



Here's a simple craft idea to let the love flow. It's a fitting one for Valentine's Day, but there's no restrictions here. Twig hearts are delightful anytime of the year!

1. Collect a handful of twigs long enough to form the size heart you want (I used silver birch twigs between 12-24 inches long. I like their purple tinge and they're nice and flexible).
2. Divide your bundle of twigs into two even sized bunches.
3. Secure the thicker ends of your two bunches together (I used a rubber band initially which made for easier adjustment than tying with string).
4. If your two bunches have now become one bundle again, separate them at the top.
5. Gently bend the two halves away from each other and down until they come together to form the bottom of your heart shape.
6. Grasp them securely in one hand. (Warning: the twigs like to fling out in various directions at this stage so don't hold it too closely to any faces! Unless you want to turn it into a twig slapping game... that could be fun. But please, just risk assess it first! ;)
- 7-8. Secure the bottom of your twig heart with string.
9. Trim off any stray twigs with secateurs for a neater look. Equally, feel free to go for a wild and unruly look if that suits your fancy instead!
10. If you used a rubber band in step 3, you could wrap string around it to cover it.
11. Use any spare length of string to form a loop so your twig heart can hang somewhere on display!
12. Optional: Give your twig heart to someone on Valentines day. A bundle of twigs shows love just as well as a box of chocolates, right?