



Flower Pounding!

Supplies:

- An old wooden board.
- A light weight tack hammer (5-8 oz)
- White or light-colored fabric scraps (an old sheet works well)
- Or card stock
- Masking Tape
- Waxed Paper
- A variety of flowers and leaves



Grades: 3-12

Time: Unlimited

Background: Flowers and leaves have natural pigments that can be used to dye fabric and paper. By Pounding the flowers with a hammer, you can create a variety of designs and patterns.

Project Goal: Create fabric a paper decorations, cards and gifts using flowers and leaves found around your yard.

What to Do: Get permission from your parents for this or any craft!

- Gather flowers and leaves from around the yard. Do not pick flowers or plants without permission and adult supervision. If you are picking wild flowers, only pick flowers that are commonly found. Some flowers are very rare and should never be picked!
- Place an old wooden board on a table, picnic table or other flat surface. NEVER HAMMER DIRECTLY ON ANY PIECE OF FURNITURE OR FLOORING.

For Paper:

1. Arrange flowers and leaves on a piece of card stock or heavy artist's paper.
2. Place a piece of waxed paper over the entire card or piece of paper.
3. Tape the waxed paper to the surface of the board.
4. Using a hammer, lightly tap the flowers and leaves until you can see the color leak onto the paper. It may take several tries before you learn how to apply the right amount of pressure.
5. Remove tape and waxed paper and allow paper to dry.





Virginia 4-H Healthy Living@ Home Activity

For Cloth:

1. Place a piece of waxed paper on the board.
2. Arrange flowers and leaves on a piece of fabric (an old sheet or pillow case works well)
3. Using masking tape, cover the entire flower or leaf so that it stays in place, avoiding the sepals, or base of the flower.
4. Using a pair of scissors, cut the sepals or base off
5. Using a hammer, lightly tap the flowers and leaves until you can see the color leak onto the paper. It may take several tries before you learn how to apply the right amount of pressure. You may lift up the fabric and see how well the flower pigments are coming through.
6. Remove tape and allow fabric to dry.
7. You may mount the fabric in a frame or embroidery hoop to make a decorative hanging—be creative!

Reflect:

1. What happened when you pounded the flower?
2. What design did you choose to make with the flowers?
3. What other flowers would you like to try this with next?

Apply:

1. What is important about creating art out of nature?
2. What artist do you know (or can research) that also use nature for art?
3. What are some common forms of art that use nature as its subject?

Notes for Parents or Helpers:

Make sure to use an old board and use caution when using a hammer. This activity is best done outside on a picnic table. Avoid pounding on sidewalks or any surface that could crack, break or become damaged. Children will really like to pound their designs and sometimes may be overly enthusiastic.

Results can vary a great deal, depending on the type of flower or leaf or the amount of pressure used when hammering. In general, flowers without a lot of moisture work better and light taps with the hammer are better. Choose bright colors! Sometimes the color that bleeds out on to the fabric is different than what the original color of the flower.

Experiment with different flowers, colors and patterns on both cloth and paper. Fabric designs in embroidery frames or picture frames and used as wall hangings. Paper designs can be used to create bookmarks, book covers, wrapping paper and greeting cards.



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