

Hearts to Hold

Horizon Grief Resource Center

Hearts to hold are small felt hearts that you can hold in the palm of your hand.

Hold them to feel comfort and inspiration as you go through grief.

Or add a string and hang them. These can also be great gifts.

Supplies:

- * Felt
- * Embroidery Floss
- * Needle
- * Pins
- * Cotton balls
- * Optional: fabric, ink pad, letter stamps



Instructions:

Step #1: Cut out the template and pin it to your felt. Cut out two hearts of the same size (so you have a front & back).



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Instructions Continued:

Step #2:

Option #1: Decorate your top heart by embroidering a word on the front (for example: an inspirational word or your loved ones name) or embellish it with embroidery, beads, etc., or stamp a word onto fabric and sew the fabric onto your heart.



Option #2: Cut out a smaller felt heart to sew onto the front of your larger heart. You can decorate the small heart by embroidering a word on the front, stamping a word onto fabric and sewing it onto your heart, or embellishing it with embroidery, beads, etc.



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Instructions Continued:

Step #3:

Once you have decorated and sewed all the pieces onto your front heart, you will sew your front & back pieces together.

***Make sure to leave 1-2 inches open.**

Common stiches used: Running Stich, Blanket Stich, Whip Stich

See YouTube for instructional videos and tutorials.

Step #4:

Stuff your heart with cotton ball to desired thickness. It can help to pull the cotton balls apart. Use a pencil or pen to stuff the cotton balls into the corners.

Step #5:

Sew your heart shut.

Optional: Add a string to the top so that you can hang it.

