

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



Hanging Heart Decorations

What you'll need



How to video!

- Scissors
- Pins, needles & thread
- Card
- Glue stick/fabric glue
- Printed heart shapes
- Your selection of:
 - Fabric and ribbon
 - Buttons
 - Patterned paper
 - Plain paper
 - Craft foam or wood

Arc's Marketing Officer, Lucie, takes us through making a delightful hanging heart decoration. The perfect gift of love for this Valentine's Day or in fact self love for any day!

Don't forget to share your creations with us using #KeepingUsTogether.

Top Tips / Take it Further

- ✿ Take an individual heart stack and fix onto newspaper or sheet music to create a personalised piece to frame.
- ✿ Sew heart stacks onto a tote bag to brighten up shopping trips!

Inspiration

- ✿ Click below for printable heart templates
- ✿ <https://www.firstpalette.com/printable/hearts.html>



Hanging Heart Decoration

Step-by-step



Search for and print out heart shapes (trace from a screen or draw by hand if you don't have a printer)

Cut out and pin a heart onto your first chosen material and cut around it

Pin this heart onto another contrasting material and continue layering up (glueing or sewing in the centre) until you have 3 or more different colours or materials, making a heart stack

Repeat this step with different colours or materials until you have a few heart stacks (odd numbers work well)

Add buttons or other embellishments as you like

Fix your heart stacks onto a ribbon using glue or by sewing

Hang as a reminder to love yourself or pass on to someone special!

