

## **How to make a fabric heart**

*This is a good opportunity to up-cycle old clothes or use up scraps of fabric.*

### **You will need**

green fabric (approximately twice the size of your heart pattern)

thread

stuffing

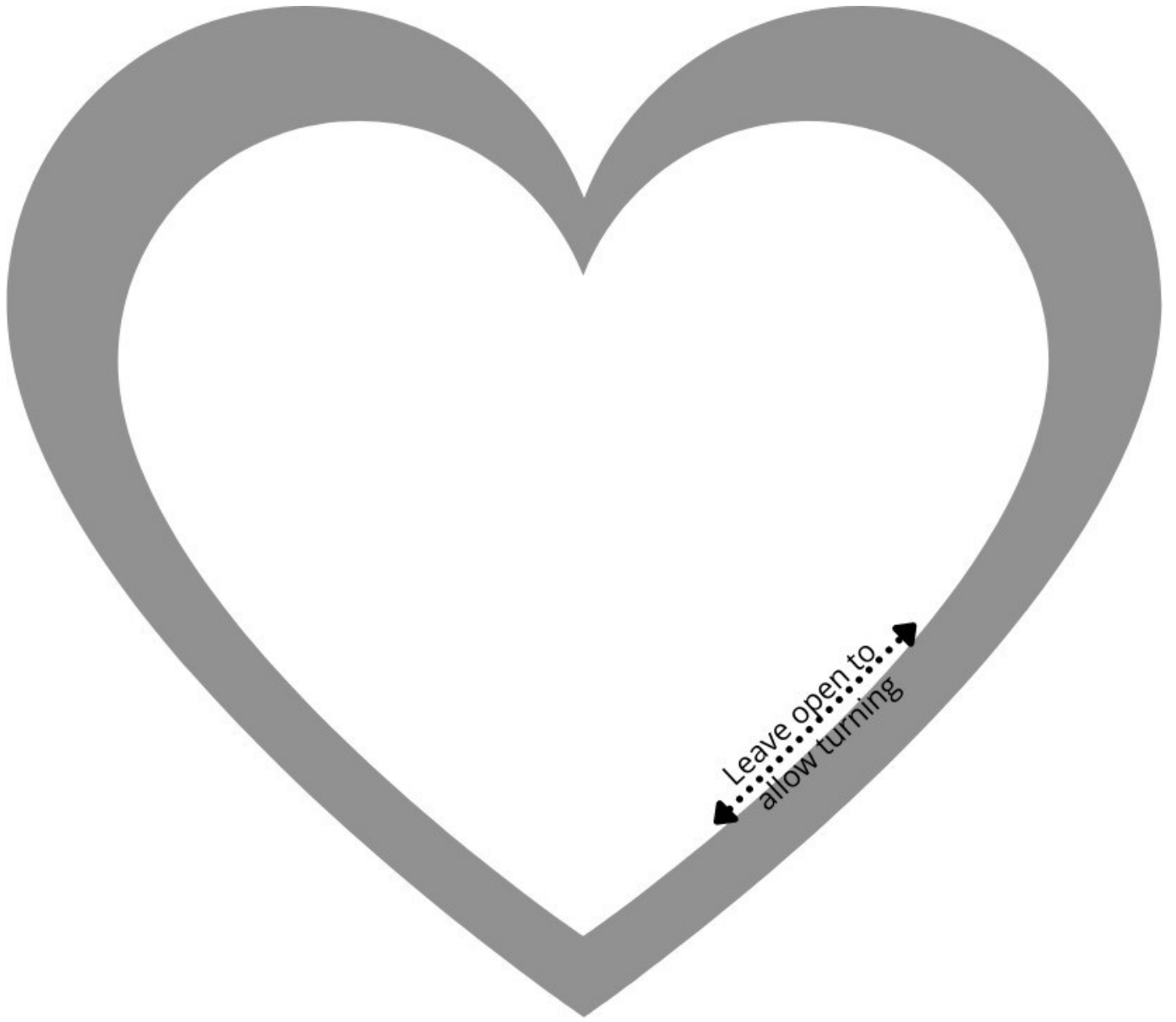
30cm of ribbon to create a hanging loop

fabric pens or sewing notions (optional)

basic sewing skills

### **Method**

1. Cut 2 heart shapes following the shape below.
2. If you want to decorate the heart by drawing or adding other items, it is best to do it at this stage. Remember to leave the seam allowance undecorated.
3. Pin the 2 shapes with right sides together.
4. Sew around the hearts allowing 1.5cm of seam allowance, remembering to leave a gap of 5cm at one side for turning the heart through and stuffing it.
5. Clip around the seam allowances taking care not to cut through your stitching.  
(This makes it easier for the curved seams to open up.)
6. Turn the shape the right way out.  
Use the end of a wooden spoon or pencil to ease out the fabric around the curves.
7. Fill the shape with stuffing then using a slip stitch sew the gap closed.
8. Fold the ribbon in half and sew it securely to the top of the heart.



Leave open to  
allow turning