

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



## Tissue Paper Flowers

## What you'll need



- Scissors
- A pipe cleaner – you might want to use green to look like a stem
- 2 sheets of A5 green tissue paper
- 4 sheets of A5 dark coloured tissue paper
- 4 sheets of A5 light coloured tissue paper

In this easy craft activity, you'll make beautiful blooming flowers with just tissue paper and a pipe cleaner! Perfect to give that extra spring to your home, as the sunnier months approach, you can do this activity with the whole family. Make some decorations that will liven up any room! Using three colours of tissue paper, you'll make a gorgeous two-toned flower. See page 2 for full instructions

### Top Tips / Take it Further

- ✿ Try experimenting with different colour combinations to make your own unique flowers!
- ✿ You can increase the size of your tissue paper sheets to make even bigger flowers – check out the inspiration to see how!
- ✿ Why not experiment with different edge trimmings to give your petals a unique pattern?

### Inspiration

- ✿ How to Make Tissue Paper Flowers- The Crafty Mom on Youtube. Good if you want to make flowers that are a little bigger! [www.youtube.com/watch?v=FnR-webQe64](http://www.youtube.com/watch?v=FnR-webQe64)
- ✿ Beautiful DIY tissue paper flowers – Tiger Lily Loves blog. [tigerlilyloves.com/diy-tissue-paper-flowers](http://tigerlilyloves.com/diy-tissue-paper-flowers)

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# ***Tissue Paper Flowers***

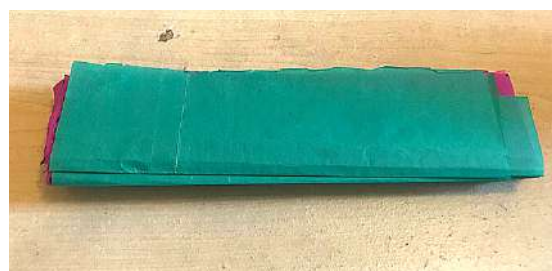
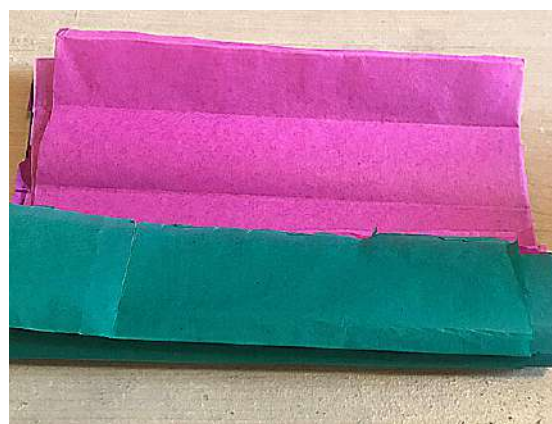
## ***Step-by-step***



First, neatly stack your tissue paper – so that the two green sheets are on the bottom, the four darker coloured sheets are in the middle, and the lightest colour is on the top.



Fold the stacked paper back and forth along a concertina fold, i.e., like a fan. Ensure that the green paper is on the outside for both sides, and that the coloured is safely folded inside.



Wrap the pipe cleaner around the middle of the fanned tissue paper – do this a few times to ensure the paper is secure.



# ***Tissue Paper Flowers***

## ***Step-by-step***



Trim the edges of the fan using the scissors – this will form the petals! Make sure this is done on each of the fan's four corners.



Be careful here! Gently pull the innermost sheet of tissue paper up to the centre – try not to rip it! Repeat this on the other side of the fan and do this for each sheet of tissue paper.



***You now have a beautiful tissue paper flower!***

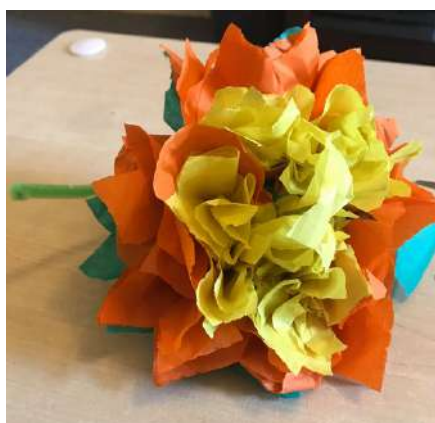




# **Tissue Paper Flowers**



**Tip: try experimenting with different colour combinations and edge trimmings!**



**Check out our inspiration on page 1 for more!**

**Pop your flowers in a vase by your window!**

