Cut around the cross. Tape the back of the cross to a white piece of paper. Using a piece of sponge, stamp around the cross covering the entire piece of paper. Careful pull up the cross. Let dry.
Cut the inside of the heart out. Tape the bottom of the heart on top of the cross. Place a few dots of red paint in the inside of the heart. Lay a piece of string in the dots of paint and drag around to cover the heart. Careful pull up the heart. Let dry.