



Heart Shaped Hand Warmers

1. Cut out 2 heart shapes out of wool. (Do not use synthetic materials as they will melt.)
2. Match them up and using small, close stitches sew around the edge of the heart. You are sewing the 2 hearts together. Make sure to leave a space un stitched so we can add the rice.
3. Make a funnel with a piece of paper and slowly add rice. You can add a few drops of scented oil .
4. Once the heart is filled with rice we can stitch it completely closed.
5. Warm in the microwave for 20-60 seconds for 30 minutes of warmth. Please be careful as all microwaves are different.



Credit to thescrapshoppeblog.com for this project.