

I Found a Quilted Heart “Sowing” Guidelines

1. Print the tags below on heavy paper or cardstock. On the back, handwrite “I need a home”. Attach tag to your heart
2. Sow or plant the heart in a public place where some one you don’t know can find it. (Suggestions: parks, libraries, coffee shops, tourists attractions, hiking trails, etc.)
3. We love to post pictures! Send us a photo of your “sewn” and “sown” hearts , so we can add them to our collection.

Still have questions, visit our FAQ webpage: <http://www.ifoundaquiltedheart.com/faqs/>

Be imaginative , be random, and be creative – and have fun! - just don’t be seen



Thank you for joining our project and spreading hearts around the world!

Just a reminder: Do not just hand hearts or give them to people, as they need to be “found”.