

**GRIEF RESOURCE CENTER
"PALM HELD HEART"**

The following instructions are for the "Palm-size Heart" adapted for the Grief Resource Center. Please make sure that the size stays consistent. **You may follow the paper-pieced method, or solid fabric, and you may embellish the heart in any way you like.** Remember.... The hearts will be given to children, teenagers, and adults, so be creative!

Fabric Requirements

(3) 2 1/2" X 3 1/2" Rectangles (Fabric 1, 2, & 3)

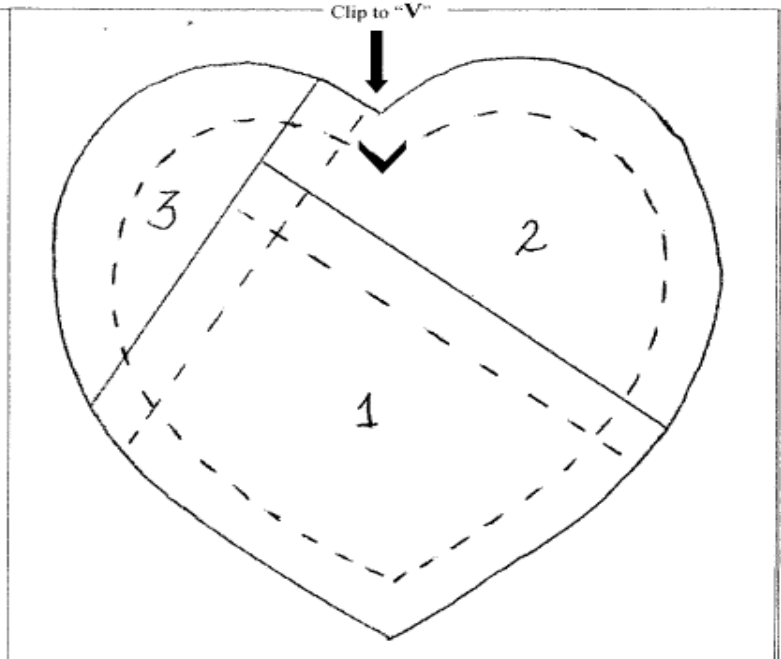
(1) 4 1/2" Square (Backing)

Fiber-Fill Batting

Index Card/Template Plastic (5")

Set Your stitch length to 14/16 stitches per inch (decrease from default) while sewing paper foundation. **This will help with paper removal.*

Note: Copying the heart design on Newsprint paper or inexpensive typing paper makes for easier paper piecing.



Step 1: Take **Fabric #1** (right side up), place **Fabric #2** (right side down) on top of Fabric #1.

Step 2: **From the back of paper foundation.** Line the edges up with the solid line between the 1 & 2.

Step 3: **From the Right-side of Foundation.** Using 1/4" Seam allowance, **stitch on the dotted line between 1 & 2.**
****NOTE: You will be stitching on the paper, but the Fabric will be on the underside with feed-dogs.****

Step 4: Trim threads! Open the fabrics up, Press. (*You may use an iron or finger press.*)

Step 5: With Fabric Open, place the Index Card/Template Plastic, on the solid line #3. **Fold the paper foundation over the hard surface of the index card or plastic.** Using your rotary cutter, **trim away the excess from Fabrics #1 & #2.**

Step 6: Line up **Fabric #3** with the solid line (*right sides together*), on the reverse side of foundation. **Stitch on the dotted line.**

Repeat Step 4.

NOTE: If you are going to do any kind of decorative top stitching, you will need to do it before you sew the backing!

Step 7: Place the **Heart onto of the Backing fabric** (*Right sides together*). **Sew around the Heart shape leaving a 1/2" opening along one side of Heart for turning inside out.**

Step 8: **Before removing paper, clip the "V"** all the way to the seam line at the top of heart. **Remove paper foundation.**
Trim the seam allowance to 1/8" to 1/4" away from the stitch line.

Step 9: **Turn the Heart inside-out through the opening.**

Step 9: **Stuff the heart with fiber-fill.** (You can make the heart as soft or firm as you would like.)

Step 10: **Sew the opening closed.**

The heart shape above is the actual size that the "Palm Heart" should be. You may not want to Paper Piece the heart, which is fine. You may wish to make "solid" Hearts and decorate them. The hearts can be designed in any way you wish, as long as they remain approximately the same size.

If everyone from GNQG would make several "Hearts", we will be able to supply The Grief Resource Center with a year's supply of "Heart" to be distributed to everyone in need.

Thanks for helping!