



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 others compassion, empowerment, and hope.

We are the longest-running and largest healing art program in the United States, and our efforts have touched people in need worldwide.

Welcome to our family of hope.

Let's Get Started!



Supplies You Have Received

The quantity you ordered with all supplies.

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

Acrylic Paints*

Craft Paint Brushes

Message Cards (to be filled out by each painter)

Placemats

Instructions

For groups that plan to complete packaging, you have received Mod Podge glaze, ribbons, and organza gift bags.

Supplies You'll Need

Tables – enough to fit your group.

Plastic Tablecloths, if needed

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 colors you like. Note: gluing objects to hearts is not recommended - these always find a way to pop off. The same goes for sprinkled glitter! 😊



COORDINATING ACTIVITIES

Set-Up

It's best to do this before your guests arrive. Set up tables for painters in small groups and cover them with plastic tablecloths. Use placemats included in your kit for each place setting. Painters will use placemats for easy instructions and to create pre-designs in the spaces provided, if desired.

Give everyone a packet containing an unpainted ceramic heart, two paint strips, two brushes, and one message card. Feel free to supplement with additional paint and paintbrushes of varied sizes.

Let the creativity flow!

Remind your painters that this is "heart work," and perfection isn't necessary!

INSTRUCTIONS FOR YOUR PAINTERS

1. Paint front and back of each heart - allow 5 minutes to dry on each side.
2. Fill out the message card while waiting for your heart to dry.
3. Complete the heart design on the side painters designate as the front.
4. When a heart is painted, and the message card is complete, painters should write their first names on the back of their hearts to help connect the two.
5. Painters should return the heart & card to the designated painting table to take another one-heart packet.
6. Complete the above process.



DRYING TABLE (FOR LARGE OR SMALL EVENTS)

Ask participants to complete each heart and message card and place these together on the tables you designate as drying tables.

YOUR MESSAGES CAN BE STRAIGHT FROM YOUR HEART. STUCK ON 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 sunshine 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 my heart makes you smile."

"You are in my thoughts."

"Keep smiling!"

"This note comes from my heart to your heart."



PACKAGING HEARTS IN GIFT BAGS

Please skip these steps if you're returning hearts to Hearts of Hope.

Drying

Allow painted hearts to dry for at least ½ hours. Because paint applications vary in thickness, be sure hearts are dry to the touch before proceeding.

Glazing

Apply Mod Podge on the front, back, and sides when the painted hearts are dry. Mod Podge takes longer to dry than acrylic paint. If possible, allow at least one hour for drying, preferably overnight.

Ribbons

When the Mod Podge glaze is dry, tie ribbons through the holes at the top of your painted hearts and make a bow. Our Pinterest account at [hohcreatinghope](#) has lots of samples.

Gift Bags and Packaging

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

Painted hearts should show through the front of the organza bag, and hand-written messages should show through the back.



RETURNING COMPLETED HEARTS OF HOPE TO US?

SEE RETURN INSTRUCTIONS BELOW:

If you are unsure about breakage, use supplemental bubble wrap or wrapping paper. The 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 them to the area of your choice or the area of greatest need, as determined by the requests for Hearts of Hope we receive daily.

**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

info@ourheartsofhope.org

www.ourheartsofhope.org

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Are you looking for painting ideas? Find us on Pinterest at [hohcreatinghope!](#)

[Our Mailing Address](#)

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