

MAKE YOUR OWN: SEEDED HEART

Create this fabulous handmade paper heart, filled with flower seeds. Simply attach the heart to the postcard in the community pack and leave it in a special place in your community for someone to find!

This project was made by Kirstie Phipps, NFWI Craft Committee

YOU'LL NEED...

Scraps of green coloured paper (non-glossy)
Green food colouring (optional)
Heart-shaped cookie cutter
Packet of wild flower seeds, or seeds of your choice
Blender
Mixing bowl
Sieve
Old towel or newspaper
Safety pin
Sticky tape
Water



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INSTRUCTIONS



Step 1: Tear the paper into small pieces.

Step 2: Put paper into a bowl, fill with water, ensuring all of the paper is covered and leave to soak overnight.

Step 3: Drain the paper through a sieve to remove water.



Step 4: Place the paper into the blender (add a couple of drops of food colouring if required) and blend until paper is pulp-like and fairly smooth.

Step 5: Sieve again, squeezing out most of the excess water.



Step 6: Transfer mixture to bowl and stir in seeds.



Step 7: On an old towel or newspaper, fill a heart-shaped cookie cutter with the pulp to create a heart of approximately 0.5cm thickness.

Step 8: Leave overnight to dry in a well-ventilated area.



Step 9: Attach a safety pin to the back of the heart with sticky tape (this will need to be removed before planting).



Step 10: Pin the heart onto the postcard in the community pack and pen a little note to tell the recipient to plant and water their gift. You can then leave it in a special place for someone to find.