We have a beautiful historic herbarium in our collection, so inspired by this and to join in the Wildlife Trust's #30dayswild challenge, we are going to show you how to make your own flower press at home using basic materials...

*Be careful when picking flowers, be sure to wash your hands and not to touch your mouth in case they are harmful*

**What you will need**
Some scraps of cardboard of a similar size
Some sheets of paper cut to the same size as cardboard
Scissors
String/elastic bands

**Instructions**

1. Pick some leaves, flower heads that you want to preserve

2. Arrange the flowers or leaves on to paper on the first piece of cardboard

3. Create layers as you go laying a piece of paper on each layer

4. Once all layers are in place, sandwich with the cardboard and press down

5. Tie with string or elastic bands then place something heavy on top and leave for at least 5 days
6. When you return, carefully undo the layers and discover your beautiful pressed creations. You can turn these into a picture, place into a frame, or use to decorate a card to a loved one.

Please be careful when picking wildflowers that you are being mindful and following guidelines. Only pick small amounts of flowers and don’t disturb the whole plant from the roots. Be sure that where you do pick - that the land is not privately owned or on protected land. For more information check online for information about this: