

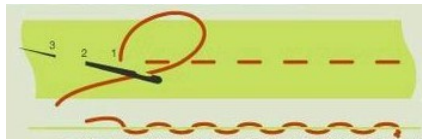
FELT HEART HAND WARMERS

MATERIALS:

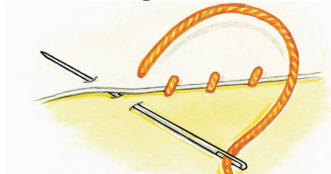
- Felt sheet(s)
- 1 heart template
- 1 needle
- Embroidery thread
- Bag of rice
- Paper funnel
- NOT INCLUDED:**
 - Marker/pen for tracing
 - Scissors
 - Essential oil (optional)

INSTRUCTIONS:

- Begin by cutting out the heart template and tracing 4 hearts onto the felt. This will make 2 hand warmers.
- Cut out the felt hearts and lay one on top of the other.
- Begin stitching around the edge of the heart. You can either do a running stitch or a whip stitch (pictured at the right), but make sure you keep your stitches close together so that the hand warmer holds the rice.
- When you're about 3/4 of the way done, pause your sewing.
- Position the funnel at the opening and hold it there while you slowly pour in the rice. If you like, add a drop or two of essential oils or dried lavender to the rice before pouring it.
- Don't overfill the hand warmer, as you need enough room to sew it shut.
- Finish sewing and knot to secure. When you knot it, make sure that there isn't any gap where the rice could escape.
- To use, microwave for about 45 seconds. These are reusable and you can always re-warm them if needed.



Running stitch



Whip stitch

