

# Activity 4 - Recycled Flower Press

A flower press is a great thing to use - you can preserve flowers to use in arts and crafts projects such as cards or collages. You can also start your own herbarium, which is your own reference collection of plant species, it will help you remember the different types of plants and flowers you find on your journeys.

The best thing is that you can make a flower press using things you will probably have in your kitchen!

## You will need

- Cardboard (recycled box); scissors
- Printer paper or newspaper or paper kitchen roll
- Elastic bands
- Markers/crayons/stickers (optional, for decoration)

## How do I make a flower press?

- Step 1.** Cut two pieces of cardboard to the the same size - any size you want to make your flower press.
- Step 2.** Decorate the cardboard (optional)
- Step 3.** Place sheets of paper or kitchen roll between the two cardboard sheets. The flowers will be put between these sheets.
- Step 4.** Use the elastic bands to hold the press together while the flowers are drying.



## How do I use a flower press?

Pick your flowers in a place you have permission to pick. Carefully place them between the sheets within the press. Secure the elastic bands around the press.

At home, place your press in a warm, dry place.

You can put a book on it to weigh it down.

Check on your flowers regularly - they should be fully dry in 7-10 days.



## How to make a herbarium sheet

A herbarium sheet is a record sheet about a plant.

It will help you identify species in the future. Keep your sheets in a folder.

Labels are important, so include:

- Name of plant
- Date/location where collected
- Who collected it

This is how scientists record information about plant species! Your collection can grow as big as you like!

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