

# Flower pressing

## 3 years and up

If you have access to a garden or space where you have permission to pick some flowers you can press them as a way of preserving them. Make sure what you are picking is not poisonous.



1. Pick a selection of flowers - taking care of any plants with thorns or stings (nettles).
2. Make sure you leave the majority of flowers behind - they're really important for pollinators to make food and for the plants to make seeds.
3. Find several large/heavy books.
4. Place a sheet of newspaper between two pages and place your flower in the middle.
5. Close the book and place heavy objects on

Once you have your dry, pressed flowers you can use them to decorate cards or make a collage which can be framed. Here are some common wild flowers that you may be able to find in your garden.



Daisy



Primrose



Dandelion



Red clover



Buttercup