

## FLOWER PRESS

Flowers are beautiful art growing outside. Their many colors, shapes, sizes, textures, and smells make flowers a great material for arts and crafts! For many years, people have been pressing flowers between the pages of books in order to preserve them, or keep them looking new and fresh. Today you will learn to make a flower press, allowing you to save colorful leaves, four-leaf clovers, and beautiful flowers.

### Skills

ARTS AND CRAFTS  
ADVENTURING  
TINKERING

### Materials

6 PIECES OF  
PRINTER PAPER  
SCISSORS  
CARDBOARD BOX  
3 THIN RUBBER BANDS  
AND 2 THICK RUBBER  
BANDS  
FLOWERS AND LEAVES,  
FOR PRESSING

- 1 Fold all six pieces of printer paper in half, top to bottom.
- 2 Use one of the folded pieces of paper as a guide, and cut out three small rectangles of cardboard from your box. Ask for an adult's help if you have trouble.
- 3 Take the three thin rubber bands and wrap them around the center of one piece of cardboard. Wrap them as many times as necessary for a snug fit. This will be the top piece.
- 4 Now, make a cardboard and paper sandwich. Place another piece of cardboard on the bottom, followed by three folded pieces of paper, the last piece of cardboard, three more folded pieces of paper. Top this with the rubber band cardboard piece.
- 5 Add a thick rubber band at the top end and another around the bottom end to hold it all together.

6 Are you ready to explore? Bring along your flower press and collect items as you go. Remember not to pull up any plants from their roots, so they can grow back. You can pick flowers right beneath the bloom or include a few inches of the stem. When collecting flowers, look for ones that are naturally flat, such as violets and daisies. Thicker blooms will not flatten well. The folded inside pages are where you will store your leaves and flowers for drying. Place them inside as you go, or hold them in the rubber bands on the front cover and press them at home.

7 Let your leaves and flowers dry for several weeks before removing. To speed up the drying process, you can store your flower press under something heavy, such as a pile of books. Now they are ready to be used for crafts or homemade cards.

### TRY THIS AT HOME

Once you have enough pressed flowers and leaves, you can use them to decorate your nature press. You will need clear packing tape and a glue stick. Remove the front or back cardboard piece of your flower press, and glue down your pressed pieces. Once the glue is dry, cover the cardboard in clear packing tape.



Create a Cardboard Sandwich



Stack Heavy Books

