

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>

