Flower Pounding Activity

**Supplies:**
Watercolor Paper                      Fresh Flowers                       Hammer
Newspaper                                Paper Towel                          Scissors

**Suggested Flowers:**
Turk’s Cap                Autumn Sage             Mealy Blue Sage               Gregg’s Mistflower
Mexican Buckeye Four-nerve Daisy Dandelions Purple Coneflower
Shrubby Boneset Golden Groundsel Cedar Sage

**Steps:**

1. Pick fresh flowers. Remove any stems, sepals, or other parts before arranging on paper.

2. Cover the flowers with a paper towel and hammer flowers onto paper.

3. Remove paper towel and clean off left over flower pieces.

4. Take a pencil or marker and detail over the flower print.