

FEELIE HEART INSTRUCTIONS

8 AUGUST 2025



OVERVIEW

Feelie Hearts are soft hearts which provide comfort and security for anybody who may be experiencing grief, loss, discomfort, confusion, or anxiousness (via schools, hospitals, refuges, homes etc.) The size is ideal to fit in a hand or pocket. Feelie Hearts are stuffed with toy/cushion filling and the cover can be made from anything that is soft to hold. This project is a great way to use up spare material that you may have around the house.

Guidelines:

Material: Anything that is soft to hold (i.e. Polar Fleece, Panné Velvet, Chenille, Soft Terry Cloth etc.)

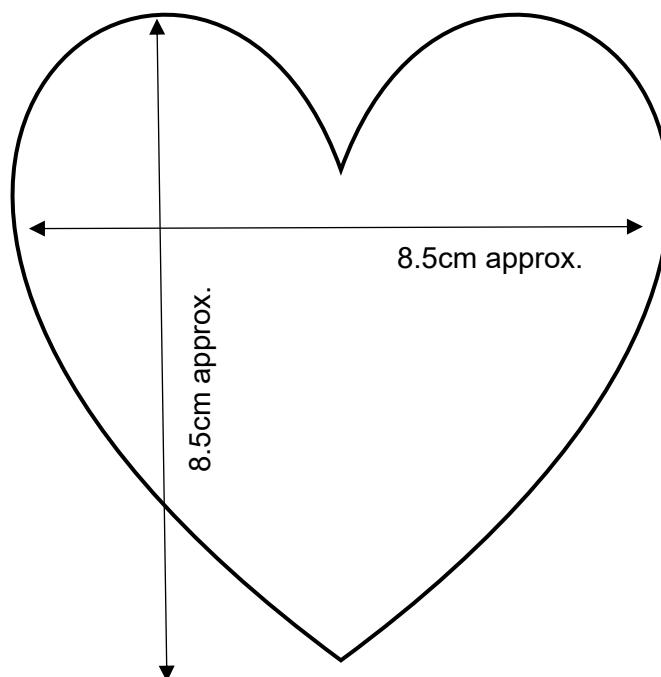
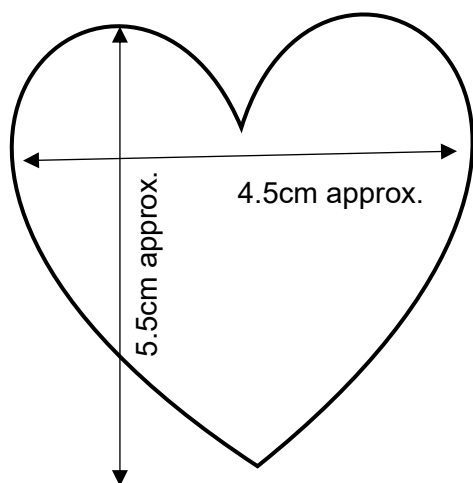
Colours: Bright colours or pastels (nothing very dark)

Filling: Please stuff with toy/cushion filling

Sizes: Anywhere from 4.5 cm to 8.5 cm

Stitching: Hand sewn using blanket stitch and doubled cotton to stitch around the outside of the hearts.

Approx. size templates (finished size)



History of Feelie Hearts

Feelie Hearts originated in America in 1987. The Mary Bridges Centre for Troubled Children had a support group that decided to make small red velvet hearts available to the children. Upon receiving these hearts, there was a marked improvement as these hearts provided something tangible and comforting for these young grieving children to hold as they shared their stories. Feelie Hearts grew in popularity and both children and adults found comfort in holding these pocket-sized hearts.

CWA of WA adopted the Feelie Hearts some years ago and now many CWA of WA branches make colourful hearts for the community.