



HEARTSOFHOPETM
the art of healing



Instruction Booklet

You're about to do something extraordinary!

Thank you for your interest in Hearts of Hope

Hearts of Hope is an exciting way for individuals, families and groups to reach out and offer compassion, empowerment and hope to others.

We are the longest running and largest healing art program in the United States and our efforts have touched people in need all over the globe.



Welcome to our family of hope

Let's Get Started!

Supplies You Have Received

Unpainted fired ceramic hearts

These arrive in small bubble bags - *save these* - you'll need for later 😊

Acrylic Paints*

Craft Paint Brushes

Message Cards (to be filled out by each painter)

Placemats

Instructions

Glaze / Ribbons / Organza Gift Bags

Supplies You'll Need

Tables – enough to fit your group

Plastic Tablecloths, if needed

Paper plates and paper towels

Plastic or Paper Cups for Water

Pens and Sharpies

* Feel free to supplement acrylic paint colors. We provide basic colors, but you can add any other colors you like. Note: gluing objects to hearts is not recommended - these always find a way to pop off. Same goes for sprinkled glitter! 😊

COORDINATING ACTIVITIES



Set-Up

Best to do this before your guests arrive. Set up tables for painters in small groups and cover with plastic tablecloths. Use placemats included in your kit for each place setting. "Painters" will paint on their placemat and use a small paper plate to create their paint "palette." Small portions of paint work well.

Give everyone an unpainted heart and a message card. Place supply of brushes, pens and sharpies on each table. Cups with water and paper towels should be available on each guest's table.

Let the creativity flow!

Remind your painters this is "heartwork"

perfection is not necessary!

PAINTING TABLES

Usually in the front of the room, this table (or tables) includes unpainted hearts, greeting cards, paints and paper plates.

Note: remove unpainted hearts from their individual bubble bags before distributing to painters. Save small bubble bags for later when packaging hearts in gift bags.

INSTRUCTIONS FOR YOUR "PAINTERS"



1. Paint front and back of each heart - allow 5 minutes to dry
2. Fill out Message Card while heart dries
3. Complete heart design on the front
4. When a heart is painted and message card complete, have painters write their first name on the back of their heart to help keep both together
5. Painters then return to the Painting Table to take another heart and card
6. Complete the above process

EASY INSTRUCTIONS ON FOLLOWING PAGE

Feel free to print copies of this to place on your painting tables.

Note - placemats have these instructions as well.

DRYING TABLE (FOR LARGE OR SMALL EVENTS)

This table should be away from the unpainted supply tables and be an undisturbed place for hearts to completely dry. Keep painted hearts and cards together.

PAINT WITH A PURPOSE



START WITH AN UNPAINTED HEART

Choose your brushes and paint colors

PAINT BOTH SIDES AND BACK

Check Pinterest [hohcreatinghope](#) for design ideas. Which side is the back? You decide!

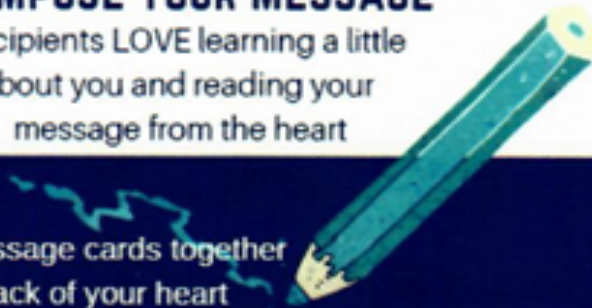


COMPOSE YOUR MESSAGE

Recipients LOVE learning a little about you and reading your message from the heart

ADD YOUR NAME

To keep painted hearts & message cards together write your name on the back of your heart



COMPLETED HEARTS & CARDS

When complete, place painted hearts and cards on drying table.

AWESOME! YOU JUST CREATED HOPE!

Why not share with others?

FB: OurHeartsofHope Instagram: [heartsofhope](#) Pinterest: [hohcreatinghope](#)

www.ourheartsofhope.org



**YOUR MESSAGES CAN BE STRAIGHT FROM YOUR HEART.
STUCK FOR WHAT TO SAY? HERE ARE SOME SUGGESTIONS**

"Remember people care"
"With hope, all things are possible"
"You are a shining star"
"From my heart to your heart"
"Let the sun shine in"
"People are thinking of you"
"Sending you strength and love"
"Let your spirit fly"
"Sending you light and love"
"Be strong with love from my heart"
"I hope you like my heart"
"I hope you like my heart – made with love for you"
"I hope my heart makes you smile"
"God Bless You"
"Blessings to you and your family"
"You are in my thoughts and prayers"
"Keep smiling!"
"This note comes from my heart to your heart"



PACKAGING HEARTS IN GIFT BAGS*

Allow painted hearts to dry at least ½ hour. Because paint applications vary in thickness, be sure hearts are dry to the touch before taking next steps

Glazing

Mod Podge glaze was included in your kit. When hearts are dry, mod podge hearts on the front and sides. Mod Podge takes longer to dry than acrylic paint. If possible, allow at least one hour for drying – preferably overnight. Mod Podge goes on opaque and dries to a clear, glossy finish.

Ribbons

Pre-cut white ribbons were included in your kit. When Mod Podge glaze is dry, tie ribbons through the holes at the top of your painted hearts. You can replicate the bow from the sample heart that was included in your kit.

Gift Bags and Packaging*

Re-package painted and ribboned hearts in the small bubble bags each heart came with. Match and include corresponding message card. These should be placed in the white organza bags that came with your kit.

IMPORTANT*

*** We often deliver to large facilities. Packaging is designed to make it easy to see what's in each bag.**

Painted heart should show through the front of the organza bag and hand-written message should show through the back. Your sample shows this sequence.



WHEN YOUR HEARTS OF HOPE GIFTS ARE COMPLETE

Most groups already have a delivery group and location in mind and have painted Hearts of Hope for that intention. These deliveries are made by representatives of each painting group

RETURNING COMPLETED HEARTS OF HOPE TO US? SEE RETURN INSTRUCTIONS BELOW:

If you're unsure about breakage, use supplemental bubble wrap or wrapping paper. Hearts should be packed securely so that, when you shake the sealed box, nothing moves around inside – securely, but not too tightly.

As we receive your painted and packaged hearts and cards, we'll distribute to the area of your choice or to the area of greatest need as determined by requests for Hearts of Hope that we receive every day.

**Thank you for "creating hope."
Your Hearts of Hope gifts become keepsakes
people treasure forever.**

If you have any questions, please feel free to contact us:

Phone or text: (973) 224-6900

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www.ourheartsofhope.org

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Looking for painting ideas? Find us in Pinterest at hohcreatinghope