3-D Puffy Hearts

WITH LIZA SNYDER ART

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GREETINGS, awesome artists… and awesome parents of awesome artists!

I'm so grateful for all the artists, young and old, who visit our magical studio by the Bay, here in Santa Rosa Beach, Florida. For those who live faraway, or even locals who may want to experiment with art projects at home, I'm happy to share! Art is for EVERYONE. We were all created ARTISTS..so let's give your creativity some wings today!

This is a fun and easy project we made during a recent art workshop in the studio. I wanted to share it with you…to chase away those winter blues! It's a perfect piece for VALENTINE'S DAY. But to be honest, these suckers would be rad in any kid's bedroom or playroom all year long. Once you start on the first heart and see how easy it is, you may want to make a plethora for a huge impact. If so, I salute you! And send me photos!

Kids can easily work on this project with little to no adult supervision.

You may already have all supplies necessary for this art piece. If so, fantastic! If not, I have shared a supply list both below and online at www.lizasnyderart.com/blog.

XOXO, Liza

Step 1: DRAW!

You will need 2 big rectangles to begin.You'll need either a roll of kraft paper, or a grocery bag. If working with a recycled paper bag, cut out the 2 large rectangles on the front and back of bag. If working with a roll of kraft paper, fold over craft paper to create two layers of paper to work with.

Freehand-Draw a LARGE heart (it doesn't have to be perfect!) with a pencil on one piece of your brown paper.

Step 2: CUT!

Make sure 2 layers of your brown paper are STACKED, and cut out your HEART SHAPE at the same time. You will be cutting out two layers at once, so they match exactly.

Step 3: GLUE EDGES (but not all the way!)

With your glue bottle, glue edges of your heart layers together (see photo). LEAVE A SPACE with your glue line - for your hand to fit through, so you can stuff your heart later! Be sure to attach the correct sides of your heart together, so they meet up on all edges.

Step 4: LAY FLAT TO DRY!

Place heavy books on top of your heart for glue to dry at least an hour or two!

Step 5: PUNCH HOLES!

Punch holes around entire heart - make sure to punch one at the very bottom, and one at the very top where heart tops come together. I spaced my holes about 3 inches apart.

Confirm your opening is A-OK (you can fit your hand through) before proceeding.

Step 6: PAINT!

Go for it. There is a SECRET to our painted hearts…you can limit your color palette to ALL COOLS, or ALL WARMS. In our examples above, we limited our paints to neon orange, neon yellow, hot pink and white (WARM colors). You could also choose to go for only COOL colors…bright blue, neon green, light blue and white.

It's your art… limiting your palette is just a suggestion so that colors don't get muddy and brown when mixed. Try to cover every space with paint, covering up every bit of brown paper.

If needed, mix a small amount of white paint with your tempera paints to create a more opaque color.

Step 6 continued: PAINT!

To create small hearts, just use your paintbrush to write the letter “V,” then paint around your “V” with a different color to create a heart’s edge. Polka dots look great, as well!

Let dry.

Step 7: STUFF YOUR HEART & GLUE!

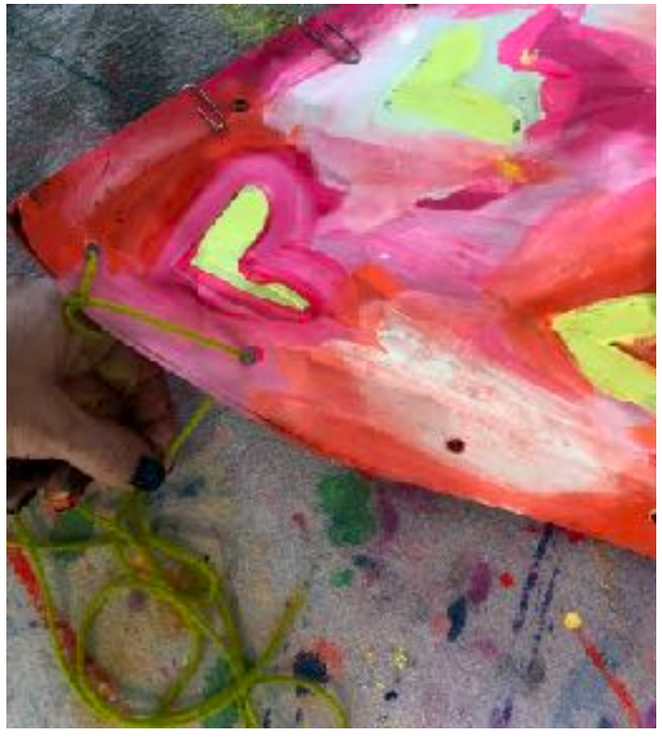
Stuff your heart with newspaper or packing paper. Don't stuff too much! But be sure to reach up into the two top "humps" of your heart.

