

Image 1

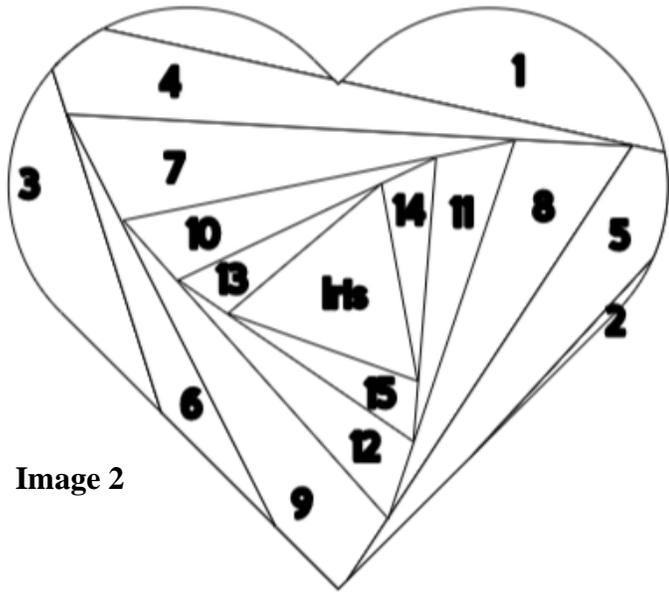


Image 2

1. Print this page out on a piece of paper.
2. Cut a 4¼" X 5½" rectangle out of cardstock.
3. Use the gray shape to the left (Image 1) as a pattern to cut a 3½" wide heart out of the center of the rectangle. The heart can be horizontal or vertical in the rectangle.
4. Using low tack tape (painter's tape, masking tape, washi tape, etc.), adhere the heart shape below (Image 2) to the rectangle so that the pattern can be seen through the heart shape cut out in step 3. You will be working from the back of the finished project (Image 3).
5. Cut 15 pieces of lightweight paper (origami paper, printer paper, scrapbook paper, etc.) into strips about 1" wide and 3-4" long. The longer strips will be used to cover the outer shapes in the pattern (lower numbers). Shorter pieces can be used to cover the inner shapes.
6. Fold one of the longer pieces of paper down about 1/8" along the length of the strip using a straight edge (Image 4) and crease well. If using patterned paper, the folded part should not be on the patterned side (Image 5). Folding is to ensure a straight edge and to give a 3-D effect to the project. Lay the paper so that the folded side is up and line the folded edge along the edge for piece #1 in the pattern (see Image 6). Tape piece to the cardstock such that all of shape #1 is covered and no more and the tape and paper do not stick out over the edge of the cardstock. If it does, it should be trimmed (Image 7).
7. Repeat instructions in step 6 for shape #2 in the pattern (Image 8). Continue to fill in the heart shape until shape #15 is complete (Image 9).

8. Carefully remove the tape holding the cardstock to the pattern and turn over project to reveal your heart (Image 10).
9. The iris shape is usually reserved for something special...a picture, fancy paper or fabric or maybe a word. Choose your special something and line it up in the opening and tape to the back (Image 11). Your heart is complete. You may want to attach your cardstock to a standard A2 card and give to others. Enjoy!

The pattern can be completed using the same paper through out or for a change, try using one color for shapes 1, 4, 7, 10 and 13; a different color for 2, 5, 8, 11 and 14; and a third color for 3, 6, 9, 12 and 15.

