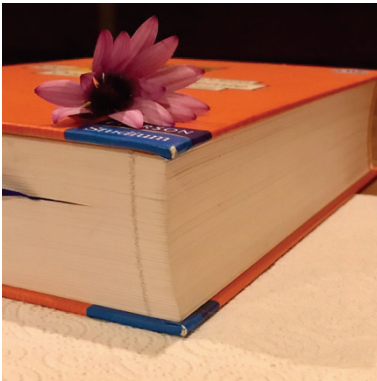


## Pressed flowers – make bookmarks and more!

Pressed flowers are a lovely way to explore the diversity of plants and learn about the many different wildflowers in Ireland. Have a look at the wildflower guide on [www.livingearth.ie](http://www.livingearth.ie) (provided by National Parks and Wildlife Service) and try to identify the flowers you use in this activity.



### What you need

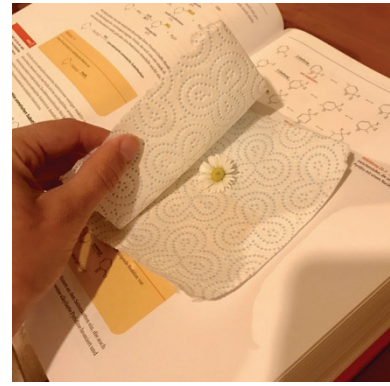
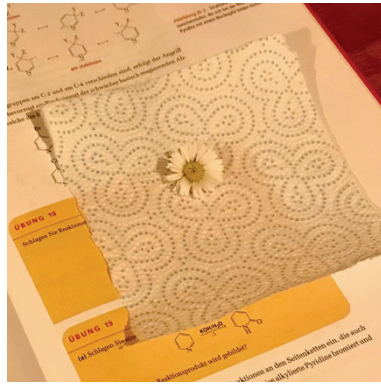
Flowers  
Kitchen towel  
Heavy book

For bookmarks (optional):

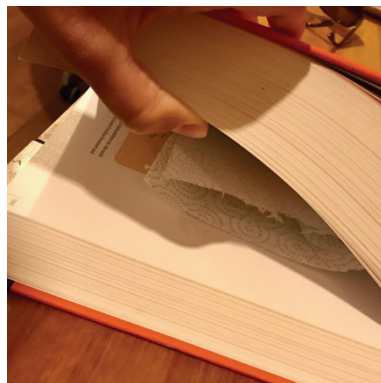
Strong paper or cardboard, scissors, ruler, pencil, glue,  
laminator or Sellotape, markers, paint or colouring pencils

### What to do

1. Collect a variety of flowers. Only take what you need and leave the rest for pollinators and other animals. Which flowers can you find your garden? Do you have a wildflower meadow nearby? Can you find a selection of flowers there and can you identify them?
2. Put the flowers face up on a sheet of kitchen towel. Make sure it's the flower is pressed flat onto the kitchen towel but not damaged.
3. Cover the flower with a second kitchen towel. You now have a 'flower sandwich'.
4. Take a heavy book, open it somewhere in the middle and put the 'flower sandwich' between the pages.
5. Carefully close the book.
6. Leave for a week or longer.
7. Check if your flower has dried and is pressed flat. Only take the flower out of the book and kitchen towel once it has dried up completely.
8. You can now use the pressed flower as decoration or you can create an artwork such as a bookmark: use the pencil and ruler to mark a 20 cm x 5 cm rectangular area on the cardboard or strong paper. Cut it out. With the pencil mark the spots where you want to put your flowers. Then carefully, without damaging the flower, pick it up from inside the book and glue it onto the mark. Continue until you're happy with the design. Use the markers or paint to add a pattern or label the flowers. To protect your bookmark from wear laminate it or cover it with Sellotape.



*Collect a variety of flowers from the garden or a wildflower meadow. Place it between the pages of a heavy book and cover the flower with kitchen tissue. This protects both your flower and the book.*



*Carefully close the heavy book and leave the flower inside for at least a week or until it is dry. Use the dried, pressed flowers to create a bookmark or other artwork.*