



FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS

2023
2024

Ideas with

IMPACT

HEALTH & WELLNESS

Pressed Flowers & Aromatherapy

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Pressed Flowers and aromatherapy



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Florida Standard

science

SC.3.L.15.In.2 Classify parts of plants into groups based on physical characteristics, such as classifying leaves by shape.

Sc.3.L.15.Su.2 Sort common plants by observable characteristics.

SC.3.N.1.1 Raise questions about the natural world, investigate them individually and in teams through free exploration and systematic investigations, and generate appropriate explanations based on those explorations.

SC.3.N.1.Pa.1 Explore, observe, and recognize common objects in the natural world.

Goals and Objectives

The purpose of this project is to make students aware that thru observation there are beautiful patterns that can be found in plants. As a design element, pattern is defined as the outline or the silhouette of an object. Pressing plants and plant parts allows students to appreciate the patterns of flowers, petals, stems, leaves, and roots. This experience will allow students to learn about pressed flower art, its history and various techniques to create their own pressed flower masterpieces as they incorporate poetry to express their feelings and observations about nature. They will also use Canva, a graphic design tool, to create digital versions of their pressed flower artwork and poems. Students will also learn to appreciate nature as as they enjoy the calming aromatic scents of essential oils diffused into the classroom environment.

Course Overview

This project is a great segway to introduce science, technology and poetry skills as students observe and work with plants and flowers. First, Students will be introduced to types of leaf patterns by observing and recording its size, texture and shape using both qualitative and quantitative properties thru hands on manipulations of leaves. Students will be given a guide chart to help them identify various leaf types.

<https://mynaturenook.com/how-to-identify-tree-leaves/>

<https://www.gardeningknowhow.com/garden-how-to/info/different-leaf-types-in-plants.htm>

<https://extension.uga.edu/content/dam/extension-county-offices/clarke-county/4-h/forestry-judging-information/leaf-identification.pdf>

After the lesson, students will do a nature walk thru the food forest to collect different leaf types that they will use to create their pressed flower design. In addition, students will use their leaf guide to help identify the leaf type to guarantee the best selection for their project. Following the leaf collection, on a separate day student will do another nature walk to collect flowers of various colors to dehydrate and use in their final project. Students will begin pressing the leaves and flowers inbetween the pages of heavy books found in the classroom and allow the plants to dry out completely.

Next, students will begin working on a descriptive poem or short paragraph that will include the leaf shape, pattern, and color etc. Students will be encouraged to work in a collaborative group as they complete this segment of their project. Then, students will

use canva to design and type out their poems to be used as a background in their leaf press design.

Finally, students will watch several videos on pressed flower design to get ideas on how to organize their pressed leaves and flowers for their final floral design.

Lesson Plans

Materials:

- Fresh flowers
- Heavy books or flower press
- Plain paper or art paper
- Craft glue
- Scissors
- Markers or colored pencils
- Cardstock or picture frames
- Laminating sheets (optional)

Day 1: Introduction to Pressed Flower Art

- Show examples of pressed flower art and explain its history and significance in different cultures
- [.https://www.wrhs.org/blog/pressed-flowers-history-and-tutorial/](https://www.wrhs.org/blog/pressed-flowers-history-and-tutorial/)
- Demonstrate how to collect flowers for pressing, using heavy books or a flower press.
- Have students collect a few flowers and leaves from the school garden or nearby area for pressing.

Day 2: Pressing Flowers

- Review the flowers collected by students and place them carefully between sheets of plain paper or brown paper napkin.
- Use heavy books or a flower press to press the flowers and leaves. Explain that this process takes up to two weeks for flowers to be completely dried.
- Discuss the importance of patience and observation in this art form

Day 3: Identifying Flowers

- Introduce a basic guide or use illustrations to help students identify the pressed flowers they collected.
- Discuss the different shapes, colors, and sizes of the flowers they collected.

Day 4: Introduction to Pressed Flower Art and Poetry

- Explain how pressed flower art and poetry can be combined to express their love for nature and creativity.
- Show examples of pressed flower art and read nature-themed poems to the students to introduce haikus or acrostic poems.
- Guide students in writing their own poems based on the flowers they collected or their experiences in nature.
- Encourage students to use descriptive language and explore their emotions in their poems.

