

## Sewing Hearts

Use any material you have for these, appropriate for all ages and genders.

Cut out a card heart template, approx. 4 inches diameter. Fold your material in half and pin on the template, cutting out two hearts.

Pin your hearts together, inside out. Sew together around the edge about half a centimetre in. Leave a small opening and put in plenty of stuffing, pressing into the corners, until plump. Sew up the gap right side out. Sew on loop (again I use loops from inside clothing). Try and tie a bow, if long enough. You can sew on a button or embellish in whatever way you like. Make as many as you feel able to. When complete please place in a bag and seal.

