

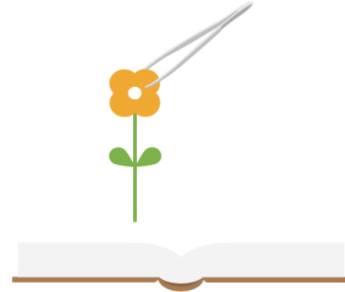
1 Close book around flower(s) & paper



2 Weigh down book



3 Use tweezers to remove



1. Place the flower between two pieces of paper, and place them within the pages of the book. Depending on the size of the book, you can press multiple flowers at once. However, be sure to space them out so that the moisture from one flower doesn't transfer to another.
2. Use more books, or perhaps a brick, to weigh down the book once it is closed. Be sure not to disturb the arrangement of the flowers upon closing.
3. Change the blotter sheets every few days here as well. After two to three weeks, the flowers will be completely dry. When removing, use a pair of tweezers, or very carefully use your fingers, as a completely dry flower is very delicate.

How to press flowers

You can use the flowers to make a card or picture
<https://www.youtube.com/watch?v=8zzo66hTnzQ>



You will need an adults help for the second

How to Press Flowers Using an Iron

If you don't want to wait two to four weeks to complete your flower press, consider using an iron. As with all methods of pressing flowers, there are a few things to know first:

1 Flatten to prepare	2 Empty water from iron	3 Use low heat to press
		

1. Press the flowers between two absorbent pieces of paper, and then flatten with a heavy book.
2. Make sure there is no water in the iron. The last thing you want to do is add moisture to the flower.
3. Heat the iron on low. Once warm, press the iron on top of the upper sheet of paper for 10 to 15 seconds. You do not need to make a gliding motion the way you would when ironing a shirt. Wait for another 15 seconds until the paper has cooled, then repeat this process. Carefully lift the paper to check if the flower is stiff and dry.



method