Day 5: Creating Pressed Flower Art Cards or Frames

- Show students how to arrange and glue pressed flowers onto cardstock to create a pressed flower card or art work.
- Show students how to arrange and glue and instruct students to incorporate their nature-themed poem into their design.
- Encourage students to experiment with different flower arrangements and color combinations.
- Provide markers or colored pencils for students to add additional elements or designs.

Day 6: Canva Tutorial

- Introduce Canva to the students and provide a brief tutorial on how to use the platform for graphic design.
- Show them how to import their pressed flower artwork into Canva and combine it with their nature-themed poem.
- Demonstrate various formatting options and design elements they can use to enhance their digital artwork.

Day 7: Creating Digital Pressed Flower Art with Poetry

- Allow students to work on their Canva projects independently or in groups.
- Provide guidance and support as needed while they create their digital versions of pressed flower art and poetry.
- Encourage students to be creative and explore different design elements on Canva.

Day 8: Display and Reflection

- Invite students to present their digital pressed flower art with poetry to the class.
- Create a digital gallery on the promethean board to showcase all the artwork.
- Have a discussion about the process and what they enjoyed the most about the project.
- Encourage students to reflect during journaling how the combination of pressed flower art and poetry allowed them to express their feeling about nature.

Assessment:

- Monitor students' engagement and participation throughout the week.
- Assess their pressed flower cards/framed art work , poetry and digital artwork based on creativity, effort, and how well they combined the two elements.
- Evaluate their understanding of the relationship between art and poetry, and how effectively they expressed their emotions and observations about nature.
- Encourage students to express what they have learned and gained from the experience of creating pressed flower art.

Resources

Pressed flower art video links

<https://www.teachervision.com/activity/flower-leaf-press>

<https://www.education.com/activity/article/how-to-press-flowers/>

<https://schoolgardening.rhs.org.uk/Resources/Activity/Make-a-plant-press>

<https://sownsow.com/15-pressed-flower-crafts-and-activities-for-kids/>

<https://childrenofthewild.com.au/blogs/connetix/a-how-to-guide-on-pressing-flowers-1>

<http://extension.msstate.edu/publications/creating-pressed-floral-design>

<https://littlepinelearners.com/jar-lantern-with-pressed-flowers/>

<https://www.thesprucecrafts.com/pressed-flower-art-projects-4688566>

📺 DIY Pressed Flower Art! - Do It, Gurl

Common Leaf Shapes

Linear

Slender,
narrow, long



Grass

Ovate

Oval



China rose

Elliptical

Ellipse-
shaped



Guava

Oblong

Rectangular



Banana

Cordate

Heart-shaped



Betel

Lanceolate

Lance-shaped



Bamboo

Acicular

Needle-shaped



Pine

Reniform

Kidney-shaped



Indian pennywort

Orbicular

Orbit-
shaped



Lotus

Sagittate

Arrowhead-
shaped



Arrowhead

Hastate

Two-lobed
sagittate



Duck-potato

Lyrate

Lyre-
shaped



Radish

Spatulate

Spoon-
shaped



Water oak

Rhomboid

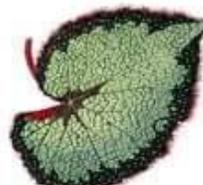
Diamond-
shaped



Rose

Oblique

Unequal
leaf base



Begonia

Cuneate

Wedge-
shaped



Water lettuce

Materials to purchase

<https://icreateartbox.com>: 25 paint brush set student value pack for \$15.95

Amazon: 167 Pieces Real Dried Pressed Flowers Natural Dried Flowers and Leaves Colorful Dry Daisy Flowers Mixed Multiple Dried Flowers for Crafts Art for \$22.99 (**click on text description to highlight amazon link**)

<https://www.ikea.com/us/en/p/yllavad-frame-black-90429771/>

Ikea Yllevad black 5x7 frame for \$1.49

20 piece flower press garden art kit-Hearthand hand with Magnolia Flower press -\$16.99

See link below for purchase at Target

<https://www.target.com/p/20pc-flower-press-garden-art-kit-hearth-38-hand-8482-with-magnolia/-/A-86970368>

Elmers glue from art teacher or purchase at any store

Student Sample work





