

Itchin' for some Stitchin'



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PUFFED HEART KEEPSAKE

D e l i c a t e . H a n d m a d e .

E n d l e s s l y C h e r i s h e d .



A sweet little heart with endless possibilities — tuck in a lavender sachet, turn it into a pin cushion, hang it as an ornament, or tie it onto a gift. Whether used for décor or as a token of love, this charming keepsake adds a timeless, handmade touch to any moment worth remembering.



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PUFFED HEART KEEPSAKE DETAILS



Just so you
know...

This pattern
may contain
affiliate links.

Difficulty level



Advanced Beginner

Ideal for those comfortable with basic stitches.



Gauge/Tension

Gauge is not critical for this pattern. As a decorative puffed heart, exact sizing is not essential. Feel free to use any yarn and coordinating hook to create the look and firmness you prefer.

The sample hearts in this pattern were made using hook sizes ranging from 3.5 mm to 5.5 mm, depending on the desired size and density.



Recommended yarn

All hearts in this pattern were made using various #4 medium weight yarns, including:

– Loops & Threads™ Soft Classic – Off White

– Red Heart Super Saver – Coffee, Frosty Green, and Light Raspberry.

Each puffed heart uses 2 colors:

- Color A for the main heart appliqués
- Color B for the decorative border (added before assembly)

Feel free to substitute with any worsted weight yarn you have in your stash.

Yardage requirements

**provided requirements are estimates only*

Each **heart appliqué** uses approximately **7 yards (6.4 meters)** of yarn.

To make one complete puffed heart keepsake, you will need:

- **2 heart appliqués** (color A) = ~14 yards (12.8 meters)
- **Border and joining yarn** (color A or B) = 4–6 yards (3.7–5.5 meters)

PUFFED HEART KEEPSAKE DETAILS



Yardage requirements Cont...

- **Total per puffed heart =**
approximately **18–20 yards (16.5–18.3 meters)**

This may vary depending on your hook size and tension.

Yarn alternatives worsted weight yarn

- [Caron Simply Soft](#)
- [Caron One Pound](#)
- [Loops & Threads Impeccable](#)
- [Premier Yarns Basix](#)



Other Materials

- Crochet hooks:
 - 3.5 mm / E-4 (small hearts)
 - 4.5 mm / US 7 (medium hearts)
 - 5.5 mm / I-9 (large hearts)
- 4–8 grams of polyfill (depending on heart size)
- [Scissors](#)
- [Tapestry needle](#) for weaving in ends

You can substitute any yarn and hook combination to create different sizes. These are the hooks used in the sample hearts shown.

Abbreviations

Pattern is written in Standard US crochet terms

**Click on abbreviation names for tutorials - if viewing digitally*

- Stitch / es (st / sts)
- Round / s (rnd / rnds)
- Slip stitch (slp-st)
- [Chain stitch \(ch / chs\)](#)
- [Single crochet \(sc\)](#)
- [Double crochet \(dc\)](#)
- [Treble crochet \(tr\)](#)
- Back loop only (blo)



Special Stitches & Techniques:

magic ring/circle - A technique used to begin projects worked in the round. Form a loop with the yarn, crochet the first stitches into the loop. Then pull the tail to close the center tightly, creating a neater, adjustable starting point with no hole in the middle.

back loop only (blo) - This is a **stitch placement**, not a stitch type. Work the indicated stitch through the back loop only of the previous row/round. This creates a defined ridge or flexible texture.



PUFFED HEART KEEPSAKE DETAILS



Finished Dimensions

All measurements are approximate and taken after stuffing, not flat or blocked.

This pattern includes three size options, based on the hook size used:

- **Small Heart (3.5 mm hook):** approx. 3" wide x 3" tall
- **Medium Heart (4.5 mm hook):** approx. 3.5" wide x 3.5" tall
- **Large Heart (5.5 mm hook):** approx. 4" wide x 4" tall

Hearts are measured from the top of the arches to the pointed tip. Width is measured at the widest point after stuffing with polyfill.



Helpful Resources

**All links are clickable for digital users*

Companion Blog Post

Want to view the pattern online, leave a comment, or browse related designs?

<https://itchinforsoimestitchin.com/crochet-puffed-heart-keepsake-pattern/>



View online

Video Tutorial

Prefer to follow along with a visual guide?

