

POCKET HUGS FOR PROJECT PATRIOT

These little momentos are given to deploying soldiers for them to give to their children.

Supplies:

Felt – I used olive green and purchased it from Hobby Lobby

Camo Fabric – purchased at JoAnn's

Ecru colored embroidery floss

Ecru or off white bias tape

Fiber fill stuffing

Double-sided scotch tape

printable postcards -

Avery 3380 – 5.5 x 4.25 inches, 4/sheet
cellophane sealable cookie/treat bags (the closest size that I found was 5 x 7 inches)



Cut 2 hearts of felt using the larger heart pattern. (To speed cutting up, I made a stencil and drew the hearts on the fabric which I have included in your package)

Cut 1 smaller heart out of the camo fabric

Cut 1 piece of the bias tape 1" long

Stitch the camo heart onto one of the felt hearts using a decorative stitch. I used blanket stitch, but any stitch that highlights the hearts while securing them would work. NOTE: I was always taught to divide the embroidery floss and work with 3 strands at a time – instead of using the full 6 strands. This seems to work fine.

Whip stitch the 1" piece of bias tape to the center of the camo heart. (DO NOT INK IN THE WORD HUG AT THIS POINT! – Oils from your fingers will cause the ink to run).

Stitch the 2 felt hearts together using the same decorative stitch, but leave a small gap for filling. Stuff a small amount of fiber fill into the heart and close off the gap.

After all the stitching is completed THEN write the word "HUG" onto the bias tape using a permanent marker of some sort.

Using the pdf that I will send you by email, print the postcards. You may want to consider adding your chapter's information on the back of the card!

Using double-sided scotch tape, attach the heart to the postcard and insert into a cookie/treat bag.

A useful webpage I found was - <https://www.sumoftheirstories.com/blog/how-to-make-a-pocket-hug>
It describes in detail how to make pocket hugs in general.

Remember - You are always welcome to contact me with questions/issues. You are also entirely welcome to change these directions to make things easier.

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