

Breast Cancer Heart Pillow

Supplies & Tools:

- Poly-Fil® premium polyester fiberfill (approx. 7oz per pillow)
- ½ yd. of fabric
- Thread to match
- Large piece of paper for template (folded in half)



Project Directions:

1. Enlarge the attached template 200% and cut around edges.
2. Cut fabric in half. Layer the two pieces of fabric together and fold in half. Pin template to folded fabric. Straight side of template lined up with fold of fabric.
3. Trace heart template onto your fabric and cut out.
4. With right sides together, line up your fabric hearts.
5. Using ¼" seam allowance, sew around the edges of the heart, leaving a 2" section open for turning.
6. Turn right side out and stuff with Poly-Fil®.
7. Stitch the opening closed.