

Heart Pillow



You'll need

Thin card, scissors, material, paper or a small funnel, lavender buds, rose petals or other dried herbs, sewing thread to match material and a needle, ribbon (optional - if you wish to attach a hanging loop)



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Please remember to recycle this activity

Instructions

- ① Cut out a heart shaped piece of thin card a few centimetres larger than the size that you want the final pillow to be.
- ② Fold your chosen material in half, then place your heart template on top and draw around it with a pen or tailors chalk. Cut out the hearts, you should now have 2 heart shaped pieces of material. *(If you prefer, you can cut out one heart at a time especially if material is quite thick).*
- ③ Place the patterned sides of the fabric together and sew around the edge leaving a gap of about 10 centimetres so that you can pour the lavender or other herbs into the cushion before sewing it up. Leave a small hem of approximately 2 to 3 centimetres.
- ④ Turn the heart so the right side is facing out (*i.e. the patterned side*). Use a funnel or piece of paper made into a cone to feed through the dried herbs into the pillow. Fill the pillow at least three quarters full.
- ⑤ Sew up the remaining 10 centimetres neatly. Attach a hanging loop if you want to be able to hang it in the wardrobe or on drawer handles to scent a room.