

# I Found a Quilted Heart “Sowing” Guidelines

1. Print the tags below on heavy paper or cardstock.

**Do not add *any* other words or phrases.**

2. Leave the heart in a public place where someone you don't know can find it. (Suggestions: parks, libraries, tourists attractions, hiking trails, colleges, etc.)

3. Check the website ([www.IFAQH.com](http://www.IFAQH.com)) to see if your heart was reported.

Have fun!



Thank you for joining our project and spreading joy around the world one little heart at a time!

Reminder: Do not hand hearts, gift hearts, or give hearts to people. Hearts need to be “found” in a public place.