

One Heart at a Time

HEARTFELT PROJECT

As a young carer, sometimes life was hard.

But what made it easier was that people were kind to me and my mum. It taught me the power of kindness.

At uni, I worked at a summer camp and came across warm fuzzies: small, soft pom poms with goggle eyes. We gave them away as small acts of kindness.

Then a couple of years ago, someone gave me a pocket heart, a small hand-stitched heart made of felt and wool. A warm fuzzy in the shape of a heart!

Since then, I've been making and sharing them as a way of giving back and passing on a little kindness, and I will keep doing so for years to come!

A heart can make a difference:

- A grieving mum carries hers in her bag every day.
- A little boy takes his in his school pocket every day.
- A manager wears hers on her lanyard every day to show that kindness works here.

Kindness is a choice. And an action.

Be the kinder person the world needs.
Make a heart. Pass it on.

Help give more hearts away.

Contact me to donate:

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