

Instructions: FEELIE HEARTS

(Project via CWA of WA Community Co-ordinator (March 2021))

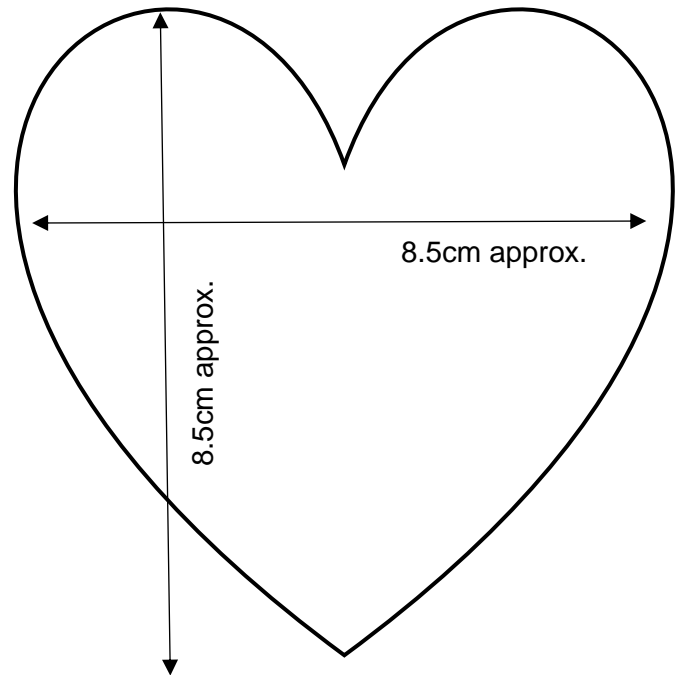
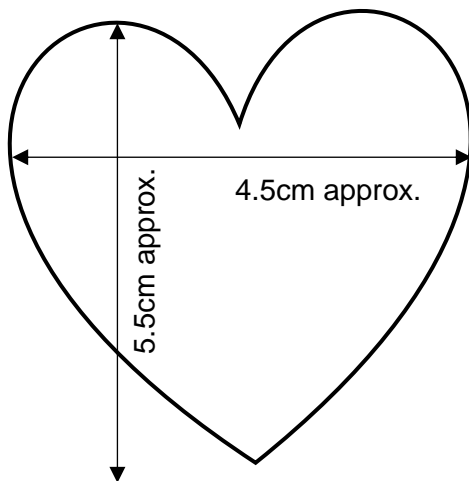
Note: if 6 months have passed since the above date, please check that this item is still required before you begin.

Feelie Hearts are soft hearts which provide comfort and security for anybody who may be experiencing grief, loss, discomfort, confusion or anxiousness (via schools, hospitals, refuges, homes etc.) The size is ideal to fit in a hand or pocket. Feelie Hearts are stuffed with toy/cushion filling and the cover can be made from anything that is soft to hold. This project is a great way to use up spare material that you may have around the house.



- Materials:** Anything that is soft to hold (e.g. polar fleece, panne velvet, chenille, soft terry cloth etc.)
- Colours:** Bright colours, pastels etc. (no very dark colours).
- Filling:** Please stuff with toy/cushion filling.
- Note:** Please have seams on the inside.
- Sizes:** Anywhere from 4.5cm to 8.5cm.

Approx. size templates (finished size):



A "Holding on to the heart" story

A feelie heart is a soft heart that serves children that have been touched by death.

Small enough to put into a little pocket and take to school to hold and rub, these soft little hearts give children permission to hold their own hearts tenderly and to grieve.

To remember that they were loved and know that they can love. Children carry them for as long as they need to, finding comfort in the softness when thoughts of their loss might otherwise overwhelm them.

No two hearts are exactly alike, and each has a life of its own. Stories about that life abound. It is common for children who have grieved to give their feelie heart to other children who are going through hard times. One little girl gave her feelie heart to her father when her parents divorced. A small boy sent his to his teacher when her own little boy died. When we have the freedom to grieve, loss often turns naturally into compassion. A large part of this program involves healing loss. We do not hold our own hearts tenderly. Many of us repress our losses and carry our own pain un-grieved, often for years. Grief is the way that loss heals. The program has been in part about creating a community of professional peers who grieve together and give each other the permission and the courage to feel again.

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