



Press your own flowers

You can keep fresh flowers looking lovely and colourful by pressing them. You can then stick the pressed flower to a piece of card to make a beautiful birthday card or a picture.

You will need:

- a few fresh flowers



- a newspaper



- a small book



- some heavy books



Ask a grown-up to help you choose the flowers as some might be dangerous.

Method:

1

Find some fresh flowers. You can use any flowers you want.



2

Find a small book. Open it and place a piece of newspaper over the book's pages.



3

Place your flowers on the newspaper. Make sure there is a little gap between the flowers.



4

Carefully close the small book with the flowers in it. Then place some big books on top of the small book. These will help to press the flower.



5

Leave the flowers to press under the books for at least a week.



6

Take off the big books and open the small book. Carefully take out the pressed flowers.



You are now ready to stick these onto some card to make a birthday card or a picture.