

Valentine's Day Pop Up Card: 3D Heart Tutorial

In this tutorial, I will show you how to make the 3D pop up heart card. Here is the card I made in 2009.

- First, print out the template from [creative pop up cards .com](http://creativepopupcards.com). There are 2 sheets: the heart components and the backing. I've labeled all the parts of the heart so that I can refer to them later.
- After you cut out the parts of the heart, make sure you remember which parts are which. Here, I've already cut out all the parts. Make sure that all the slots are cut out very precisely, otherwise the heart will be warped or will not fold flat.
- (0:30) Lets start assembling the heart. First, start with the A heart and the C ring. All of the hearts have slots on the inside and the rings have slots on the outside. Carefully slide the ring inside the heart.
- Now, lets assemble the rest of the rings inside the A heart, continuing with the D rings. Then follow up with the E rings. Now all the rings are assembled.
- Assemble the B Hearts by starting with the top of the heart. Gently pull each ring through the center of the B Heart and slide each corresponding slot together.
- Then, slide each of the slots at the bottom of the heart together. You may need to gently bend the rings, but be careful not to make any creases. The smallest ring, the E ring, will be the hardest to slide into place, just be careful not to crease or fold it. Also, make sure that all the slots are in place while you assemble the pieces; otherwise the heart will feel warped or will not fold flat.
- Finally, assemble the F hearts, again first sliding the heart from the top and then locking the heart in place by sliding the bottom slot together. Always make sure that your assembly folds flat. If it doesn't, then one of your slots slipped out or you didn't cut the slot precise enough.
- (2:50) The next step is to make the backing. I like to use a thicker card stock for this card. I am using Bristol paper with a paper weight of 100 pounds.
- Attach the template to the white card stock. Again, I like to highlight where I will score the card. Score the center of the card, making sure you don't cut all the way through the card.
- Now, use a needle or sharp object to poke 5 holes through the card where I marked an X on the template. Make sure you go all the way through the card.
- The backing will be composed of 3 pieces: a white card that we will attach the heart to, and 2 red cards that will serve as the outside cover. I have attached the red card stock underneath so that I can cut all the parts at the same time.
- Now you have 2 pieces. Make sure your white card folds easily along the score line.
- Cut the red cardstock in half by measuring 3 inches from a side. Remember which edge you cut so that you can align the same edges together when you assemble the outer cover.
- (4:35) The heart is attached to the card using thread. You want to choose a thread color that is the same as your backing, in this case, I'm using white thread.
- Cut 5 pieces of thread about 2 to 3 feet long. We will attach the thread at these 5 points.

- I'm going to start by tying the thread to the bottom most center point of the heart. The thread should sit at the bottom of the slit. Tie 2 knots in the thread to prevent the thread from slipping out.
- Tie the 5 threads at these locations shown here. Remember, the threads should sit at the bottom of the slots in the heart pieces.
- (5:45) All the threads have been tied, and now we will attach the heart to the card. Each of the pair of threads will go through one of the holes we made in the white card backing.
- You can use a needle, needle threader, a very fine piece of wire, or a pair of tweezers. I prefer to use the needle threader with the help of tweezers. If you don't have any of these items, then you may want to make the hole bigger and thread the string directly. You can also use a floss threader.
- Start by passing the center thread through the center hole first. This will help you orient the card. Then, tape the thread down on the back side so that it doesn't slip back through, by accident. Lay the heart down flat and it should be obvious which threads go into which holes. Pass all 5 threads through, taping each one down on the backside.
- (7:11) Now that all the threads are passed through, tension the threads so that the heart stands perfectly vertical. Start with the center thread. Pull this thread all the way through and tape the thread down. Next, tension the 2 threads located on the crease. You will need to balance the lengths of the threads so that the heart stands straight, again, taping the thread to the back side. Finally, balance the 2 side threads while the card is fully opened. Make sure that the heart fully opens when the card is opened, and that the heart is symmetrical. This may take several tries. The scotch tape will help you reposition your threads.
- When you're finished, make sure that the heart stands straight and the threads are taught.
- (8:23) The next step is fixing the threads. Cut small pieces of paper and using elmers glue, attach the paper to the thread and card backing. You can remove the tape after each thread is fixed.
- For extra strength, I fold the thread backwards over the paper and glue another piece of paper on top of the folded thread. This should securely anchor the thread and prevent the thread from slipping. If your thread slips, the heart will start to fall over or will not open fully. So it's very important that the thread does not slip. You can cut the extra thread after each thread is fixed. Ideally, you should let the glue dry so that the thread does not move while you finish your card.
- (9:40) The final step is attaching the outside covers. Apply a thin coating of glue on one of the backsides. Be sure you make perfect alignment with the center crease of the card.
- Now do the same with the other outside cover. Again, make sure it is aligned perfectly to the center crease. You may want to attach the outside cover while the card is open to make sure that the card opens correctly.
- If your outer cover does not align perfectly to the inside card edges, you can cut the 3 edges of your card while folded so that the inside and outside cards match exactly.
- Here is the final card. Put the card underneath a stack of books so that the card dries flat.
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