

Flower pressed prints

Art and crafts

Two x 1-hour sessions

(with a break of 2-4 weeks whilst flowers are pressed)

You will need:

Fresh dry flowers from the garden or old bouquets

Heavy books or flower presser

Scissors

Parchment paper, or newspaper or blotting paper

PVA glue and glue spreader

Plain white card/paper (A3 or A4 is ideal)

Tissue paper squares

Drawing pens and pencils

Optional:

Tweezer, self-adhesive film

One-to-one



Fun
Relaxing
Colourful

Pressed flowers preserve a moment in time and can be used to create a piece of art using flowers from your garden or an old bouquet. The activity can be used to create prints or cards for loved ones.

Session one:

Collect the flowers you would like to press – this can be a lovely activity in itself if you do it in the garden, or if you buy some flowers for people to choose from.

Put the flowers you have chosen flat on the newspaper, top with another piece of newspaper and place in the book/flower presser. Ensure that the books with the flowers in them are weighted down with heavy objects. Leave them to dry out/press for two to four weeks before you check on them.

Session two:

When it is time to assemble the print, get your card/paper, PVA glue, spreader, scissors and the tissue paper together. Cut the tissue paper into small squares using the scissors – you may want to do this in advance, or it may be something that your group enjoys doing. The squares work well if they are about 2cm x 2cm.

Invite participants to draw an outline of a vase at the bottom of the paper and fill the vase with the tissue paper pieces, using the glue to stick them down. Get out your pressed flowers and assemble them on the paper to look like a bouquet of flowers in a vase. If they are delicate, use the tweezers. Once you are happy with the positioning, use the glue to gently stick them down.

If you want, you can seal the design using self-adhesive film to cover the entire paper.

Credit:

Woodland Manor Care Home.

