**Bonding Heart Pattern**

**Guidance:**

* Bonding hearts should be made of 100% cotton.
* Please keep bonding hearts free of additional decorations (such as beads, buttons or bows), with no loose threads.

**Required:**

* Two pieces of patterned cotton fabric.
* Sewing needle
* Thread

**Instructions:**

Bonding hearts need to be approximately 20cm square, any smaller and they will become difficult to sew.

The template on the next page. will give you a heart shape of the correct size. Please print as many times as needed and cut out along with dotted line.

****You will need two ‘hearts’ of materials to make one bonding heart. These can then be sewn together.

**Please either arrange a drop off time or send all completed Bonding Hearts to:**

**Office Se6, Leah's Yard, Cambridge Street, Sheffield, S1 4HP**

