



## **Therapeutic Horticulture Activity Valentine Flower Petal Banner**

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Overview: Gluing flower petals on a cardstock banner with heart shape cut outs

Precautions:

1. Fine motor movement with variation options dependent on the abilities of participants.

Completion Time: 45 - 60 minutes

Materials: (10 participants)

1. Banner flags with heart shapes punched out and two circle holes at the top to run a string through to connect flags together (30+)
2. Fresh flowers of assorted colors (30+)
3. Glue sticks with disappearing color (10)
4. 8.5" X11" paper of contrasting color to banner flags (10+) or contrasting table cover (# dependent on how many tables)
5. Scissors (1-10)
6. String (1 roll)

Pre-Session Prep:

1. Cut banners
2. Collect or get fresh flowers; see Tips below if participants' fine motor

dexterity is of concern

3. Collect other supplies
4. Create an example of finished project


### Step-By-Step Process/Instructions:

1. Introduce activity and show an example of a finished product.
2. Pass out stalks of flowers to each participant.
3. Encourage participants to examine a bloom; if appropriate do Mindful Study of a Flower activity, see attached.
4. Have participants pull petals off of the flowers; encourage examination of the different colors and gradients on each petal.
5. Clear away debris leaving only petals.
6. Pass out a piece of paper (if not using contrasting table cover), 3 banners, and a glue stick to each participant.
7. Instruct to place a banner flag on contrasting paper
8. Rub glue around the cut out shapes, either 1 at a time or more than 1 at a time depending on how quickly they do the next step.
9. Place petals over each cut out with the most colorful side down; tearing petals to be small enough to cover one shape as needed.
10. Once all cut out shapes are covered with petals, turn the banner flags over.
11. If each participant will have an individual banner, pass out string and instruct to thread through the holes of each flag.
12. If the flags are to be used together for one long banner, cut one long string and thread each participant's banner.
13. Hang the completed banner!

### Tips:

1. Do mindful exploration of flowers prior to activity; see attached.
2. Collection of seasonal flowers by participants from outside or from pots if possible
3. If fine motor dexterity is of concern pull petals off of flowers beforehand leaving at least 1 flower for each participant intact so they can examine and enjoy it.
4. Save leftover flower petals to use in other activities either fresh or dried.

5. Place any leftover flowers and/or petals in a flower press to use for future sessions.
6. Do the activity with other seasonal themes, such as spring, St. Patrick's Day.

 Mindful Study of a Flower.final

[Video Demonstration of Steps in Applying Flower Petals to Banner Flag](#)

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