

Flattened Flowers



Flatten flowers for a pretty keepsake you can use for cards and crafts

make sure you ask your mum and dad before picking any of their flowers

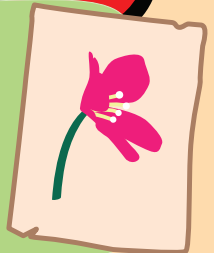


- 1 Pick a few flowers from your garden. The cleaner and brighter they are, the better.



top tip - try collecting them on a sunny day. It works better if they're nice and dry.

- 2 Line the back pages of a big, heavy book with parchment paper (a phone book works really well). Spread the flowers face down on the parchment paper and shut the book so that the flowers are pressed snugly inside.



try a baby hippo or a saucepan filled with uncooked rice.



- 3 Put something heavy on top of the book so that the flowers are sealed in really tightly.



- 4 Leave the flowers in the book for about a week to make sure they're nice and flat (no peeking).



- 5 Open up the book and take out your pressed flowers. Use them to make a card for your mum and dad to say thanks for letting you pick their flowers.

