



PAPER FLOWER BOUQUET

ART KIT + GUIDEBOOK

By Donna Baker





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Our Mission

Path with Art fosters the restoration of individuals, groups, and society from the effects of trauma through arts engagement and community-building. Path with Art is driven by our vision: A world where arts engagement is recognized as transformative—connecting the individual with self, the self with community, and communities with society. In this world, the power of arts engagement is available for all. Welcome to our creative community!

What is this kit about?

In this art kit you will create flowers out of common materials that will last forever. With step by step instructions you will decorate and paint coffee filters that will become flower petals and affix to a stem. You will have enough materials to make about 4–6 flowers. This fun and satisfying kit for all skill levels will bring a little bouquet of beauty into your space!

What's in this kit?

- Coffee Filters - 6
- Watercolor Paints - set
- Paintbrushes - multiple
- Scissors - 1
- Green Floral Tape - 2
- Green Wire Floral Stems - 6

Additional supplies that are helpful:

- A container for water
- Newspaper, Paperbag, or Cardboard to soak up water from filter after painted
- Paper towels or a towel you don't mind using for paint clean up



STEP-BY-STEP INSTRUCTIONS / Project How-To

Create coffee filter flower bouquet



Step 1 - To create coffee filter flowers we will first flatten our filters on a hard surface with something underneath to absorb excess water. Select colors and paint your filter, then let them dry. I like to use multiple colors. Typically, I will dry overnight but you can wait 2 to 3 hours and then make sure they are thoroughly dry before continuing to the next step.

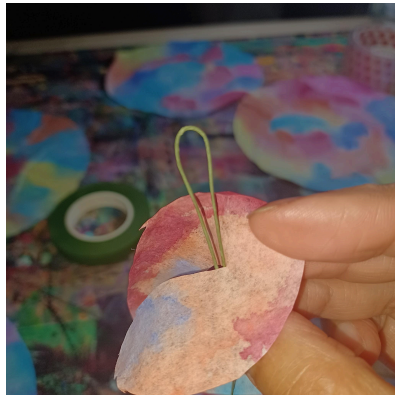




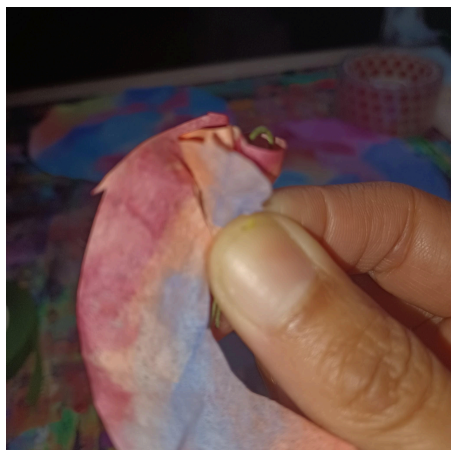
Step 2 - Once your filters are thoroughly dry. (my filters dried only after a few hours. Check them completely to make sure it is dry.) You will now take your scissors and cut your filter in a circular motion and create a spiral (as shown left) Make sure you cut all your filters evenly. Do not make the spiral too skinny, if you do you will have a difficult time creating your flower(s).



Step 3 - Here is the fun part! Creating your flower. You will cut a piece of floral tape (as shown) to have on standby for securing the lower part of the coffee filter to your wire.

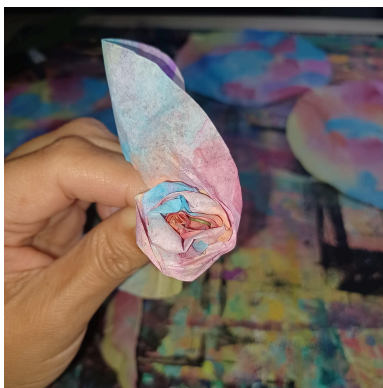
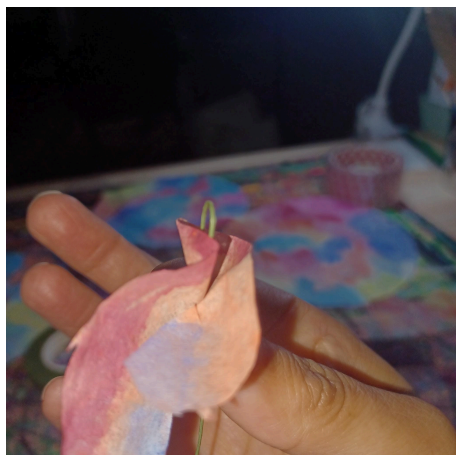


Step 4 You will pick up a piece of wire and bend a portion over (as shown). Next pick up your spiral cut coffee filter and position it around the wire.



