

DAVID & CHARLES

The Bouquet in a Book

Pre-punched pages to press out and make

Author: Prudence Rogers

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Key Selling Points

- Innovative design – flower petals, pieces, and stems are all already die-cut to make it quick and easy to simply press-out and make.
- The perfect gift for any occasion – fun and interactive, the beautiful bouquet lasts much, much longer than a bunch of fresh flowers, and is far easier to wrap and send!
- Complete bouquet can be made from the contents of the book – a perfect introduction to papercraft for beginners.

About the Book

Unlock your inner artist and create a stunning, everlasting floral arrangement with *The Bouquet in a Book*. This innovative **press-out and make** book of ready-to-use press-out paper pieces offers step-by-step instructions to help you craft an exquisite paper bouquet that will never wilt.

Inside this book, you'll find:

- **Diverse Floral Designs:** From classic roses and blooming peonies to bright anemones and cheerful daisies, press-out the petals to create a charming bouquet.
- **Easy-to-Follow Instructions:** Each project comes with simple to follow, photographic instructions that guide you through the steps of making the flowers and stems, making it perfect for both beginners and experienced crafters.
- **High-Quality Press-out Paper Pieces:** Professionally designed and ready to press out, the paper pieces ensure that your flowers will look realistic and beautiful.

The Bouquet in a Book is more than just a craft book; it's an invitation to explore your creativity and bring a touch of nature into your home. Whether you're crafting a **personal gift** or **decorating your space**, this timeless bouquet will add a touch of elegance and charm to any setting, and is the perfect gift to celebrate any occasion.

Immerse yourself in the world of papercraft floristry and watch your creations bloom with *The Bouquet in a Book*.

About the Author

Prudence Rogers is an artist, illustrator and designer based in Devon, UK.



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PRE-PUNCHED PAGES TO PRESS OUT AND MAKE

The Bouquet *in a* Book



PRUDENCE ROGERS



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Introduction

This book will guide you through the journey of becoming your own paper florist, where you can discover the joy of watching flat paper transform into gorgeous, three-dimensional flowers.

All the materials you need can be pressed out from the pages of this book, so along with a few basic tools that you likely already have at home, you will have everything you need. You will be guided through some basic skills, from shaping petals to rolling flower centres and attaching leaves.

Alongside simple to follow step-by-step instructions there are plenty of tips and tricks to elevate your creations to the next level. If you wish, it's possible to add lifelike details to your flowers such as curling petals or adding texture, which will make your flowers look beautifully realistic. You can also learn how to assemble your flowers with thoughtful placement of petals and leaves, to create a natural and impressive finish.

After creating your flowers, there is plenty of inspiration for arranging and displaying a finished bouquet that will stand out from the crowd. Whether you are making the bouquet for yourself, an event, or as a gift, your paper bouquet can be treasured far longer than a traditional flower arrangement.

I hope this book inspires you to explore the art of paper floristry and brings you as much joy in creating, arranging, and sharing these flowers as I've had in compiling these pages for you. Welcome to this delightful journey into paper floristry and discover how simple sheets of paper can be transformed into a beautiful bouquet.

Scan the QR code for helpful video tutorials



Helpful Kit

The paper bouquet can be created with just a few simple items – most of which you probably already have at home. Gather this kit together before you start, so you have everything at hand, ready to bring your paper flowers to life.

Thin dowel

A long, 4mm (¼in) diameter dowel is ideal. Alternatively a thin skewer, knitting needle or similar can be used.

Small spoon

A measuring spoon is ideal due to its deeper shape, but a regular teaspoon works just as well.

Foam mat

A soft foam mat is useful for shaping petals. Alternatively a sponge, folded towel, or the palm of your hand can be used.

Glue stick

A glue stick is great for making stems – extra strength ones are particularly useful.

Scissors

Small, sharp scissors for snipping details.

Hot glue gun and glue sticks

Hot glue guns are ideal because the bond sets quickly while working. Alternatively strong clear glue suitable for card or paper can be used.

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Basic Techniques

This section introduces some easy to learn techniques for making all the beautiful paper flowers in your bouquet. From pressing out pieces and shaping petals to assembly and finishing touches, these techniques are your starting point. It's time to begin your paper floristry journey!

Stems

The technique for the stems is the same for all the flowers in the bouquet.

- 1 Using a glue stick apply adhesive along the length of one of the long edges.
- 2 Place a thin dowel (or skewer/knitting needle) across one corner, on the opposite side to the glue – use the guideline on the stem piece to achieve the correct angle.
- 3 Roll the paper up around the dowel tightly all the way up to the glued edge and make sure the last corner is fully stuck down.
- 4 Trim both ends of the stem straight across with scissors.

Press Out Tips

Work on a clean surface Ensure your work area is clean and free from grease or oil to avoid any unwanted marks getting on the pieces.

Store pieces safely Press out in the labelled order while following the instructions so you can keep track of individual pieces.

Remove the page Sometimes it is easier to manipulate the pieces by removing the whole page from the book first.

