



Relationships and Sex Education (RSE) Day

It begins with me

Has anyone ever sent you a gift or said something kind that really lifted your mood and made you feel loved?

It can really boost our self esteem when people notice us and remind us that we are valuable. It can also make us feel good when we show kindness to others.

Below are the instructions for making a mini pocket heart which can be left in a public space for someone to discover. You might just make someone else's day!

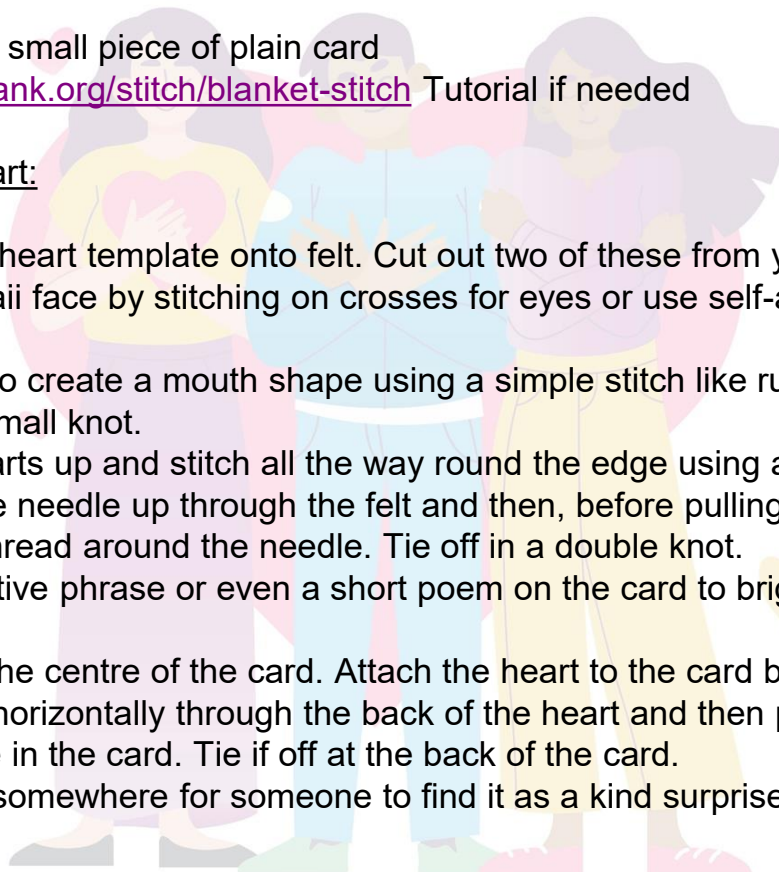
Mini Felt Pocket Hearts

You will need:

- Coloured felt squares (one per student)
- Googly eyes
- Embroidery thread
- Scissors
- Sewing needle
- Card template or small piece of plain card
- <https://rsnstitchbank.org/stitch/blanket-stitch> Tutorial if needed

How to make the heart:

1. Draw round the heart template onto felt. Cut out two of these from your felt square.
2. Add a cute kawaii face by stitching on crosses for eyes or use self-adhesive googly eyes
3. Use the thread to create a mouth shape using a simple stitch like running stitch. Tie off the end with a small knot.
4. Line the two hearts up and stitch all the way round the edge using a blanket stitch. To do this, bring the needle up through the felt and then, before pulling it through all the way, wrap the thread around the needle. Tie off in a double knot.
5. Write an affirmative phrase or even a short poem on the card to brighten someone's day!
6. Make a hole in the centre of the card. Attach the heart to the card by threading a long piece of thread horizontally through the back of the heart and then poke the ends through the hole in the card. Tie if off at the back of the card.
7. Leave the card somewhere for someone to find it as a kind surprise.