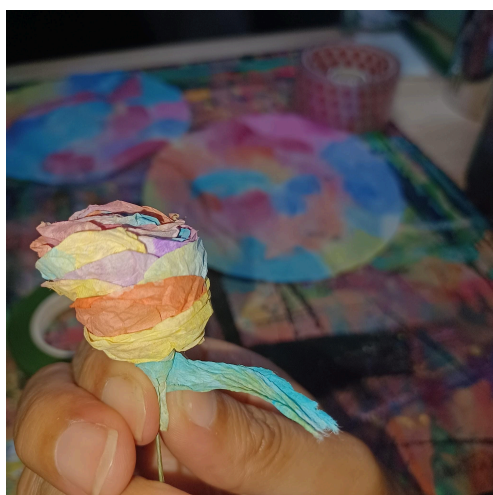
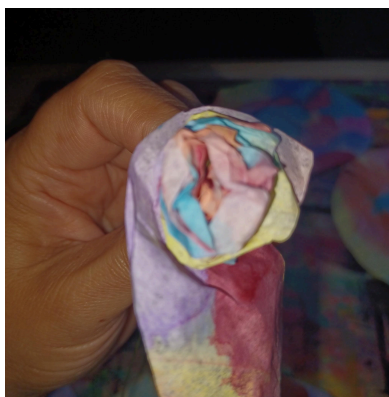
Step 5 - You will want to hold the filter at the bottom pinching with your thumb and index finger. Wrapping slowly you will alternate from your left thumb and index finger to your right thumb and index finger and pinching the bottom of the coffee filter. You want to make sure to continually keep this flow consistent and not to let go of the bottom as you are wrapping the filter loosely on top and keeping it tight on the bottom.







Step 6 - You are getting closer to the end and doing great. Can you see your flower creation coming to fruition? You are close to finishing your flower and will have five more to complete after this. Make sure to take your time and don't rush.



Step 7 - Here we are at the end of the wrap. It's time to use the floral tape to keep the coffee filter edge down. Continue to pinch the coffee filter and wire and start wrapping the floral tape around the bottom edge of the filter. Tightly wrap it and work your way downward and then upward keeping the tape taut. Make sure that the filter is secure to the wire and that none of the filter is coming undone. If you need to secure more floral tape then go ahead and use more to continue wrapping.





Step 8 - You are done! What do you think? If you would like to, you can use the floral tape on the entire wire but I like to fold my wire over and only use the tape halfway down the wire. These little flowers can be placed in a small vase or you can use them as a topper on a gift, a small bouquet for a friend, or even place behind your ear and wear as art. You did great! Enjoy your creation!



OPEN STUDIO

Weekly on Zoom
Mondays, 3:30 - 5:00 pm

Zoom information:

Meeting ID: 948 7272 9885
Passcode: path
Call in by phone: +1-253-215-8782, 948 7272 9885#

This is a Drop In class, no prior registration is necessary



Open Studio is a supportive space to work on individual creative projects, share artwork, and connect with peers. Creative Mentors are available for one-on-one support. Bring out your paints, pencils, art kits, or whatever supplies you have on hand and let's make some art together!



Art Transforms

Path with Art's Community Blog

ART TRANSFORMS COMMUNITY BLOG

We would love to see what you have created! You can take a picture of your artwork and submit it to our community blog, Art Transforms.

All who are part of the Path with Art community are welcome and invited to contribute to the Art Transforms community blog! Check it out: <https://arttransforms.blog>

For instructions on how to contribute and submission guidelines, visit <https://arttransforms.blog/submissions/>

If you don't have access to the internet, contact blog@pathwithart.org or call 206-601-7112 to arrange another submission option.

Seattle Area Resources for Food, Clothing, Shelter + Services

<https://www.emeraldcityresourceguide.org/>

Crisis Resources

24 Hour Crisis Line: 866-4-CRISIS (866-427-4747)

King County 2-1-1: 2-1-1

WA Recovery Helpline: 866-789-1511

Mobile Crisis Team: 206-245-3073

SPD Crisis Intervention Team (CIT): 911 (*Ask for CIT trained officer*)

AA 24 Hour Helpline: 206-587-2838

Seattle Metro Trip Planning: 206-553-3000

National Suicide Prevention Lifeline: 988 or 1-800-273-TALK (1-800-273-8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

Crisis Text Line Text “MHFA” to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed. Lifeline Crisis Chat www.crisischat.org Visit www.crisischat.org to chat online with crisis centers around the United States.

Substance Abuse and Mental Health Services Administration’s (SAMHSA)

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

