

PROJECT

The Fine Art of Flower Pounding



Pounded flower bookmarks make great gifts.

What kid doesn't love hitting things with a hammer? In this activity, you will harvest flowers together and then pound them onto paper, leaving a beautiful flower print behind.

HERE'S WHAT YOU'LL NEED:

- Cutting board
- Dishtowel
- Fresh flowers and leaves
- Hammers
- Wide painter's tape
- Watercolor paper cut into bookmarks or note cards

ALSO TRY THIS:

You can do this same thing with fabric. Simply place the fabric over upright flowers and pound directly on it until you see the color of the flower coming through the cloth.

HERE'S WHAT YOU'LL DO:

- 1 Place a cutting board on top of a dishtowel. Place a piece of watercolor paper on top of the cutting board.
- 2 Harvest a handful of fresh flowers and leaves. Note that some flowers work better for flower pounding than others, so harvest a variety to test out.
- 3 Cut the stems and as much of the green back off of the flowers as possible. If the flower has a large center, remove it and use only the petals.
- 4 Place the flowers and leaves face down on the watercolor paper. For large flowers, only place the petals on the paper.
- 5 To remove some of the tack from the painter's tape, stick it to your pant leg a time or two.
- 6 Now cover the flowers and leaves completely with a single layer of painter's tape.
- 7 Pound on the tape with a hammer, making sure to hit each section multiple times. You can place a phone book below the paper to dampen the noise.
- 8 Carefully peel off some of the tape and peek at the paper to see if any area needs more pounding.
- 9 When you're satisfied with the print, peel off all of the tape. The colors should have left a print on your paper.
- 10 Remove any flower or leaf pieces that are still stuck to the paper.
- 11 Now allow your paper to dry and use it for a note card, bookmark, or anything else you can think of. Laminating bookmarks makes for a nice finishing touch.