

What do I need?

Fresh flowers

Newspaper/tissue paper

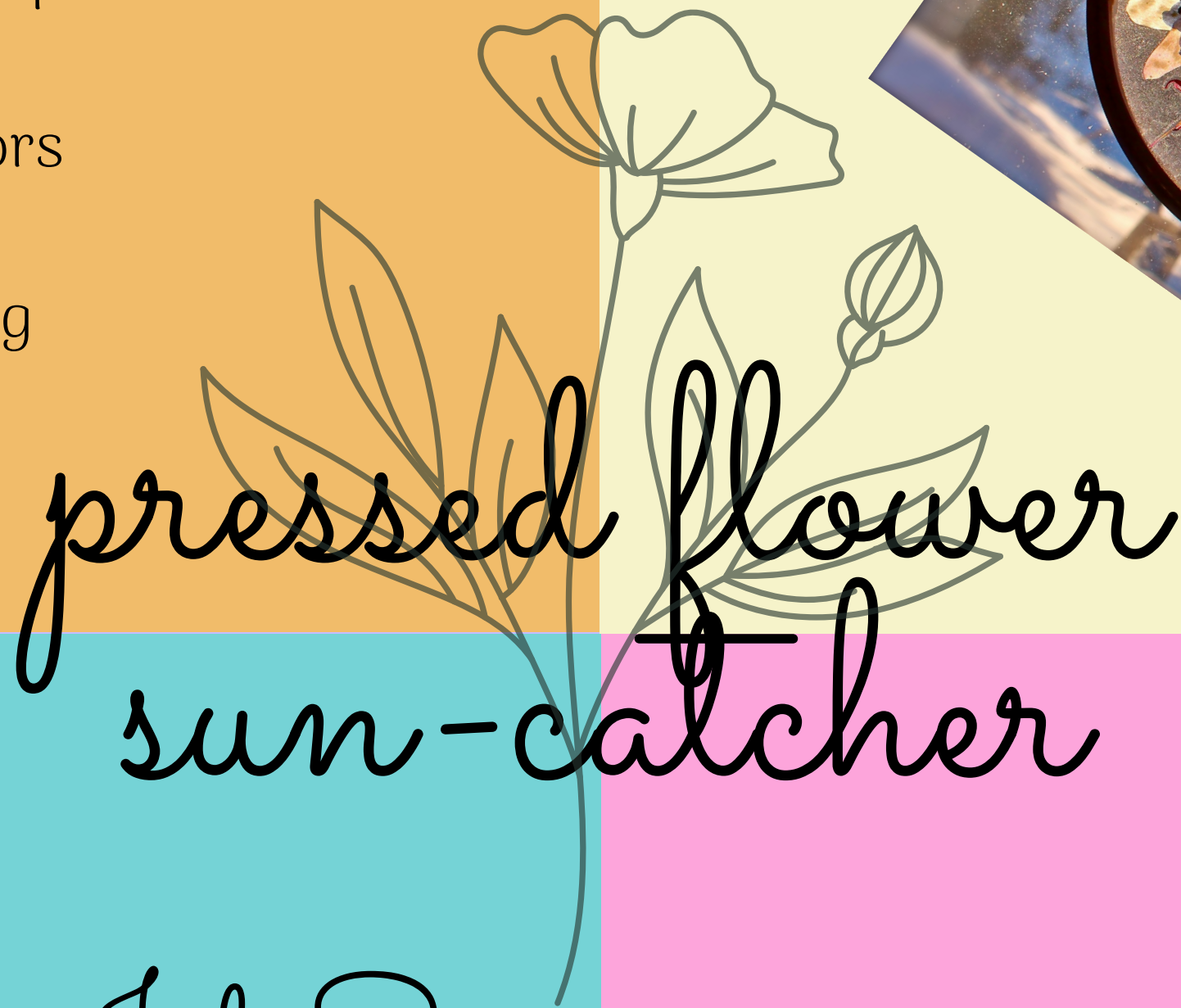
Heavy books

Embroidery hoop

Sticky-back plastic

Scissors

String



What do I do?

Press your flowers using the instructions on page 2. You'll need to do this at least three days in advance.

Unscrew your embroidery hoop and separate it into two hoops.

Cut two squares of sticky-back plastic a little bit larger than your embroidery hoop.

Design a flower pattern for your sun catcher. You could arrange them in a mandala shape like the photo at the top or choose something more abstract.

Peel the backing off one of the squares of sticky-back plastic and lay it sticky-side up on a table.

Place the inner embroidery hoop on top and carefully arrange your flowers in the centre of the hoop.

Once you've finished arranging the flowers, remove the hoop. Now peel the backing off your second square of sticky-back plastic. Place it sticky-side down over your design to secure the flowers in place.

Lay your flower design over the inner embroidery hoop. Place the outer hoop on top and tighten it in place. Use the scissors to trim the plastic on the outside of the hoop and tie a length of string at the top.

Now you have your finished sun catcher! Hang it by a window to enjoy the sunlight shining through your colourful design.

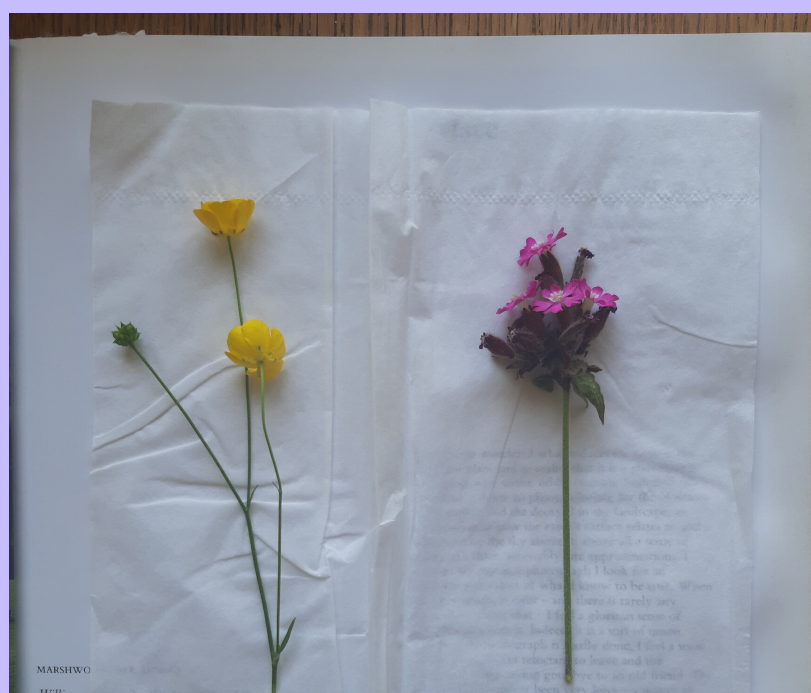
How to press flowers



Step 1: Pick a range of colourful flowers. Try not to damage the plant or pick too many flowers from each one. Make sure you have permission to pick them.



Step 2: Open your book and line both pages with your tissue paper or newspaper.



Step 3: Place your flowers on the paper as flat as you can. You can fill more pages with paper and flowers if you need to.



Step 4: Carefully close the book and place a few heavy books on top to weigh it down. Leave in a warm and dry place for at least three days or until the flowers are completely dry.



Step 5: Once your flowers are dry, carefully peel them from the paper ready to create your sun catcher.