

# Embroidered Felt Heart

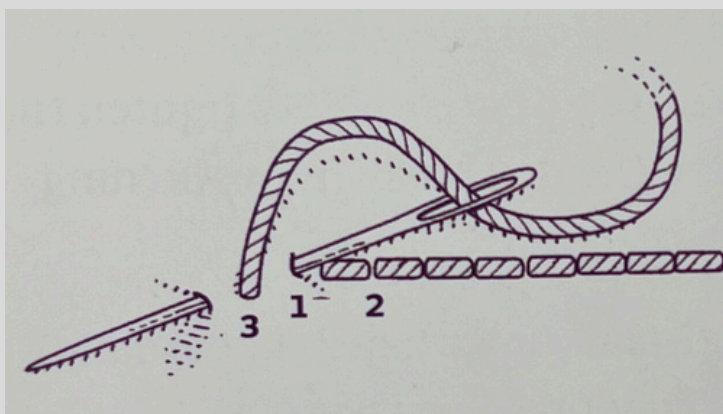
## ACTIVITY DESCRIPTION

Folk art inspired felt hanging heart. Create your own design using simple hand embroidery techniques.

## MATERIALS NEEDED

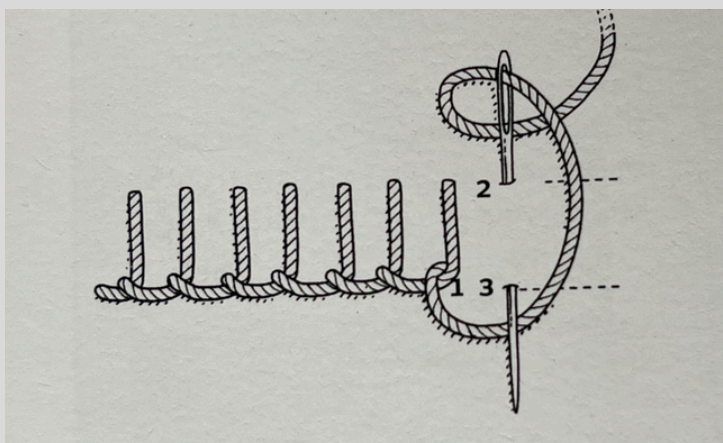
Scissors, hand sewing needle, felt (2-5 different colours), embroidery threads, filling (dried lavender or soft toy filling), fabric pen or chalk.

## STITCH TECHNIQUES



### Back stitch

A simple stitch which is great for strong continuous lines.



### Blanket stitch

Ideal for stitching the edges of the heart.

Stewart, M. and Stewart, M. (2010b). Martha Stewart's Encyclopedia of Sewing and Fabric Crafts. Potter Craft.



# INSTRUCTIONS

**Step 1:** Decide on a design and sketch out first on paper. See page 3 for design ideas. Then cut 2 heart shaped pieces of felt for the front and the back of the heart. Cut any smaller felt shapes for your design using contrasting colours.

**Step 2:** Stitch your design using embroidery threads. These are made up of 6 individual threads which can be separated for finer details

**Step 3:** Once you have completed your design. The two sides can be stitched together using a blanket stitch or back stitch. Start on one side approximately 1 inch from the point.

**Step 4:** To make a loop hanger trap a ribbon loop in the middle at the top of the heart. Stitch in place as you stitch the edges together.

**Step 5:** Leaving an opening at the base of the heart. Then fill the heart and finish the edges.



## Evidence

The beneficial effects of working with textiles have been documented for decades. Research frequently highlights textile making as a relaxing activity that stimulates the mind, relieves stress and boosts self-esteem.

Collier, A, Wayment, H, and M Birkett. (2016) "Impact of Making Textile Handcrafts on Mood Enhancement and Inflammatory Immune Changes." Journal of the American Art Therapy Association: 178-185.

INSPIRATION

