

What you'll need:

Flowers

Newspaper

A small book

Several heavy books

Get some flowers (you could use roses, daffodils, or any others you like!)



Close the book and stack several other big and heavy books on top of it.

Find a book, open it up and place a piece of newspaper over it.

Place one or more of your chosen flowers on the newspaper.

Take out your flower and use as part of a memory book or

an arts and craft project.

Leave the flowers to press under the books for at least a week.





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