

A Pocket in Your Heart

Here's a little project you can finish in about half an hour. It's dedicated to Nikki Grimes, author of *The Road to Paris* (one of her award-winning children's books), because of a wonderful concept she shared in that book. She introduces the idea of carrying God in your pocket, giving you access to Him whenever you need to know He's close by. Just the simple act of reaching into your pocket then becomes a visceral reminder that you are not alone.

In homage to that idea, I've made this Heart Pocket, a simple project that allows you to place something in your heart's pocket—something tangible or something symbolic, such as a prayer, a photo, or a reminder of some kind.



Materials

- 1 sheet of pink or red felt for hearts;
- scraps of blue, yellow, and green felt for flower, center, and leaves;
- matching thread or floss for all 4 colors;
- scissors;
- needle

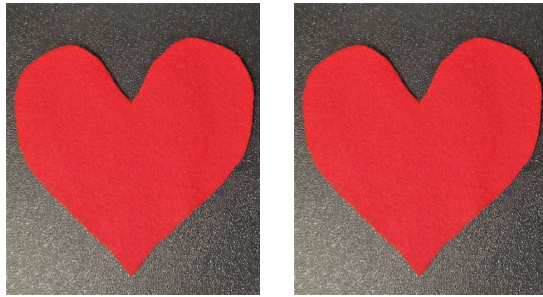
Directions

(Full photo-based directions can be found on page 2.)

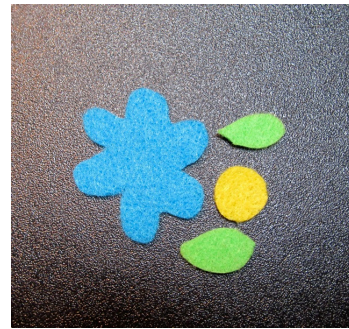
1. Cut out 2 hearts (about 4"x4").
 2. Cut out 1 flower and 1 circle (for center) and 2 leaves.
 3. Applique the flower in the center of one of the hearts.
 4. Applique the circle in the center of the flower.
 5. Applique the leaves as shown in the photo above.
 6. Place the appliqued front heart on top of the other blank heart (wrong sides together).
 7. Use a blanket stitch to sew hearts together around outer edge. Leave an opening in the "cleavage" of the heart for the pocket.
 8. Place something in the pocket: small scissors, a note, money, a prayer, photo, dried or silk flower(s), or any other item you'd like.
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Thumbnails (for concept)

1. Cut out 2 hearts.



2. Cut out flower, center, and 2 leaves.



3–5. Applique pieces to front of one heart as shown below:



6. Place the appliqued front heart on top of the other blank heart (wrong sides together).



7. Use a blanket stitch to sew hearts together around outer edge. Leave an opening in the "cleavage" of the heart for the pocket.



8. Place something in the pocket: small scissors, a note, money, a prayer, photo, dried or silk flower(s), or any other item you'd like.



Patterns