Quick Pressed Flowers

Museum of Craft and Design

PROJECT DESCRIPTION

Immortalize scenes of summer with this quick method to produce beautiful pressed flowers.

RECOMMENDED AGE/SKILL LEVEL:

Recommended for 5+ with adult supervision.

MATERIALS

- Microwave
- 3-6 pieces of white construction or sketchbook paper
- Scrap corrugated cardboard
- Fresh flowers
- 4-15 rubber bands

For suggested projects:
- Clear contact paper or clear packing tape
- Scissors
- Hole punch
- Embroidery thread
- Optional: Beads, rhinestone embellishments, scrap paper, glitter
QUICK PRESSED FLOWERS

INSTRUCTIONS

- Collect a variety of fresh flowers and leaves, keeping colors and shapes in mind.

**NOTES:**
- Try to avoid large, bulky flowers such as roses.
- Make sure you are collecting flowers from places where you have permission to do so.
- A pair of scissors or snips can help during the collection process.

- Fold sheets of paper in half, widthwise.
- Cut 2 pieces of corrugated cardboard to same size as folded paper or in a single piece large enough to hold the papers like a folder.
- Place fresh flowers and leaves in a single layer within each piece of folded paper. Use more or less paper as needed.
- Sandwich folded papers between the corrugated cardboard pieces.
- Secure the whole package together with rubber bands.
- Place package in the microwave for 1 minute.
- Let package cool for a few minutes before removing from the microwave.
- Remove rubber bands and open package.
- Carefully open each folded paper, checking on the status of your flowers and leaves.
- Gently remove the items and set them aside.
QUICK PRESSED FLOWERS

SUMMER READING BOOKMARKS:
- Cut contact paper at approx 7x4"
- Fold contact paper down the middle, lengthwise, with the backing paper on the inside of the fold.
- Experiment with flower placement and try different design layouts.
- When ready, set flowers aside, then remove the backing paper from the adhesive.
- Place flowers where desired.
- Refold contact paper so both halves line up, securing flowers in place.
- Use the handle of scissors to press contact paper around the flowers.
- Cut any excess edges.
- Use a hole punch to make the hole near the top/center of the bookmark.
- Loop a length of embroidery thread through the hole.
- Thread beads onto embroidery thread and knot in place.
- Add extra adhesive embellishments as desired.

MULTI-USE DECORATIONS:
- Cut a length of clear packing tape and place sticky-side up, by folding about ½ inch of each end under and securing to a hard surface.
- Place leaves and flowers along the strip of tape, as desired.
- Stretch out more packing tape at a length slightly longer than the first piece.
- Place the second piece of tape, sticky side down, over the flowers on the first piece.
- Press tape together securely.
- Pull or cut the tape away from your surface and trim any excess or uneven edges.
• Use your new, clear flower banner as a votive embellishment (just tape the ends together), sun catcher or cut up into pieces for a mobile (use hole punch for hanging points)!

ADDITIONAL RESOURCES
CONNECT SOCIALLY AND LEARN MORE

Facebook & Instagram: @MuseumofCraftandDesign
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Related materials: Many more dried flower crafts can be found here!