



Make your own green heart

Imagine a world safe from climate change. A world where all the things we love — our favourite places, our families, our passions — not only survive but thrive in the years to come. The good news is this world is still within reach, if enough of us show how much we care.

This Valentine's Day, green hearts will spark conversations about the places we love and the future we want for our children. Make, wear and share yours to help the love be felt by those who can make a world of difference.

This project was created by Clare Spender, NFWI Craft Adviser.

What you will need:

Green felt – the hearts featured here are approx. 4.5cm x 5cm

Green thread

Sequins, small green beads, miniature buttons or anything that you can decorate your heart with

Needles – very small or beading needles will be needed for the beads

Scissors

Small 2 hole brooch back

Something to stuff your heart





Cut two hearts of the same size out of the green felt for the front and back of the heart. Make sure that they are the same size and fit together well.

Stitch your sequins, beads, buttons or other decorations onto one of the hearts. Make sure that you leave a small seam allowance around the edge, about 1 – 2mm, this will allow room to sew around the outside of your brooch. Sew the brooch back onto the other heart, making sure that you use secure stitches.

Place the front heart onto the back heart and use small whip stitches, starting mid-way down the side of your heart, to hand stitch the front and back together. Make sure that each stitch is very close to each other so that the stuffing cannot fall out, but remember to leave a small gap to insert the stuffing.

Add stuffing a little bit at a time and push it up and out to all the edges. Keep filling the heart until you are happy with it and then hold together the sides of the gap and continue with your whip stitches to close the hole up.

Wear with pride!

