

30 Days of HeARTs + Giving

Goals:

- Make Joy by playing with a variety of embellishment techniques to transform practice quilt sandwiches into quilted heARTs.
- Add Joy into the world by leaving them around local libraries, parks, schools, community centers, etc for others to adopt/take home through the [I Found a Quilted Heart Project](#)

My Process:

- Roll one die to choose daily embellishment technique to transform one or more hearts

Materials/Resources:

- 30+ hearts cut out from quilted sandwiches
- Embellishment supplies already on hand in studio: fused scraps, paints, pens, markers, sheer fabrics, embroidery floss, yarn, ribbon, beads, buttons, sequins, etc.
- Finishing Supplies: Puffy/Dimensional Paint, [IFAQH Tags](#), Ribbon

Documentation:

- Post daily transformation(s) on Instagram (Include dice roll, supplies, process) using the hashtag #heARTsGiving
- Weekly Blog Post with reflections/insights and photos of hearts out in the world

Dice Roll	Embellishment/Technique
1	
2	
3	
4	
5	
6	

Daily Log of Dice Rolls for November 2021 (join me for 1 or more weeks):

11/1	11/2	11/3	11/4	11/5
11/6	11/7	11/8	11/9	11/10
11/11	11/12	11/13	11/14	11/15
11/16	11/17	11/18	11/19	11/20
11/21	11/22	11/23	11/24	11/25
11/26	11/27	11/28	11/29	11/30