

1000 HEARTS

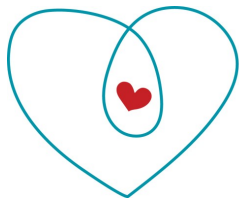
... a kindness project



Changing the world, one heart at a time.

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About our kindness project...

1000 Hearts aims to offer comfort, love and hope to anyone who needs it. I started the project in 2016, initially making and giving away one thousand pocket hearts. Through my work in the non-profit sector, I've seen that simple acts of kindness are incredibly powerful, and it was from this idea that 1000 Hearts was born.

Since reaching my original goal, I have continued making hearts and many others have joined me, individually and in groups. We offer them anywhere kindness is needed (and it's needed everywhere).

The 1000 Hearts community includes heartists in Australia, Asia, the US, the UK, Europe and Canada. In order to stay true to the core values of 1000 Hearts, I strongly encourage the use of eco-friendly materials and invite people to practice mindfulness and self-compassion while stitching.

Here at 1000 Hearts, we believe that kindness can change the world. This is a place to learn about and practice self-compassion and random acts of kindness. If you believe in the power of love, you're very welcome here.

~ Sarah De Jonge (founder and heartist, 1000 Hearts)

