

Inspiration: Pressed Flower Vases

Take a walk into the garden and gather some flat-headed flowers and foliage for pressing and decorating glass jars. Cut a few longer stems of bushy blooms for a simple vase display, bringing a touch of nature indoors.

This project offers several benefits: it helps refine fine motor skills, boosts self-esteem through creating something attractive, and fosters social skills if you choose to gift your creations to others.

Step 1: Gather your natural materials - flat headed flowers and leaves work best for pressing. Snip off excess foliage and stems if not required.

Step 2: To save on time, we are pressing the flowers with a medium hot iron. A flower press or using heavy books to press flowers works also, but these can take several weeks for successful pressing.

Lay parchment/greaseproof paper on top of a solid chopping board. Position the flowers and leaves with space all around them, on top of the paper.

Step 3. Place a second sheet of paper over your floral arrangement.

Step 4. Use a medium-hot iron to press down on the material. Hold the iron still for a count of 20, then lift and repeat. Depending on the thickness of your petals and leaves, this may require several presses.



Step 1



Step 2



Step 3



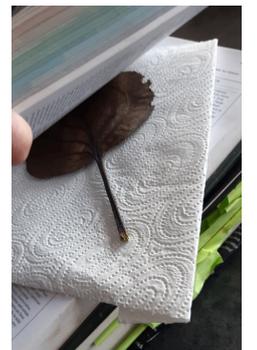
Step 4



Step 5

Step 5: Once your work is completely flat and dry, carefully slide the papers and material off the board, and let them air dry until needed.

Pro Tip: Instead of using a hot iron, consider using a traditional flower press or stacking heavy books with kitchen paper to effectively remove moisture.



Inspiration: Pressed Flower Vases cont.



Step 6



Step 7



Step 8



Decorated jars

Step 6. Decide where to place the pressed material on the cleaned jam jars.

Step 7. Apply a small amount of PVA glue onto the glass jars, then firmly place the pressed flowers and foliage onto the glue.

Step 8. Using a small paintbrush or glue spatula, completely cover the pressed material with PVA glue. The glue appears a white/creamy colour, but it will dry clear.

Step 9. Allow the jam jars to dry thoroughly. Tie on ribbons or colourful string for added decoration.



Decorated vases



Extension activity: Collect flower stems and foliage from the garden and create fresh arrangements inside the vases.

Perfect to make as gifts to give, or decorate windowsills and shelves.