



SEWING PROJECT 5 - PLANNER

Watch the project video and use the planner to note important information and the step-by-step instructions.

Project Name
Heart Cushion

Start Date:

End Date:

Measurements of project.
(Note pattern size and finished size.)

25 cm (10") x 25cm (10") pattern
24 cm (9.5") c 24 cm (9.5") finished

Your
measurements
(if required).

To complete the project:

25cm (10") x 25cm (10") template
50cm (20") x 25cm (10") fabric (one piece or several sewn together)
24cm (10") x 12 cm (5") contrast fabric
Marker
Chop stick
Stuffing
Sewing kit - pins, scissors etc.
Sewing machine and thread
Hand sewing needle and thread

Your fabric selection and swatches

Swatch	Swatch	Swatch	Swatch	Swatch	Swatch
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Instructions

1. Cut out template and stick to cardboard.
2. Press all fabric.
3. Lay fabric flat on table and cut two large and two small fabric pieces on the fold.
4. **POCKET:** Pin the pattern to the wrong side of one small fabric heart.
5. With a marker, mark the pivot points and gap points on the fabric.
6. Draw a half inch seam allowance on the fabric (see video) or use sewing template below (grey heart).
7. With right sides together and the side with the markings on top - start sewing with a straight stitch from a gap mark. Reverse and go forward.
8. Sew to a pivot point and turn and then repeat until second gap mark. Reverse and go forward.
9. Lift presser foot, remove fabric from machine and cut threads.
10. Snip into the middle of the heart without cutting the seam (see video) and the bottom of the heart.
11. Turn fabric right sides out and use chop stick or pointer to gently push out the heart shape.
12. Fold in the seam at the gap and press the open seam inside so that heart lays flat. The gap is still open.
13. Put the small heart aside.





SEWING PROJECT 5 - PLANNER

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Instructions - 2

CUSHION

1. Pin the pattern to the wrong side of one cushion fabric heart.
2. With a marker, mark the pivot points and gaps points on the fabric.
3. Draw a half inch seam allowance on the fabric (see video) or use the sewing template (grey hearts).
4. Mark the point where the bottom of the small heart is attached.
5. Taking the fabric for the back of the heart cushion, pin the small heart to the larger heart taking care to ensure it is straight.
6. Tack or baste the small heart to the larger heart. (see video)
7. Put the fabric into your machine and find a point $1/4"$ (6mm) away from the edge of the small heart. Use the sewing template. (see video)
8. Start sewing at the arrow point on the small heart - go forward and reverse and then sew until the pivot and turn and then sew to the opposite arrow point and reverse and go forward. Stop
9. Take fabric out of machine, cut threads.
10. Snip into the middle of the heart without cutting the seam (see video) and the bottom of the heart.
11. Press fabric and pocket until flat, use some starch if you wish.
12. Take the front fabric of the cushion and lay it down on back so that the right sides are together with the pocket inside.
13. Pin the pieces together and tack or baste if you wish.
14. Using a $1/2"$ (1.27cm) seam allowance, carefully sew around the heart from one gap point to the other, pivoting at appropriate places. Don't forget to reverse stitch at either end.
15. Take the fabric out of the machine, cut threads.
16. Use chop stick to gently shape the heart and push out the curves.
17. Press. Press gap seam inside.
18. Stuff the pillow (see video for suggestions).
19. Pin the gap and hand sew the gap using ladder stitch (see video).