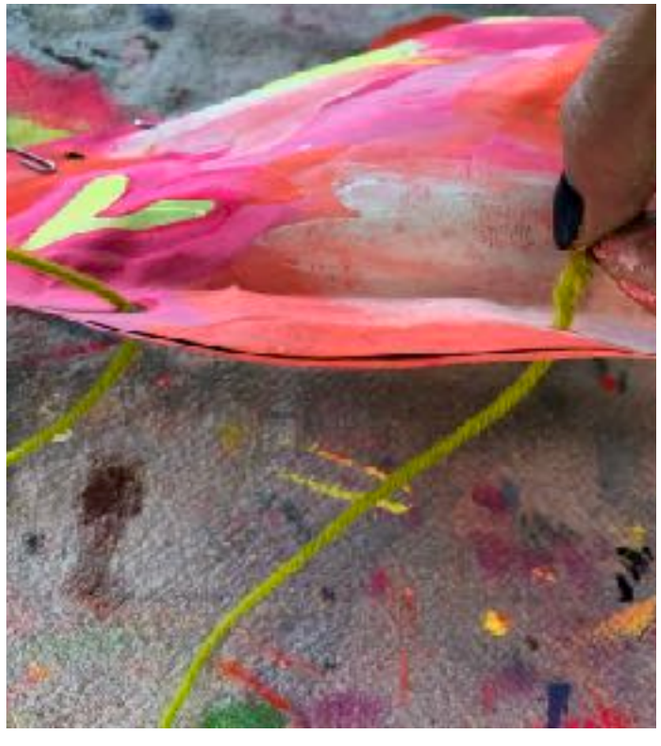
Glue down the opening side and attach paper clips to hold together and let dry. Make SURE you have lined up all holes together so you can weave next!

Step 8: WEAVE!

Take a very long length of yarn or string-(at least double the circumference (the distance around) of your large heart. Tie one end of your yarn with a double knot at the bottom of your heart.

Begin weaving. When you go through one hole, pull the string ALL the way out, taught, out of the hole. Then continue winding around. In one hole, up and through the other. When you get to the bottom again, simply double knot the end. Weaving is fun!





Step 9: ATTACH HANGER AND POM-POMS!

Take off the paper clips.

Tie a piece of string around the top hole of your heart to hang.

Add pom-pom beads to middle of string.

Step 10: ENJOY & SHOW OFF!

GREAT JOB! Now you can show off your prized piece. Be sure to share photos and tag @lizasnyderart if you're proud of your awesome artwork!

SUPPLY LIST - affiliate links online at www.lizasnyderart.com/blog/

1. KRAFT PAPER OR PAPER GROCERY BAG
2. SCISSORS
3. WHITE LIQUID GLUE
4. PAPER CLIPS
5. YARN OR STRING
6. HEAVY BOOKS
7. NEWSPAPER/PACKING PAPER TO STUFF
8. POM-POM-BEADS
9. PAINTBRUSH & WATER CUP
10. TEMPERA PAINT OR CRAFT PAINT (WHITE & NEON/FLORESCENT)
11. A CREATIVE SPIRIT (LET GO OF PERFECTIONISM!)

THANKS SO MUCH FOR THE OPPORTUNITY TO SHARE!

SEE MORE AT WWW.LIZASNYDERART.COM

Liza is in her art studio most days creating and "playing." She enjoys teaching and journeying with others through their creative endeavors. Children's art camps, lessons and women's workshops in the studio allow Liza to share her love of "making." Life is colorful and chaotic, and her original artworks express this. The artist's home and studio are located on the Choctawhatchee Bay, just north of Scenic Highway 30-A in Santa Rosa Beach, Florida.