

How to Press Flowers Using a Book

Choose someone's favourite flower, press it and use it to make a special card or create your own flower art for your wall. The possibilities are endless!

You will need:

- fresh flowers that are still in bud or in full bloom
- scissors
- vase
- water
- flower food/teaspoon of sugar
- two pieces of thick paper/ card per flower
- 3 heavy books – 1 for pressing (make sure this is a book that you don't mind damaging) and 2 more to stack on top

Please remember not to pick wildflowers.

Top Tips

- Flowers with flat faces are easiest to press.
- If you can't press the flowers straight after picking them, put them in a sealed plastic bag and leave them in the fridge until you need them.

Instructions:

1. Choose your flower and cut it at the bottom of the stem. As soon as you cut the flower, hold the stem under water and then cut the stem again at an angle. Ask an adult to help with this.
2. Put the flower in a vase with water and flower food or sugar. Take off any leaves that are touching the water.
3. Place the flowers in a cool place, out of the sun and leave for a few hours.
4. If you have chosen a thick flower, like a rose or carnation, ask an adult to split the flower down the middle with scissors.
5. Put the flat side of the flower on your paper or card and place another piece on top.

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6. Put the paper or card in the pages of the book. If it is a big book, you can press more than one flower at once but spread them out.
7. Once the book is closed, put more heavy books on top to weigh down the flowers even more.
8. Wait for three weeks, until the flowers are totally dry. Remove the flower carefully as it could break.

Suggestions of how to use your pressed flowers:

- Arrange the flowers on a thin strip of card and ask an adult to laminate it for you – now you've got a handy bookmark!
- Use the shape of the flowers to create a picture, such as an animal or landscape.
- Why not include other materials to create a collage with your flowers?

