

Flowers from a journey

You will need:

String or yarn. Cut out shapes of stiff packaging, e.g. cardboard or plastic. Flowers collected from the walk. A hardback book to press the flowers flat. Newspaper (or other similarly thin paper) to line the book with. PVA glue. Paintbrush. Scissors. Hole punch.

Instructions:

- Collect flowers when outside or on a walk. Put each of the flowers in your hardback book lined with newspaper. You can either hold this book closed or tie it with a piece of string to keep the flowers compressed. You can choose to leave the flowers pressed down for a few days to make them flatter or just use petals which will flatten quicker.
- When you get home, cut out shapes from up-cycled packaging found around the house. Each shape should have a hole cut in it big enough to thread string through. You could use plain packaging or patterned to make more of a collage effect. If you use transparent packaging the light will shine through it.
- First, paint a thin layer of glue to stick the flowers to the cardboard. Then paint a thick layer of PVA glue over the top of the flowers. The glue will act like resin, making sure the flowers don't wilt.
- Thread the string or yarn through these shapes. You can use different methods to make the string look more interesting or multi-coloured.
- Hang this string around the house or the garden. It becomes an artistic visualisation of your walk.



Optional ideas:

Make multi-coloured string (requires two people)

- Tie two different colours of string together using a double knot.
- Two people hold each end of string standing far enough away for the string to be taut
- Start twisting the string. One person twists clockwise, the other counter clockwise.
- Keep twisting until the string starts to bend around itself
- Let go, holding the knot
- Shake the string and smooth it out. Then knot at the other end.
- The different colours will twist around each other and you will have a multicoloured string

If you don't want to thread them all together consider glueing the flowers to transparent plastic and sticking them onto your windows. The light will shine through them beautifully.

Advice on picking wildflowers:

- When choosing your flowers, do be respectful of nature
- Don't pick in excess, give the flowers room to grow back
- Try not to damage other flowers unnecessarily in the process

