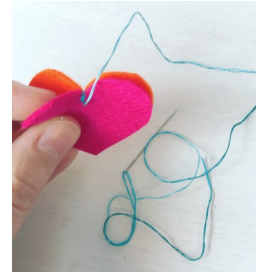
~Chenille needles work very well as they are sharp with a bigger eye. I use size 24.

~To stuff, pure wool or other eco-friendly stuffing is best. I stuff them to be quite firm as that makes a good tactile heart that will cope with lots of squeezing and pocket dwelling.



How to make a pocket heart

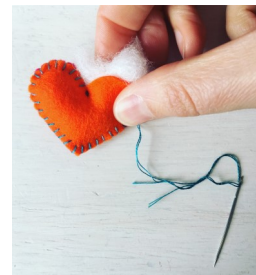
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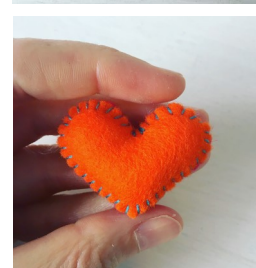
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