

Flowers and Colours

Mighty Mega Saturday Morning Club activities by Renata Minoldo

Hello!

My name is Renata and I am an artist and educator working with children and people from all ages. I love to be outdoors and explore nature around me. In this video, I will be guiding you through a sensorial expedition to gather flowers, leaves and petals and then I will be showing you how to press them for future projects, or just for fun! After you press your flowers, you will need to put them to sleep for a while, until they are fully dry. This will take some time and patience, but it is important to let the flowers rest to see the best results!

Activity one: *go to a sensorial expedition and learn how to press flowers*

For this activity you will need: a box or bag, some thick paper, a book and some heavy box or extra books, patience and kindness with the flowers and with yourself.



There is also an extra video which is meant to be played in the background while chilling at home, if you need to slow down a little bit or if you need some ideas for a game. In this video I am playing with some of the pressed flowers I gathered, making different compositions and collage and building imaginary stories around them. I also made up new flowers using many different petals and thought about new names for them as if it were a new plant... What name would you give to your new flower?

I hope you enjoy these,

With love and care,
Renata