



Handicraft Lesson

Handicraft

For our handicraft lesson, we will create a flower press and a pressed flower bookmark.

Look for flowers on a sunny afternoon when the dew has evaporated completely. Choose full flowers that have smaller flat heads or larger multi-petal blooms so that you can press the individual petals.

Press your flowers in either a book or flower press, and leave them alone for 7 to 10 days. When you check them, make sure they are completely dry and papery. Only then will they be ready to use for crafting.

"I've filled him with the Spirit of God, giving him skill and know-how and expertise in every kind of craft to create designs ... he's an all-around craftsman."

~ Exodus 31:3-5

Flower Press & Bookmark



Pressed flowers are a lovely memento and make beautiful art pieces, gift boxes, bookmarks, and even paperweights when adhered onto a stone and sealed.

For centuries, flowers have been pressed and dried simply by placing the beautiful blooms between the leaves of heavy books. However, today you can purchase a flower press or even make your own if you will be pressing a significant amount.

Whether using the old-fashioned method or a flower press, you will love the beautiful (and everlasting) results!

Supplies for Flower Press

- (2) pieces of wood, cut to the same size (optional: purchase precut wood at a craft store or use two small wooden cutting boards)
- (4) ¼" flat head machine screws (at least 3 inches long)
- (4) ¼" wingnuts
- (4) ¼" washers
- printer paper
- cardboard
- power drill with ¼" drill bit
- clamps (optional)
- pencil



Directions for Flower Press

1. Make a mark with a pencil in each corner of one piece of wood for the placing of the screws. (Make sure each mark is 1" away from the edge.)
2. Using a ¼" drill bit, drill all four holes.
3. Clamp the boards together, then use the first board as a guide to drill the holes in the second board, making sure to keep the drill straight.
4. Cut several sheets of paper and cardboard to a size that will fit your flower press (approximately 1" smaller than the overall dimension of your press).
5. Cut each corner at an angle so both the paper and cardboard will fit inside the screws.

Assembling the Flower Press

1. Insert your screws facing upwards into the bottom piece of wood.
2. Place a piece of cardboard on top of the wood, followed by a piece of paper.
3. Lay your flowers on top of the paper in a single layer. Make sure that you do not overlap any of the petals, otherwise they will stick together.
4. Place a second sheet of paper on top of the flowers, followed by another piece of cardboard. Add additional layers as desired.
5. Add a final piece of cardboard on top, followed by the second board on the very top.
6. Tighten your press by placing a washer on each screw and securing it with the wingnuts.

Supplies for Bookmark

- Pressed flowers (see note on p. 148)
- Watercolor paper
- Watercolors
- Paintbrushes
- ModPodge
- Silk ribbon (¼" width or less)
- Scissors
- Hole punch



Directions for Bookmark

1. Cut watercolor paper to bookmark size (approximately 2" wide by 6" long)
2. Paint stems and leaf shapes in green on the bookmark (leaving room for the various-sized flowers), or create your own design. Allow paint to dry completely.
3. Carefully adhere dried flowers to the bookmark by adding a thin layer of ModPodge, then placing the flower on top, softly pressing the delicate petals into the glue. Let dry completely.
4. Add a second layer of ModPodge on top of each flower. Make sure to use a gentle touch when covering the petals because they will tear easily. Let dry completely.
5. Punch a hole in the top center of the bookmark, then loop a silk ribbon through the hole.

