I didn’t have green paper, so I used turquoise instead. If you have green paper, use this.

Use two different folded sheets that are cut using the patterns on the next two pages. When braiding, orient them so the little dot is at the bottom corner (the point of the heart). The top corner will have the same colour as the arrows, so make sure this becomes green(ish).

The heart requires precise cutting, and it is not easy to braid as the sharp corners tend to catch, and the pointy bits will sometimes want to go over when they should go under and vice versa. You can scale the patterns to fit your paper size – I used smaller paper for the heart shown above than the patterns on the following pages, but the larger size should make it easier to cut and braid.