

Press your own flowers

You will need:

- A large book
- Kitchen towel
- A range of flowers and petals

Note! It is much easier to press open-faced flowers like daisies than thicker flowers like roses. Once you have chosen your flowers, it is best to start the pressing process as quickly as possible, to avoid any wilting.

Instructions:

- Go on a nature walk to collect some wildflowers or buy some flowers from a shop.
- Dry your flowers (especially the stems) by gently wiping with kitchen towel.
- Place your flowers face down on a sheet of kitchen roll. Put another sheet on top.
- Press gently along the edge of your flower with your finger.
- Don't forget to include the leaves and any stems.
- Put the sheets of paper that hold the flowers on a flat surface where it won't be disturbed. Place the large book on top. You might want to write a note to remind everyone to leave the book where it is!
- Leave for 3-4 weeks.
- Now you can use your pressed flowers to decorate cards or use some PVA glue to stick and coat your flowers onto a glass surface.

