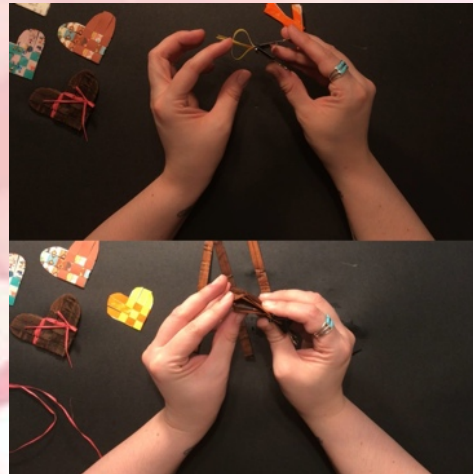


# Paper & Cedar Hearts

## Materials

Cedar, Raffia, Paper, Glue, Scissors

1. If you are working with cedar, soak the cedar in hot water, until it is soft.
2. Select 6 strips of equal length. Strips should be about twice as long as the desired size of your heart.
3. Fold 3 strips in half, and secure the open ends with a clip. Your material should make a loop.



4. Fold a 4<sup>th</sup> strip in half, and weave over/under on both sides of the loop. This means Side 1 will weave over, under, over, and Side 2 will weave the opposite--- under, over, under.



5. Continue weaving the over/under pattern with the remaining 2 strips. (Left photo: Yellow strip=over and Orange strip=under)

6. Remove clip. Straighten/tighten each row of weaving. Secure the bottom point of the heart with a clip.
  - a. Paper: glue open ends together.
  - b. Cedar: Use raffia to twine\* around each strip for 2-3 rows. Tie off. Let dry, and trim any little strands of cedar or raffia that are sticking out.



Top-bottom and left-right: Copy paper colored with markers; Scrapbook paper; Old book pages; Cedar drying; Cedar drying; Magazine paper



\*How to twine: Using two strands (I start with one long strand, folded in half), pass one strand behind the first strip of the heart (catching both sides) and the other strand in front. Pass the front strand behind the next strip. Continue.

Figure Illustration: Kenneth Greg Watson, 2008.

Instructions written by Tyler McLain Skeman, LMHCA, ATR-P (Gai-ēē, Skokomish Tribal Member)