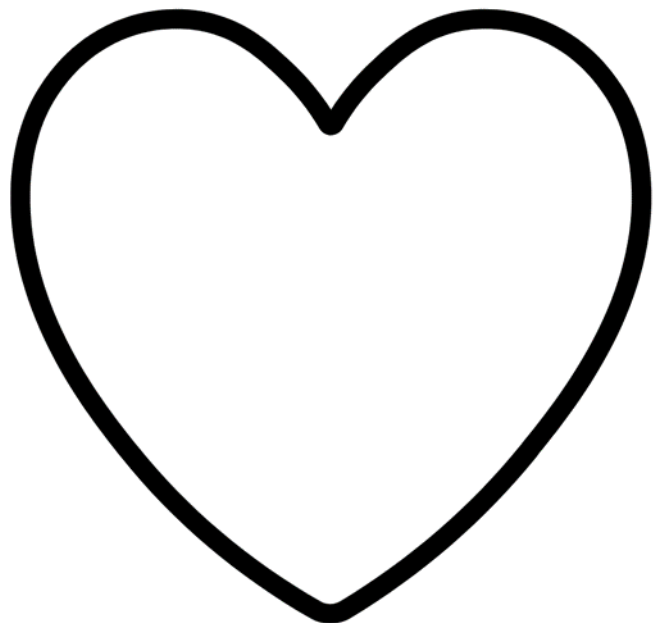
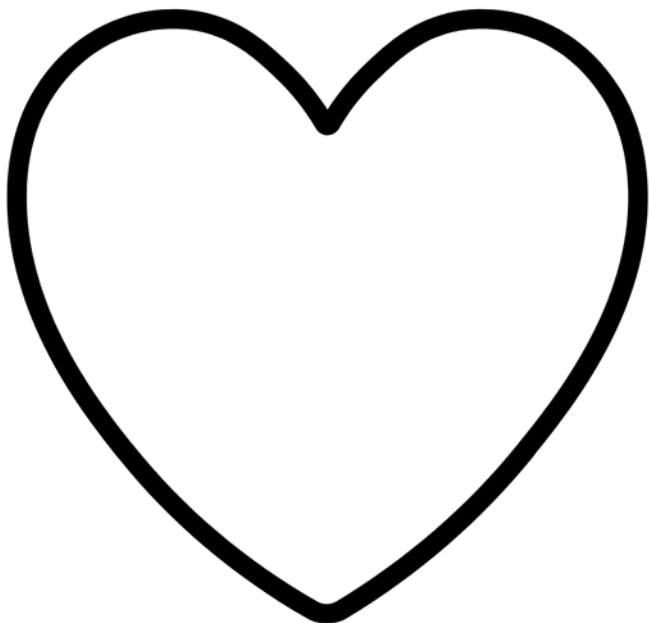
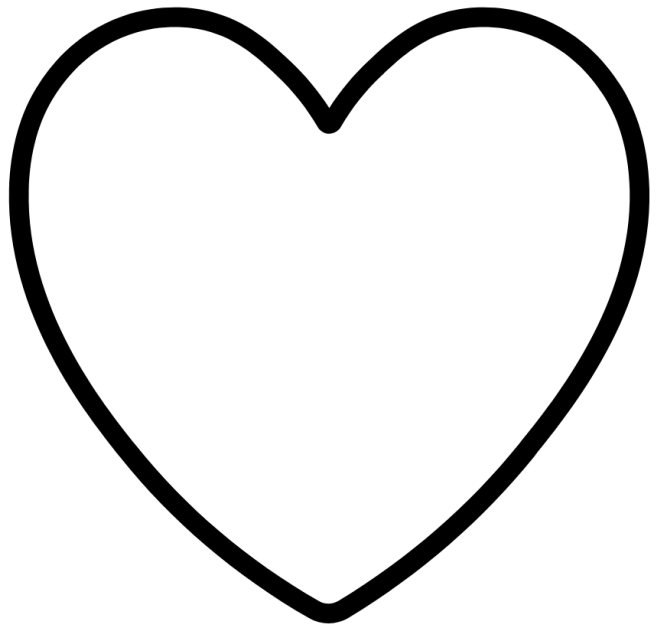
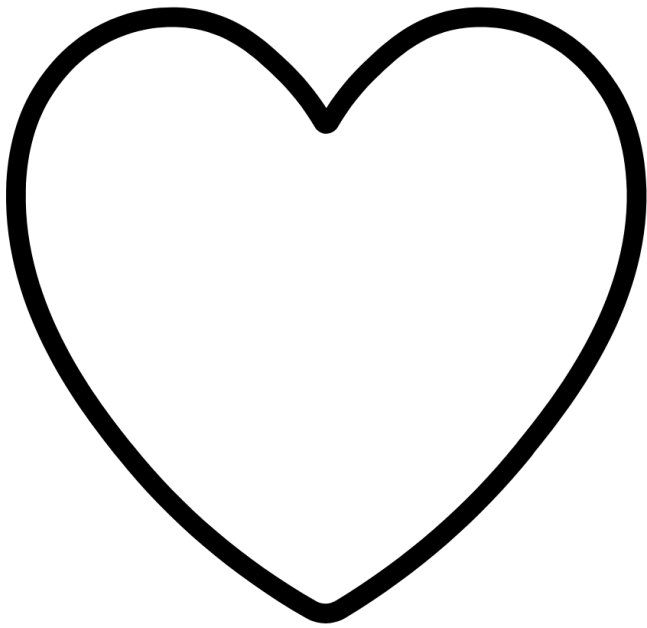
A vertical rectangular card template with a blue background. It features a white rounded rectangular box at the top, a large white square box in the center, a thin white horizontal bar below the center box, and another white rounded rectangular box at the bottom.

