

New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network

A program of The Arc of New Jersey since 1983

Handmade Tale: DIY Gift Making Guide Pressed Foliage or Feather Frame

Supplies:

Picture frame of any size or shape

Raw materials like flowers, clover, leaves, feathers, grasses, garden clippings

A large, thick book or heavy paperweight

Glass cleaner

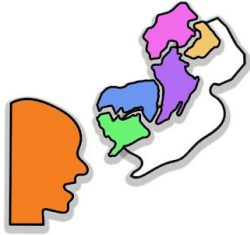
Glue (optional)

Tweezers (optional)

Wrapping paper, decorative paper, or fabric (optional)

Instructions

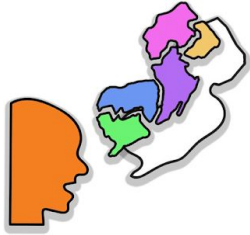
1. Gather the **raw materials** you want to use. You can purchase or forage for materials in your yard, garden, or local green space. You may want to press flowers, feathers, clovers, or other natural materials. It's up to you!
2. Open a large, thick book to the back cover. Lay the raw materials (flowers, clovers, etc.) flat along the back cover but don't overlap them. Close the cover and flip the book over so the weight of the book presses the raw materials flat. You can also put a paperweight or another heavy object on top of the book. Wait at least 1 day before opening the book again to check on your materials.



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3. If you are using **fresh flowers**, you may want to tie the stems together and hang upside down for a few days to speed up the drying process before pressing the flowers in the book.
4. Find a **picture frame**. Check your local thrift store for frames you can repurpose.
5. Dust off and carefully **clean** the glass piece of the frame.
6. Open up your picture frame and lay the mat board/cardboard backing flat on a table or other stable work surface. This is where the raw materials will be placed.
7. *Optional:* You can decorate the mat board/cardboard backing of the frame by gluing wrapping paper, scrapbook paper, wallpaper, or fabric *before* placing the raw materials.
8. *Optional:* Write a short message, song lyrics, or part of a poem along the top or bottom of the frame *before* placing the raw materials.
9. Check on your raw materials and carefully choose which pieces you want to press in your picture frame. The pressed materials are **fragile** so be gentle.
10. *Carefully* remove the pressed raw materials from the book and arrange them in a pleasing pattern on the mat board/cardboard backing of the picture frame. You may want to use tweezers to move and arrange the raw material.



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11. Place the glass piece of the frame over the pressed raw materials and reassemble the frame to close.