



Instructions: Heart Pillows for Breast Cancer

- Cut the template out on the drawn lines (recommended size: 10 inches by 8 inches)
- Cut the fabric into rectangles (12 x 9 inches – or slightly larger than the Heart pattern (do not cut out the heart shape yet)
- Place 2 pieces of fabrics right sides together, pin them to secure the fabric
- Draw the heart onto the fabric and mark a 3 inch section to leave open for turning the fabric right sides out.
- Sew on the drawn line (Do not sew the 3 inch opening intended for turning the fabric)
- Cut out the heart and snip the curves to help with the shape.
- Turn the Heart Right side out and use a fabric turning tool to smooth out the curves
- Fill the heart with poly-fil stuffing
- Hand sew the opening closed