

Healing heARTs Coaster Project
Decorate a cool coaster to put under your drink!

Materials Provided:

1 Cork Circle
65 Colorful Pom Poms (+ 60 extras)
65 Glue Dots (+ 10 extras)

Instructions:

- 1) We suggest watching our easy video instructions at www.hharts.org.
- 2) Choose 65 pom poms to decorate your coaster. We've included extra pom poms, so plan out what colors you want to use and what design you want to make on your coaster.
- 3) Remove the white paper backing from one glue dot square. The glue dot will be stuck to the clear plastic. Firmly press a pom pom onto the glue dot. The glue dot should stick to the pom pom. Peel away the clear plastic from the glue dot and pom pom (you may need to use your fingernail to separate the clear plastic from the glue dot and pom pom.)
- 4) Firmly press the pom pom and glue dot onto the coaster.
- 5) Repeat with the remaining pom poms and glue dots.

We suggest sticking the pom poms around the outer edge of the coaster first and continuing to make smaller circles of pom poms until you stick the final one in the center of the coaster.

Have fun!!