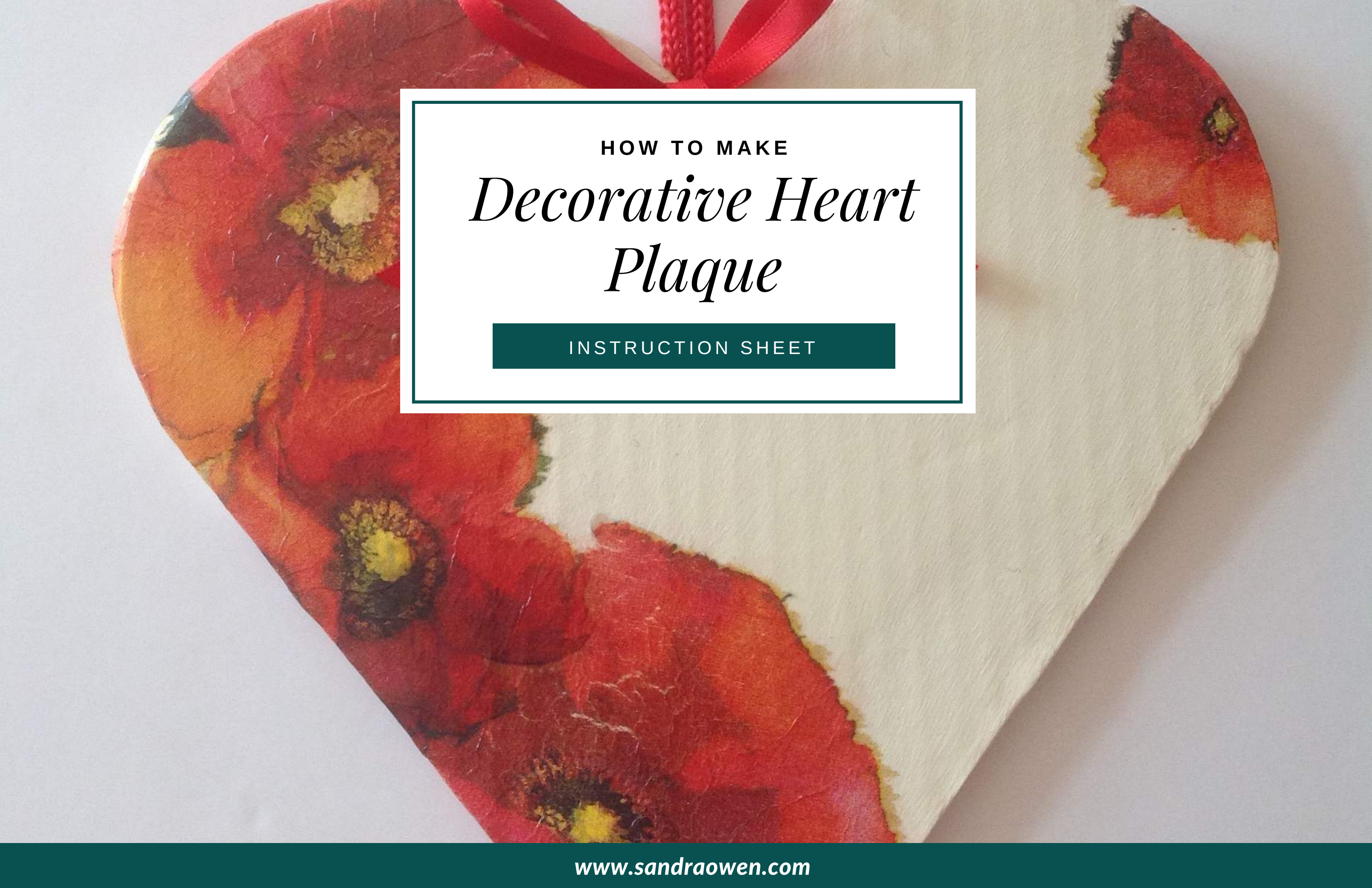




HOW TO MAKE

Decorative Heart Plaque

INSTRUCTION SHEET

Tools and Materials

Tools



Sponge Brush



Scissors



Craft Tweezers



Hot Glue Gun



Heat Gun or Hairdryer
(Optional)



Pencil



Paintbrush



Water

Materials



White or Cream
Emulsion Paint



PVA Glue +
Water & a drop of
Washing Up Liquid



Quick Drying Wall Filler



All Purpose Adhesive



Corrugated Cardboard



Piece of Ribbon or the
Cord from a
Shopping Bag



Tissue Napkins of
your choice

How to make the Decorative Heart Plaque

Step 1: Preparing the Heart

- Print out the Heart Template provided in this Ebook or draw your own.
- Use this paper template to create a firmer template from cereal box card if you wish.
- Place the Heart template on the corrugated card and draw around it. You want to create 2 hearts, one with the card corrugation lines going horizontally and one with the lines going vertically. This gives added strength to your project.
- Using the All Purpose Adhesive glue the 2 heart pieces together.

Step 2: Strengthen the Plaque

- Using Quick Drying Wall Filler to cover the corrugated card holes around the edge. Smooth the filler into the holes at a 45° angle from both sides.
- if the paste feels a little dry, dip your finger in water and smooth over any lumps.
- Once the filler is dry, rub off any lumps that may be on the surface of the heart with kitchen paper towel.

Step 3: Preparing the Base

- Once the filler is dry paint the heart with the white or cream emulsion paint, including the sides.
- I recommend giving your heart 2 coats of the base colour so you don't have any patchy bits.
- Use a heat gun or hair dryer to speed up the drying process if you wish.



How to make the Decorative Heart Plaque

Step 4: Prepare the Decoration

- Separate your 3-ply tissue napkins by gently taking off the top sheet with the images on.
- Using a round tip paintbrush, brush water around the images you want to use, approximately 1-2 millimetres away from the image because the tissue will soak up the water quickly.
- Place your index finger on the image and gently pull the excess tissue away using your craft tweezers. You could also use the handle of a small spoon.



Step 5: Adding your Decoration

- Decide how you want to arrange your tissue images. Then using a mixture of 2/3 PVA, 1/3 water and a drop of washing up liquid, apply a little to the heart surface and side with a sponge brush.
- Place your first image down and add more glue mixture on top gently, brushing away from the middle to push out any air bubbles.
- Carefully smooth out any other bubbles or creases with your finger. Add more glue mixture if necessary so your finger doesn't catch the tissue and tear it.
- Continue to build your decoration and then leave to dry.



Step 6: Finishing Touches

- Once your decorations are all dry, over the entire heart with some water-based varnish or PVA glue to seal it.
- Add a ribbon bow to the front and a ribbon or cord loop on the back of the heart so you can hang it up.
- Hang your Heart somewhere you will see it daily to remind you to look after your own heart emotionally, mentally and physically.



Decorative Heart Plaque Template

