



Wabi Sabi Hearts
Free Project Download
for First Friday at Tammy Gilley Studios
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You'll Need:

- Assorted fabric scraps
- One 12"x12" fabric scrap
- Inspirational, fun words printed on fabric or muslin*
- Ribbon
- Millinery Flowers
- Paper
- Polyfil
- Scissors, Needle and thread

Cut it up:

Cut various sizes of strips and squares from your scraps

Get to Work:

Draw a heart on a piece of paper and cut it out. This will be your template.

Stitch strips and squares together in a random patchwork fashion. Once you have a bit of patchwork fabric that is about 12"x12", lay your heart template on the fabric, pin it, and cut out your heart.

Cut your heart from the 12"x12" piece of fabric. This is the back of your heart.

Cut out your inspirational word that you've printed onto fabric. Place it on your patchwork heart and stitch down all four edges. (**Note:** The words in my samples are only stitched across the top. It works better and they lay flatter if you stitch all the way around.)

With right sides together, stitch your patchwork heart to your heart backing, leaving about a 3-4" opening along one side. Clip curves. Turn right side out. Stuff with polyfil. Whipstitch the opening closed.

Tie a ribbon into a bow and add a bit of vintage millinery or other silk flower. Hand-stitch onto stuffed heart.

These go along very quickly, and are fun to make in bunches. They always bring a smile when I give them as gifts. Have fun!!

**Fabric Word Sheets available at www.tammygilley.com*