<https://youtu.be/whbI1wMxGr0>



Watch tutorial



PUFFED HEART APPLIQUÉ DETAILS



Construction & Schematics

This pattern is made by creating and assembling two heart appliques:

- **One heart without decorative border** — worked in continuous rounds (Figures 1 & 2)
- **One heart with decorative border** — worked in continuous rounds (Figures 1, 2 & 3)
- The two hearts are seamed together with polyfill inserted in between to create the puffed effect (Figure 4)

Each heart is worked in two sections:

- **Center of the heart** - Worked in continuous rounds to create a circle (see Figure 1)
- **Outside of the heart** - Worked around the circle to create the arches, sides, and point (see Figure 2)

**Contrasting colors shown for illustration purposes only*

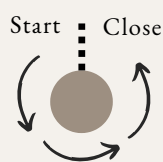


Figure 1
Center Formed

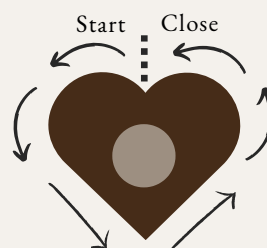


Figure 2
Heart Formed

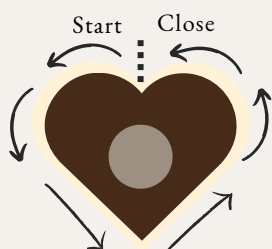


Figure 3
Ruffled
"filling" (cream
layer) added to
one heart

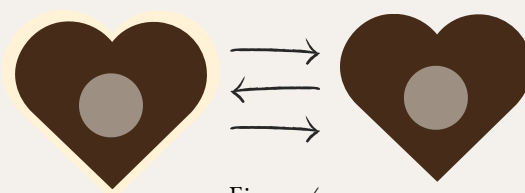


Figure 4

Seam hearts together with
polyfill inside. Use one with
border and one without.



PUFFED HEART KEEPSAKE DETAILS



Additional Notes

Read all pattern notes, instructions, and details carefully before you begin. A few extra minutes up front can save you hours of frustration later!

- This pattern is worked in **continuous rounds** without turning or chaining at the end of each round.
- The **(dc, 2 tr, dc)** cluster creates the point of the heart appliqué.
- The **final slip stitch (slp-st)** of each heart appliqué is worked into the **empty dc to the right** of the initial ch 3.
- You may see a small gap between the two arches at the top after the **final slp-st** of each heart appliqué — this is expected and addressed in **Finishing**.
- **A hole may remain in the center** of each heart appliqué from the magic ring — see *Finishing: Center of Heart* for how to close it.
- **Decorative border:** One of the two hearts includes a scalloped decorative border (that may be referred to as “filling”), which is added after the heart is fully formed. The second heart is left plain. These two are seamed together to create the puffed keepsake shape.
- The **heart with the decorative border** is typically placed at the back, so the plain heart becomes the visible front of the finished piece.
- This pattern uses **two colors** per puffed heart:
 - **Color A** for the main heart appliqués
 - **Color B** for the decorative border*(optional, but recommended for contrast)*
- **Stitch counts** are shown in brackets [] at the end of each round.
- **Care Instructions:** Hand wash and lay flat to dry or follow instructions on the yarn label.



PUFFED HEART KEEPSAKE INSTRUCTIONS



Make 2 heart appliqués

Using color A

Center of the heart

Rnd 1: Make a magic ring. Ch 3 (counts as dc), then work 12 dc into the ring, slp-st into the top of the ch 3 to close. [13]

Outside of the heart

Rnd 2: Ch 4 (counts as a tr), work 5 tr into the next st, work 2 tr into the next st, work 1 tr into the next st, work 2 dc into the next stitch, work 2 dc into the next st, (dc, 2 tr, dc) into the next st, 2 dc into the next st, 2 dc into the next st, 1 tr into the next st, 2 tr into the next st, 6 tr in the next dc, slp-st into the last st. [30]

Rnd 3: Sc in the blo of each ch of the ch-4 that started Rnd 2, then continue to sc in the blo of each st around. Slp-st in the last st to close. [33]



Image 1 | Completed heart appliqué

Note: The top of the heart may curl inward slightly as shown in Image 1 — this is expected and will smooth out when the hearts are seamed together.

Fasten off both heart appliqués.

Leave a **long yarn tail (12–24 inches)** on **just one** of the hearts — this will be used for seaming later.

Finishing

Top of the Heart

Both hearts need to be closed at the top of the arches.

- Thread the yarn tail of each heart onto a tapestry needle — one will have a short tail, the other a longer one.
- Gently stitch the base of the two arches together on each heart — right where you worked the final slip stitch — to close the small gap at the top.
- Weave in and trim the short tail after stitching.

