

Pressed Flower Painting

On a trip outside in your yard or park, collect leaves and flowers to create lovely nature painting. Use what you gather to make a note card.

You need:

- A plant press (several sheets of tissue paper between two pieces of corrugated cardboard)
- Thinned white glue or Mod Podge
- A weight (heavy books or bricks)
- Construction paper or Card stock for the card
- Colored markers, pens or pencils



Instructions:

1. Collect plant material. Go outside on a dry day during 11am to 2pm. Collect small, flat flowers (like a daisy) as they press well. Collect several from one plant for front and side views. Flowers at different blooming stages are interesting, too. As you collect them, put them in plastic bags, out of the sun.
2. As soon as you come inside, take a sheet of card board and place two sheets of tissue paper on top. Place flowers or leaves on this paper, followed by another sheet of cardboard. You can lay numerous flowers or plants of the same thickness on the same piece of paper, as long as they don't touch. Label each flower or leaf clearly. Put two more sheets of tissue paper on the top cardboard, and place more flowers and leaves. You can keep putting layers on top of one another, ending the stack with cardboard, like you are building a nature sandwich. Keep building your plant press until you have used all the plant material.
3. Put several heavy books or some bricks on top of the stack and leave to dry in a warm, dry place for two weeks. If they aren't dry after two weeks, check again in another week.
4. When your flowers are dry, carefully lift them from the press pages. Be careful. Put glue down sparingly on the paper you're using for your project and let it dry a little before placing the dried flower or leaves on it.
5. Set the card aside to dry in a dry, warm place for a day or two.
6. To better preserve your project, press a clear piece of contact paper carefully down over the flowers.