



ESKER YOUTH ENGAGEMENT



WITH PRESSED FLOWERS

Make a flower press and add dried flowers to your drawings and sketches ☺

FOR THE FLOWER PRESSING YOU'LL NEED:

Method 1 (time):

- 👁 10-40 small flowers and leaves
- 👁 2 pieces of medium to thick corrugated cardboard (like from a larger cardboard box) any size will do, but at least 10 x 10 cm
- 👁 1 piece of regular white paper
- 👁 2 sheets of paper towel
- 👁 Scissors
- 👁 2-4 rubber bands
- 👁 A heavy book (like a dictionary), several books, or another heavy object

Method 2 (microwave):

- 👁 10-40 small flowers and leaves
- 👁 1 piece of regular white paper
- 👁 1-2 pieces of paper towel
- 👁 Scissors
- 👁 2-4 rubber bands
- 👁 An old hardcover book, at least 10 x 10 cm or larger
- 👁 A microwave
- 👁 An oven mitt

FOR THE DRAWING YOU'LL NEED:

- 👁 Pencils, black pens or charcoal- your choice, you can use anything you like. In the examples, there is a **contrast** created by using black and white with the coloured flowers.

FOR ASSEMBLING THE DRAWING YOU'LL NEED:

- 👁 White Glue
- 👁 Tweezers



FLOWER PRESSING INSTRUCTIONS:

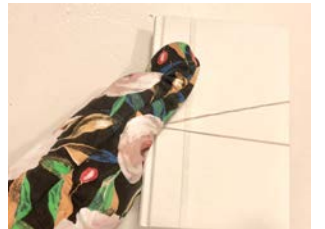
- 👁️ **Cut** your cardboard pieces so they're the same size.
- 👁️ **Fold** your piece of white paper, and trim it down to slightly smaller than the cardboard pieces.
- 👁️ **Cut** both sheets of paper towel so they are just slightly smaller than that cardboard pieces.
- 👁️ Open up your piece of folded paper **like a book**.
- 👁️ Place your flowers and leaves **face-down** on the right-hand side of the paper. Pinch off the flowers at the base, as close to the bloom as possible so it lays flat. Make sure the flowers aren't touching each other.
- 👁️ Carefully fold the paper over and **press down evenly**.
- 👁️ Carefully place your folded paper (with flowers inside) and **sandwich it** between your 2 pieces of paper towel.
- 👁️ **Sandwich** the paper, flowers and paper towels between your 2 pieces of cardboard.
- 👁️ **Wrap** the whole bundle together tightly with 2-3 rubber bands.
- 👁️ Place the bundle under a large, heavy book (or 2 or 3!), or under another heavy object. It will take about **1-2 weeks** for your flowers to dry.



OR, USE THE MICROWAVE:

If you don't have the patience to wait for your flowers to dry, you can speed the process along using an old hardcover book and the microwave.

- 👁️ Place your flowers face down on your paper, and fold it over as above.
- 👁️ Carefully place your folded paper (with flowers inside) and sandwich it between your 2 pieces of paper towel, as above.
- 👁️ Put the bundle in the middle of your hardcover book, **between the pages**.
- 👁️ **Wrap the book** with 2-3 rubber bands.
- 👁️ Put the book in the microwave for **20 seconds**. Depending on the size and thickness of your flowers, you may need to put the book back in for another 20 seconds- **up to one minute**. BE CAREFUL when taking the book out- it may be very hot. Use an oven mitt.



ASSEMBLING THE DRAWING:

- 🌸 Carefully open your flower press, or book.
- 🌸 Remove your flowers- use tweezers for the more delicate ones. If you used the microwave, you may find some of your flowers are a little crispy, but you can just discard those.
- 🌸 Glue your flowers to your drawing using white glue.



Post your drawing on Instagram and tag [@eskerfoundation](https://www.instagram.com/eskerfoundation), we'd love to see what you make 😊

For an [instructional video](https://vimeo.com/eskereducation/drawingwithpressedflowers), visit: <https://vimeo.com/eskereducation/drawingwithpressedflowers>

