

Mini Garden Journal

For this activity you will need some leaves or flowers, heavy books, absorbent paper, two colours of card, wet glue, scissors and a pen. Optional extras: sticky tape and scraps of ribbon.

Adult supervision is required for gathering leaves and flowers and use of scissors.

Some people may have allergies or sensitivities to plant matter so please exercise caution when gathering flowers or leaves. Seek medical advice if reactions occur.



Start by pressing your flowers. To do this you will need to put some absorbent paper on top of a book. Lay the flowers on the absorbent paper, then put another layer of absorbent paper on top of the flowers.

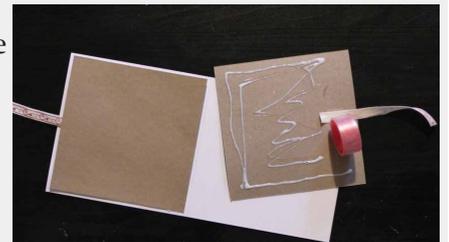
Put a heavy book on top of the top layer of absorbent paper. You can use several books if you want to add more weight.

Leave the flowers inside this stack for 4 to 7 days in a warm and dry place.



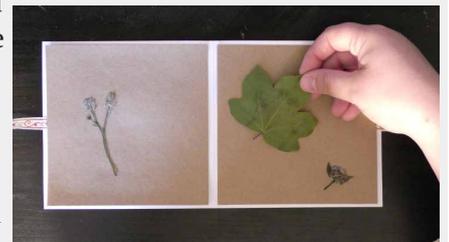
Prepare your mini journal. Take a large piece of card and fold it in half. Then cut two pieces of card in a different colour to be slightly smaller than each half of the large piece of card.

If you are using ribbon, cut the ribbon in half and use the sticky tape to stick each piece to one of the smaller pieces of card. Then stick the two smaller pieces of card to the inside of the large piece of card. If you have used ribbon make sure you stick the card down so that you can't see the sticky tape.



Arrange your pressed leaves and flowers on the inside of your journal. When you are happy with how the flowers look you can use a very small amount of wet glue to stick them in place. The more glue you use, the longer it will take to dry and your journal may become sticky.

When the glue is dry you may want to add some notes to your journal. Do you know what some of the flowers are called? Where were the flowers growing? Did you see any wildlife? These are just some suggestions of things to write about.



Did you know that the Settlers Team has their own garden and journal? We would love you to come and visit as soon as you are able to.

Settlers in the Nene Valley grew plants for many reasons. Some plants, like flax, were used for making linen; some plants were used for dyeing clothes; some, like lungwort were used for medicines and of course some were used for food!

This activity sheet is accompanied by a video tutorial which can be found on www.nenesettlers.org and on our YouTube channel.

