

## Seeded hearts (Show the Love project)

Create this fabulous handmade paper heart filled with flower seeds, as featured in the WI's *Show the Love* activity.



Beginner

### Skill level

Beginner

### You will need:

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

## To make

1. Tear the paper into small pieces.



2. Put paper into a bowl, fill with water, ensuring all of the paper is covered and leave to soak for 10 to 15 minutes.

3. Drain the water a little, but leave the paper still moist for blending.



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.

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



6. Transfer mixture to bowl and stir in seeds.



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.

8. Leave to dry above a radiator or somewhere warm until they are hard and solid (this may take 48 hours.)



9. Attach a safety pin to the back of the heart with sellotape or use double sided sellotape to attach the heart to the postcard in your February WI Life. Leave the postcard somewhere in your community, like your local bus stop or café for someone to find or send directly to your MP.

## #ShowTheLove - Seeded Paper Heart



Are you a professional creative maker or do you craft as a hobby? Would you like to have your projects featured on My WI? Then please get in touch, we'd love to hear from you and see what you've been up to.

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