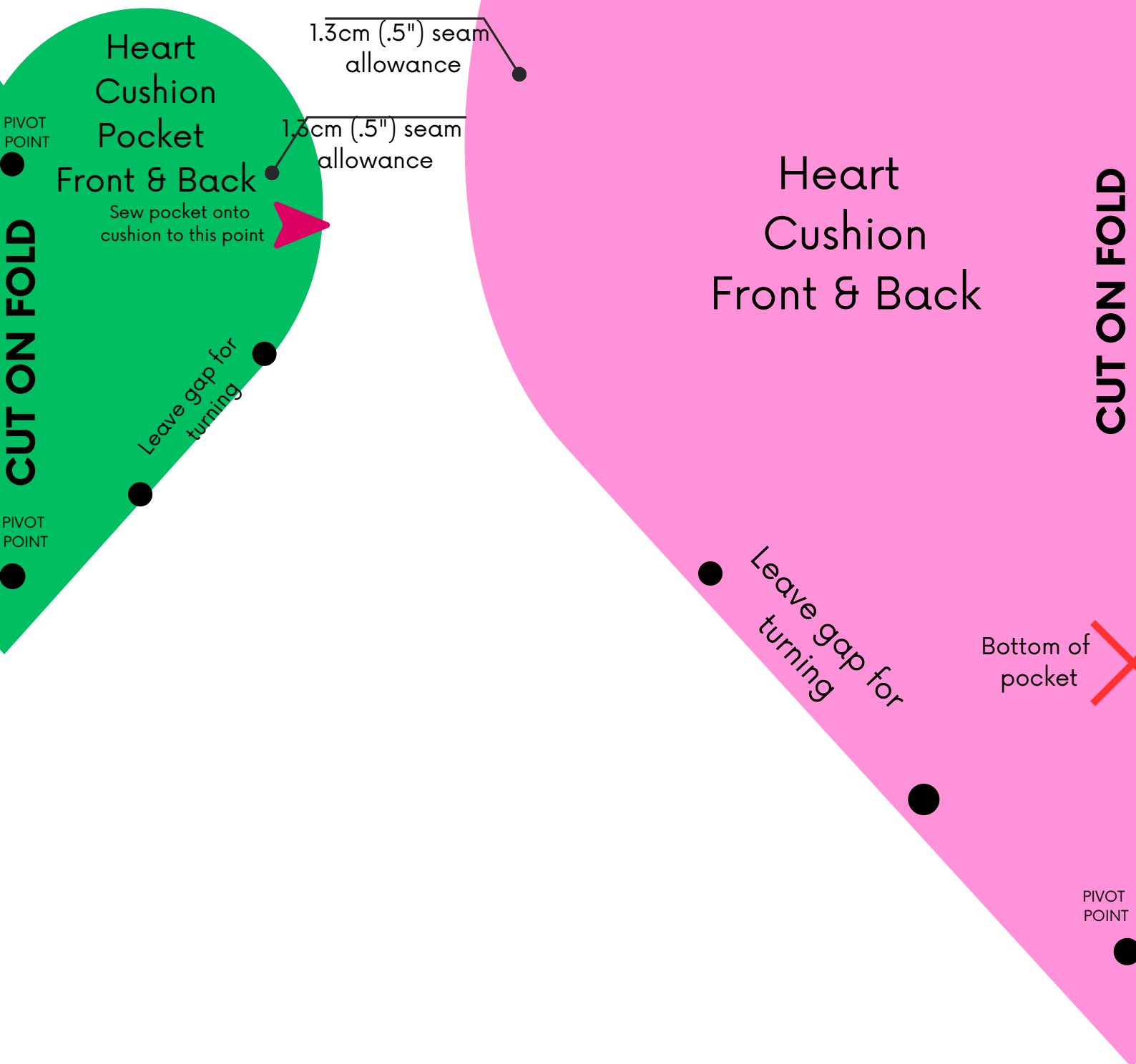
SEWING PROJECT 5 - TEMPLATE

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Project 5 - Heart Cushion

Cut one front and one back piece of fabric.

