

PAINT WITH PETALS

A FUN AND CREATIVE OUTDOOR ACTIVITY FOR KIDS!

WHAT YOU NEED:

- Colorful flower petals (like poppies, daisies, dandelions)
- Watercolor paper or thick white paper
- (Optional) Jars, warm water, vinegar, salt

OPTION 1: RUB AND PAINT

1. Pick Petals – Ask permission and gather bright flowers.
2. Rub on Paper – Gently press and rub the petals onto your paper to make art.
3. Let It Dry – Keep out of direct sunlight while drying.

OPTION 2: MAKE FLOWER INK (ADULT HELP NEEDED)

1. Steep Petals – Use 1–2 tbsp warm water for a handful of petals. Let sit or simmer.
2. Strain & Mix – Add a pinch of salt + a few drops of vinegar.
3. Paint Away – Use a brush or your fingers to create natural artwork!

 Tip: Some petals give surprising colors—try different flowers!



MAKE DANDELION TEA

A COOL AND TASTY SUMMER DRINK MADE FROM FLOWERS!

WHAT YOU NEED:

- 2 cups of clean dandelion flowers (no stems)
- 2 cups hot water
- Juice of 1-2 limes or lemons
- Optional: honey or sugar



STEPS:

1. Pick & Rinse – Collect flowers and wash them gently.
2. Steep – Pour 2 cups of hot water over flowers. Steep for 5-10 mins.
3. Add Citrus – Squeeze in lime or lemon juice.
4. Chill – Cool in the fridge.
5. Sweeten (Optional) – Add honey or sugar if you like.
6. Serve Cold – Strain the flowers or leave them in. Enjoy over ice!



Fun Fact: You can dry dandelion flowers in the sun and save them to make tea later!