

ACTIVITY: **PRESSING FLOWERS**

MATERIALS

- Flowers: make sure you have permission to take them
- A heavy book: an old textbook or phone book
- Absorbent paper: such as parchment paper, coffee filters, or thin cardboard
- Weights: such as more books

DIRECTIONS

- Prepare your flower. Remove any unwanted leaves.
- Open the book and place absorbent paper on the book's pages.
- Position the flower on the paper. Make sure the blooms are facedown. Carefully close the book, without moving the flower.
- Place more books or other weights on top of the pressing book.
- Let the flower sit for at least a week.

WHAT NEXT?

- Try experimenting with different kinds of flowers.
- Turn your pressed flower into a bookmark or a card, frame it, or store it in a special box.

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