A vertical rectangular card template with a purple background. It features a white rounded rectangular box at the top, a large white square box in the center, a thin white horizontal bar below the center box, and another white rounded rectangular box at the bottom.

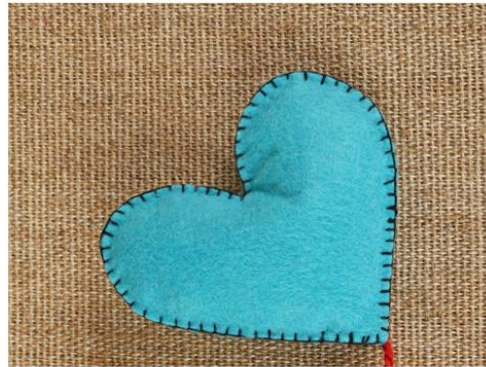
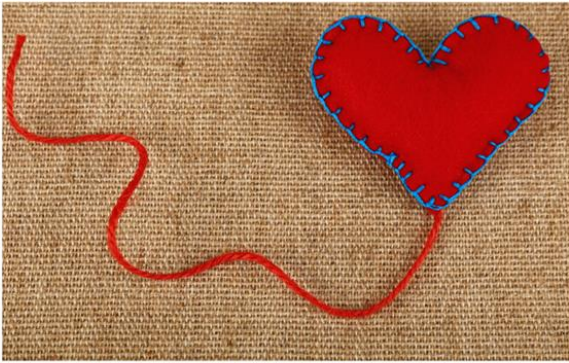
A vertical rectangular card template with a red background. It features a white rounded rectangular box at the top, a large white square box in the center, a thin white horizontal bar below the center box, and another white rounded rectangular box at the bottom.

A vertical rectangular card template with a green background. It features a white rounded rectangular box at the top, a large white square box in the center, a thin white horizontal bar below the center box, and another white rounded rectangular box at the bottom.

Pocket heart template:



Examples of pocket hearts:



You might want to write phrases on the card such as:

- You make the world a better place
- Believe in all you have to offer
- You are loved and precious

Or even write a short poem. Here is an example:

*Here's a hug to say, 'you're great!'
Keep it close when you need a mate.
You are strong and I believe in you
So, accept this heart and that the words are true!*