

# Pocket Hearts



*Share your heart with a child in crisis by stitching a pocket heart! These stuffed hearts are soft and comforting to children and adults who are in hospital environments or in the middle of a crisis.*

## Materials:

- Felt
- Needle
- Scissors
- Thread

## Instructions:

1. Cut out two identical hearts on a piece of felt (many printable patterns of various sizes of hearts can be found online. You may even choose to make a shape other than a heart).
2. If you wish to add embellishments, take one of your heart pieces and sew decorations on it until satisfied with your design. These could include buttons, bows, a word, or smaller felt shapes.
3. Place the heart pieces on top of each other right side out, and begin to sew the halves together using a blanket stitch, starting at the point of the heart.

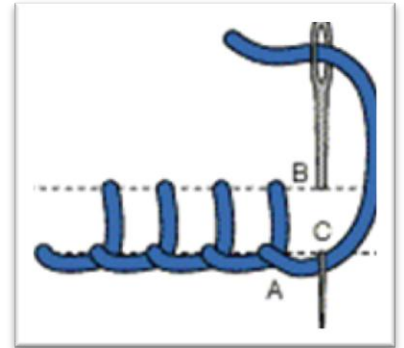


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4. When you get to about three quarters of the way around sewing, fill the heart lightly with stuffing. But do not over stuff; you want the heart to be soft.
5. Finish sewing the rest of the way around. End with a straight backstitch and tie a knot. Your heart is now complete.

### **Blanket stitch instructions:**

1. Come up from back on edge of felt.
2. Take the needle down from above about a 1/4" away diagonally.
3. Come back up on edge about a 1/4" away straight across. Slip needle under loop and pull taught, but not too tight or will cause puckering.



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