

## We heart ethical fashion – craft activity

We want to say thank you to the high street shops who are trying hard to make more ethical decisions. The two high street shops that seem to be making the most effort based on my research are Marks and Spencer and H&M.

Please make a fabric heart and write a card to say thank you but also encourage the brands to continue on their journey towards sustainable and ethical clothing. We will hand these to the managers of the two main Leeds stores once they are finished. Please don't feel you have to finish within the session. Take your time over it and we can hand them in when you finish or you can hand them in yourselves.

### You will need:

- A heart shaped template
- Material
- Thread
- A needle
- Pins

### Instructions

1. Pin your template to the fabric and cut around it.
2. Add a word or message on the front if you want to and feel you have the skills. I simply put 'Thank you'.
  - a. I used two strands of thread to make it stand out but you could use more. I wrote it on in pencil first then sewed over the top. I used very simple text as I am not very skilled at sewing text.
3. Put your two hearts together with the side you want on the outside on the inside and then sew around it, leaving a small gap for stuffing.
4. Using the gap turn it the right way out.
5. Stuff with toy stuffing and sew up the gap.
6. Write a short message of support and encouragement in a card.