

Pressed leaves and flowers



Age Group: 7-12, My flower press is made from heavy plywood with bolts in the corners and wing nuts to tighten it. A very simple press can be made from two pieces of heavy cardboard about ten inches square. Punch holes in the corners, tie it closed with yarn and weight it down with books.

You will also need 4-5 ten inch squares of absorbent paper to make layers inside the press. My favorite paper is brown grocery bags, they do not adhere to the flowers and are very absorbent. The method is simple, lay a piece of paper inside your press, then your flower(s), another piece of paper, more flowers etc. It is a good idea not to use more than three layers of flowers or leaves.

Many crafts can be done with pressed flowers. The three silver circles are cut from a furnace filter and covered with clear shelf paper, a great sun catcher or Christmas Ornament, the round one is a cottage cheese lid, the possibilities are endless, see the text for our favorite.

Our favorite craft is all occasion cards made from pastel construction paper or even better pastel cardstock available at most copy centers and office supply stores. Cut the paper to the size you want, fold in half, lay out your flowers and leaves and then divide the two halves of a Kleenex tissue. Lay one super thin tissue over the flowers and spray with a mixture of three parts water and one part white glue. Let dry overnight and trim off the excess tissue. The effect is very Victorian and impressive. Give the cards as gifts for mother's day, birthdays etc. It would be hard for most children to make a gift they could be more proud of. It will keep them away from the tv for days at a time. Our next activity will be thank you cards.

Bible Verse: Psalm 119:11 "In my heart I store up your words, so I might not sin against you."

Bible Lesson: Bible verses are like flowers, we should treasure them and store them in our hearts just like the flowers in the flower press.

Model Prayer: "Dear Jesus, remind me each day that Bible Verses are even more beautiful than flowers and help me remember to store them in my heart."