

NO-SEW FLEECE HUGGING HEART PILLOW INSTRUCTIONS

You will need:

- Fleece material - 1 yard of 60-inch fleece should make three pillows. You can also use T-shirt material but not any material that will fray as you try to tie it.
- Polyester Fiberfill
- Sharp scissors or rotary cutter/cutting mat
- Tape measure/yardstick
- chalk
- poster board (*if you are making your own template*)

You may use the template provided or make your own. The body of the finished heart should be 12"- 14" wide and 10"- 12" top to bottom not counting the fringe.

To make your own template use a large paper bag or newspaper to draw a heart that is about 14" wide and 11"-12" from the top to the point at the *bottom (or fold the paper in half and draw a half heart on the folded edge)*. Draw a second heart around that one that is 2 inches bigger all around so it will measure 18"x 15"-16". Cut out the larger heart and then cut out the smaller heart so you have a large heart with a smaller heart shaped hole in the middle. It will be easier to use the template if you trace it onto the poster board and cut that out, so it is stiffer and retains its shape.

In choosing your fabric you can mix colors and patterns or use the same for front & back. If possible, you should cut thru 2 layers of fabric together so the front and back of the heart match. Use 2 pieces of appropriately sized fleece laid one on top of the other and place the template on it. If you are using a yard of fleece you can fold it in half the long way, so it measures 18"x 60" and smooth it out. Lay the template on it placing it so you can plan to fit the template on it three times to be able to make three pillows if you would like. Using the chalk trace the outside and inside hearts onto the fleece. Cut out only the large outside heart, cutting through both layers of fabric simultaneously and keeping them together when finished. The outline of the inside heart is your guide for cutting the slits. Make the slits about 1/2-inch-wide cutting through both layers of fabric from the edge to the inside heart line. As you cut around the heart you will have to angle some slits a bit on the curves of the heart. Just make sure the strip is not too narrow at the bottom where the knot will be.

To keep the two heart pieces together, begin by tying strips at the point at the bottom and at the indentation at the top. Take the two strips that are on top of each other and tie them tightly in a square knot (*double knot*). Then move to the next two strips and continue around the heart. Stop when you have about a 3"- 4" opening left (big enough to fit your hand in). Grab some fiberfill and start stuffing. Tuck enough stuffing in to make it firmly huggable, not stiffly packed. Then tie the remaining strips together and you have got yourself a hugging pillow.

If you prefer, you can also sew a pillow the same size made of fleece, T-shirt material or other huggable fabric.

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