



DIY Pressed Flower Art

Materials

- Cardboard (or a heavy book)
- Rubber bands
- Scissors
- Newspaper or paper towels
- Flowers

Directions

1. Collect flowers and leaves to press! Look for a variety of shapes and colors to experiment with. Smaller and thinner flowers, like daisies, will take less time to dry than larger, thicker flowers such as roses.
2. Cut your cardboard into two equally sized pieces, ensuring the width of the cardboard is small enough to wrap a rubberband around. Please ask a loved one for assistance if you need help using scissors!
3. Cut your newspaper or paper towels to fit the shape of your cardboard sheets. You will need two sheets of paper. Place the first sheet on top of the cardboard and arrange your flowers so that they are facedown on the paper. This will help make sure your flowers stay in place and do not crease when pressed! Do not overlap any of the flowers or leaves on your sheet. After arranging your flowers, cover with the second sheet of paper and then the second piece of cardboard. Press down firmly and then secure with the rubber bands. Use however many necessary to keep the pieces firmly in place. (If you are using a book, arrange your flowers between two paper towels or newspaper in the middle of the book.)
4. Weigh down your press or book with a heavy object and let dry for at least 2 weeks. After two weeks, check to see if your flowers have dried. You may notice the colors have faded or changed.
5. When your flowers are dry, use them to create your own pressed flower art! Attach them to greeting cards, glue or tape them to paper and decorate with pens or paint, turn them into bookmarks, or frame and hang them up on your wall! The possibilities are endless!