

# Pressed Flowers

## Adult/Senior Activities

### What you'll need:

- Parchment paper
- Flowers
- Books (one that you don't mind damaging plus extra)
- Picture Frame

### How to:

First, make sure your flowers are clean of any dirt or bugs. Place some flowers in between two pieces of parchment paper wedging them between the pages of one of your books. Repeat this with however many flowers you would like. be careful not to over stuff any individual page or book. Place your remaining books on top of the one with flowers inside and let dry overnight. Hang in a picture frame and enjoy a beautiful addition to your home!

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