

# caring hearts

Ages 3 and up



## Floral bouquet— an arrangement of kindness

This activity is for children to collect flowers from their home garden and create a beautiful arrangement, as an act of kindness for someone special to them.

### Learning benefit/skill development

- Encourages creativity exploring different colours and shapes with flowers and plants.
- Assists in developing fine motor skills
- Promotes sensory understanding and spending time with nature can be therapeutic and calming.
- Allows children to create something of their own, which is aesthetically pleasing, to brighten someone's day.

### What you'll need

- Fresh seasonal flowers and leaves
- Scissors
- Twine or ribbon
- Crepe paper for wrapping

### Instructions

1. Pick your choice of flowers and leaves
2. Safely cut flower stems to have all the flowers in similar height.

3. Create an arrangement and use twine or ribbon to tie it together
4. Wrap the arrangement in crepe paper
5. Deliver the floral arrangement to your special person.

### Please note

- Flowers can have thorns so please ensure you assist your child in picking, cleaning and cutting flowers.
- Please be mindful of children with allergies and use flowers that are safe for them.