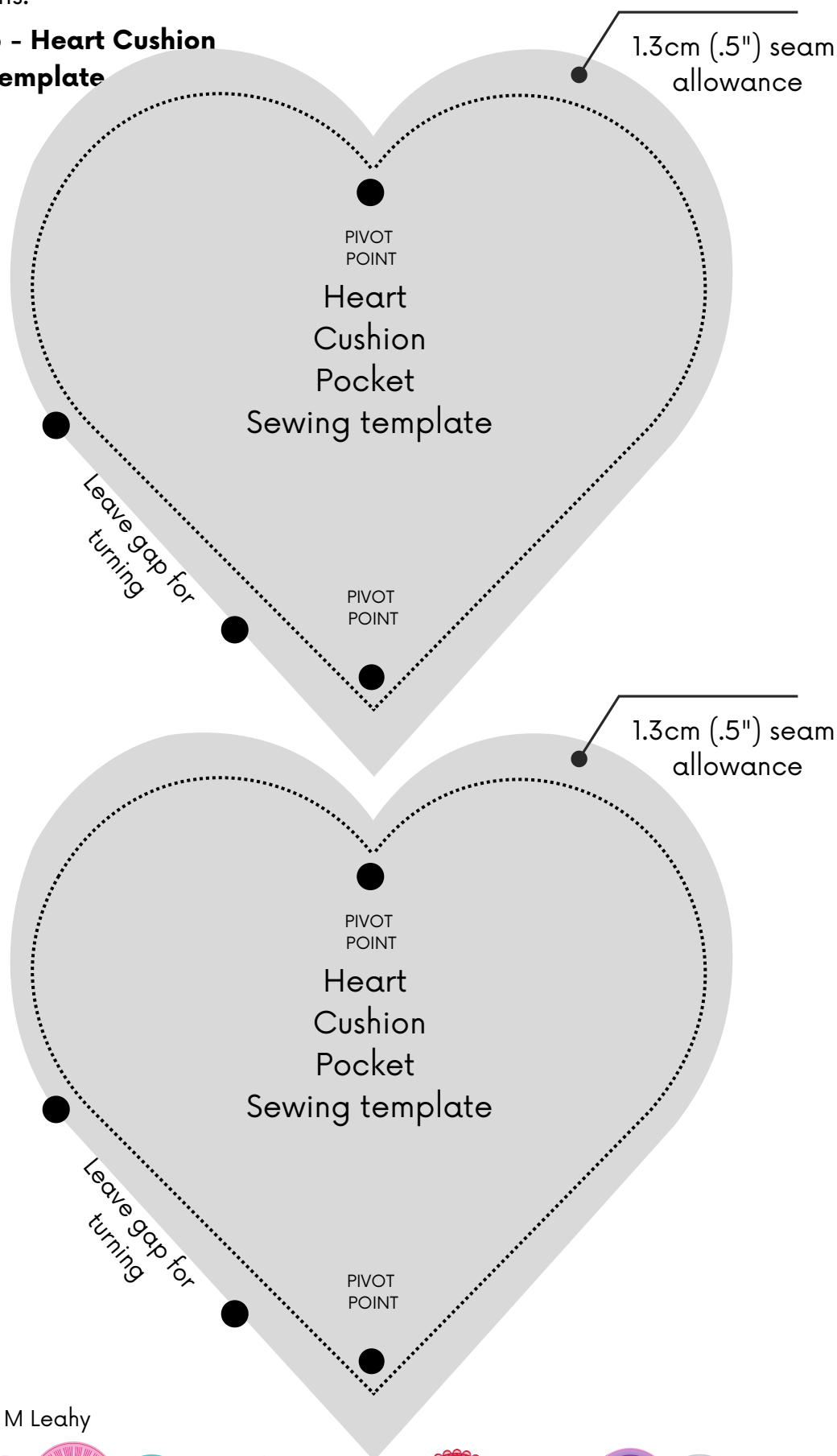
Cut two pocket pieces of fabric.



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Project 5 - Heart Cushion Sewing template





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**Project 5 - Heart Cushion
Sewing Template**

PIVOT
POINT

1.3cm (.5") seam
allowance

Heart
Cushion
Sewing template
Cut 1
Tape to other half
below

PIVOT
POINT





SEWING PROJECT 5 - TEMPLATE

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Project 5 - Heart Cushion Sewing Template

1.3cm (.5") seam allowance

PIVOT POINT

Heart
Cushion
Sewing template
Cut 1
Tape to other half
above

PIVOT POINT

