

1000 Hearts

...a kindness project



Sew Many Hearts... 1000 Hearts is a kindness project which I started in 2016 with the hope of spreading some comfort, compassion and hope to anyone who needed it. The original goal was to make & give away 1000 pocket hearts, but unexpectedly, something beautiful happened. I kept going after I'd made 1000 hearts (and am still going). A community grew up around my little idea. Other people started making hearts and giving them away. Slowly, surely, the kindness is spreading, and I've discovered that a little bit of love goes a long way in this world of ours.

Welcome to 1000 Hearts, and thanks for being here.

~ Sarah De Jonge (1000 Hearts founder and heartist)



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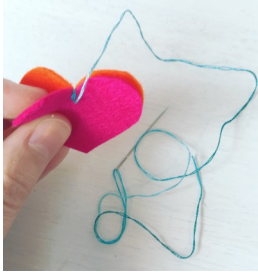
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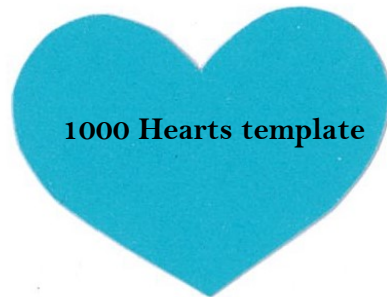
How to make a pocket heart

1. Choose your two felt colours and use your template to cut out a heart shape.
2. Anchor your thread by sewing three stitches on top of each other, in the top centre of your heart.
3. Sew around your heart until you have just a small hole for stuffing.
4. Stuff your heart by putting small pieces in the hole and poking them in to fill all of the heart.
5. Stitch the hole shut and finish with three stitches on top of each other to secure the thread.



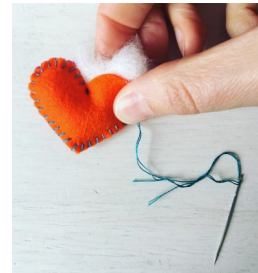
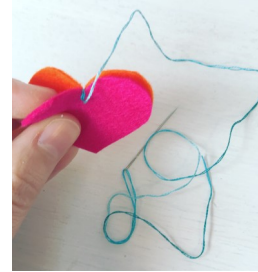
Tips for a Perfect Pocket Heart

- ~Use high quality, 100% wool felt for a durable little heart that can withstand lots of loving. You can buy it online or call Lyrebird store on 03 62311433 to order.
- ~I use two strands of embroidery cotton to sew the hearts.
- ~Chenille needles work very well.
- ~Hobby Fill or similar synthetic stuffing is good—I stuff them to be quite firm as that makes a good tactile heart that will cope with lots of squeezing!



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