The heart with the longer tail should have enough yarn to complete this step and seam both hearts together — **aim for 12–24 inches.**



PUFFED HEART KEEPSAKE INSTRUCTIONS



Image 2 | Closing the arches

Center of the Heart

Use the starting yarn tail to gently cinch the center closed by pulling the magic ring tighter. If a small hole still remains, simply add a few whip stitches across the opening to close it completely then **weave in the end securely and trim any excess.**



Image 3 | Closing the center

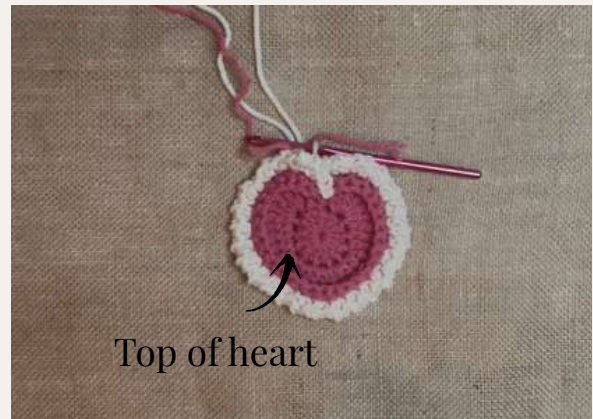
Decorative border

Worked on one heart appliqué only

Attach *Color B* with a slp-st to the final slp-st of Rnd 3.

Rnd 1: (Sc, ch 1, sc) worked in the **blo** of each st around. Join with a slp-st to the same st where *color B* was attached. [66]

Fasten off leaving an extra long tail 24 - 36 inches.



Top of heart

Image 4 | Decorative border added

Assembly

Need help visualizing this step?

Check out the video tutorial on page 4 for a full walkthrough of the assembly process.



PUFFED HEART KEEPSAKE INSTRUCTIONS



Join the Hearts

Step 1: Place the heart with the decorative border top down, so the curled edge faces down towards the table.

Step 2: Place the heart without the decorative border on top, with its curled side facing up. This creates a “sandwich” effect — with the decorative border neatly layered in the middle.

Step 3: Thread a tapestry needle with the long yarn tail from *Color B* (the decorative border).

Step 4. Begin seaming the hearts together. Insert your needle through through the decorative border on the bordered heart and the **back loops** (blo) of Rnd 3 on the plain heart

Work in short sections at a time to help preserve the ruffled effect of the border.

Continue seaming around the heart, stopping about 1 inch before closing to allow for stuffing.

Want to customize the border thickness?

Adjust where you place your seam:

- Seam near the bottom edge = thick border
- Seam through the middle = medium border
- Seam near the top edge = thin border

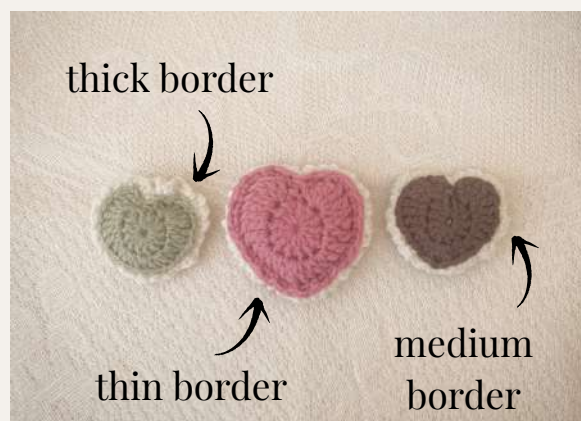


Image 5 | Decorative border thickness variations

Step 5. Gently stuff the heart with your desired amount of polyfill.

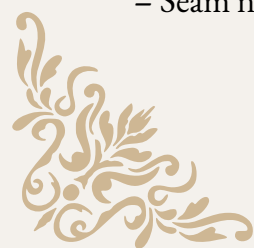
Step 6. Finish seaming the remaining 1-inch opening, then fasten off and weave in the remaining *Color B* yarn tail.

Step 7: Thread a tapestry needle with the *Color A* yarn tail.

Step 8: Seam around the curled top edge of the heart, working through the front loops of each stitch from Rnd 3, then through the decorative border, and finally through the front loops of the second heart.

Continue all the way around until the top is fully closed. Fasten off and weave in the yarn tail.

Lightly shape the heart with your fingers to smooth out any uneven edges and adjust the stuffing as needed before gifting or display.



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PUFFED HEART KEEPSAKE



Hello!

I'm RaeLynn, the crochet designer and blogger behind *Itchin' for some Stitchin'* where I share my passion for crochet through beginner focused tips, tutorials, and patterns.

I'm married to an amazing man, stepmom to four beautiful daughters and mom to one rambunctiously fun little boy! When I don't have a hook in hand, you can find me playing with my kiddos & fur babies or lounging by the pool in the desert heat — with a cuppa joe always nearby!

Credits



With love and thanks to my amazing testers for their support and feedback.

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