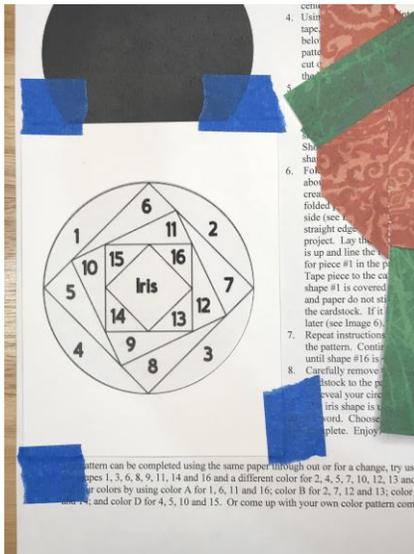


Image 3



Image 4

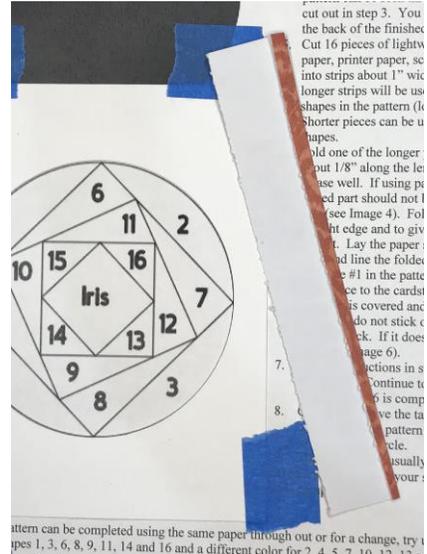


Image 5

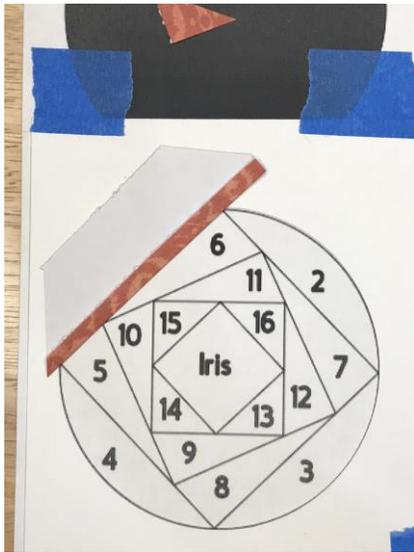


Image 6

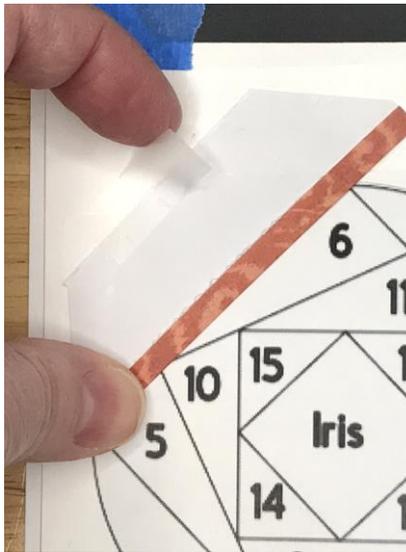


Image 7

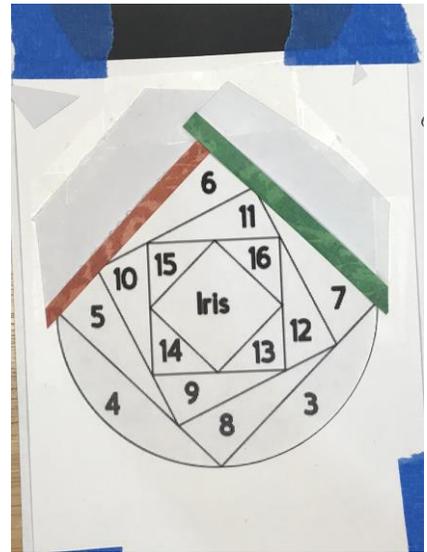


Image 8

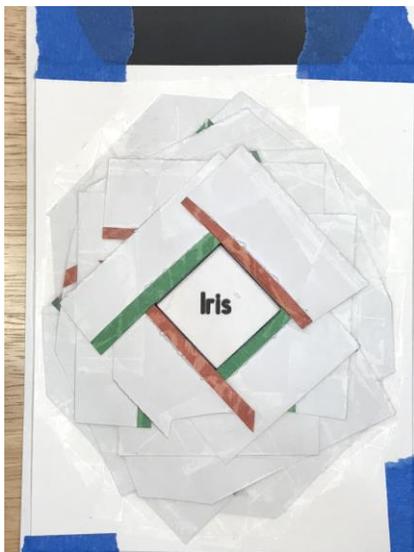


Image 9



Image 10

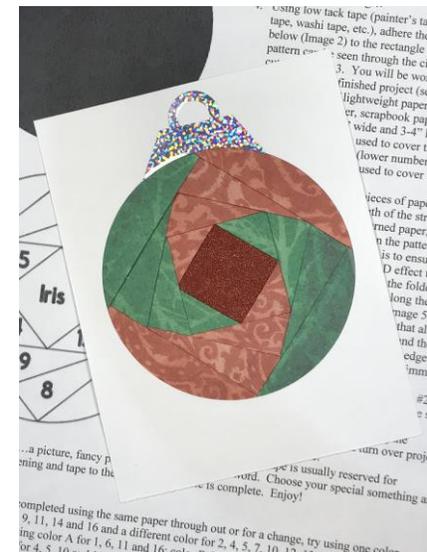


Image 11