Hold the piece On a flat surface hold the flower piece itself down with your finger while pulling the page up and away.

Take your time It is important to go slowly when pressing out the pieces. Rushing could cause tearing or damage to smaller details.

Support small pieces Use a tool such as a toothpick or similar to push out small or delicate areas while supporting the surrounding page with your fingers.

Extra detail For the highest level of finish, you can trim off any small paper joins left behind from pressing out the shapes. This can smooth the edges and add an extra level of detail if desired.

Tip It can help to practice rolling stems using the extra stem pieces provided at the back of the book, or a rectangle of spare plain paper.

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Shaping Petals

Shaping can breathe life into flat paper petals, transforming them into lifelike flowers. While each petal design is unique to the flower species, the basic techniques for shaping them are the same. Once you master these fundamental methods, you'll be able to apply them to all the flowers in the book and easily create beautifully realistic blooms.

- 1 To give the individual petals their own shape press each one into the bowl of a spoon to create form and creases that emulate real petals.
- 2 To shape the whole piece place on a soft surface or in the palm of your hand and use the back of a spoon to apply firm pressure to the centre in a circular motion. You will see the petals start to pull up, forming a cupped effect. Apply greater pressure for longer to create a deeper dished effect.
- 3 Some flowers require more shaping, to create a more pronounced cupped effect. This can be achieved by using the tip of the spoon (or the rounded end of a pen or brush) and pulling back from the tip of each petal into the centre using firm pressure.

Tip Don't worry if the petals crease – this is part of creating a natural look and adds to the overall realism of the flowers.

Curling Petals

Applying a curl to petals can add an extra layer of realism to your bouquet. You can do as little or as much as you like – the flowers will look great either way but this detail can elevate your creations to the next level. Get creative with how you apply the curls and make each flower uniquely yours.

- 1 Hold the end of the petal between your thumb and the edge of a spoon.
- 2 Pull back along the length of the petal applying firm pressure. The more pressure, the greater the curl. Repeat to enhance the effect if necessary. Petals can be curled either up or down, depending on the flower species.

Veining Petals

While the flowers will look beautiful even without this step, adding some veining detail can enhance the texture and realism of some flower species. To create the effect, press into the petal with a scissor blade, angling it in line with the petal as you move around. The firmer the pressure, the more pronounced the effect will be.

Rolling Flower Centres

Start by folding the paper strip in half lengthways, then make 5mm (¼in) deep snips along the folded edge. Roll the strip tightly from one end, applying hot glue as you go to form a coil. Ensure the end of the strip is firmly glued down. Finally, fan out the snipped ends slightly to form a realistic and detailed flower centre.

Displaying Flowers

There are many ways to display your finished bouquet, but the classic way is in a beautiful vase arrangement. Choose a short, wide neck vase to display a full bouquet, or small narrow vases for single stems.

Eucalyptus

- 1 Make the stem using piece A (refer to basic techniques). Snip a slit about 4mm (¼in) long into the top.
- 2 Press a scissor blade into each leaf of piece B to create a vein down the middle. Fold in half, open the slit in the stem, and glue inside.
- 3 Indent the remaining leaf pieces C-H and glue at intervals down the stem, alternating sides, and fold the leaves down to open them up. Repeat to make a second Eucalyptus stem.

Olive

- 1 Make the stem using piece A (refer to basic techniques). Snip a slit about 4mm (¼in) long into the top.
- 2 With the darker side up, press a vein down the middle of each leaf on piece B. Fold and glue into the slit in the stem.
- 3 Indent the remaining leaf pieces C-F and glue at intervals down the stem, alternating sides. Repeat to make a second Olive stem.

Lily Grass

- 1 Make the stem using piece A (refer to basic techniques).
- 2 Crease piece B in half and glue to the side of the stem.
- 3 Flatten the stem top slightly where it meets the leaf. Curl the leaf end by running it through your fingers with pressure. Repeat to make three Lily Grass stems.

Trim stems Cutting stems at different heights can add depth and dimension to your bouquet. Arrange shorter blooms at the front and taller flowers at the back.

Leaves Omitting a few leaves can create extra space and help the flowers sit nicely in the vase.

Tip Try filling a vase with rice or similar to hold stems in place while arranging.

Hand-tied Bouquet

Build the bouquet in your hand, layering the flowers and criss-crossing the stems. Wrap in tissue or craft paper and tie with ribbon, twine or raffia.



Gifting

Tags Press out a tag from the back of the book and add to your bouquet to create a beautiful, personalised gift.

Single stems An individual flower can have impact and meaning. Add a tag and tie with a ribbon for a pretty present.

Other ideas How about creating a mini bouquet, adding a bloom to your gift wrapping, using flowers as place settings, or including them with a card or note for a special occasion?

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Gerbera



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Shaping Leaves

Paper leaves and foliage add the finishing touch to your paper flower bouquet. The leaves will look great as they are, but some extra details can take your foliage to the next level. Here are some tips and tricks to add shape and detail for lifelike leaves that will compliment your flowers perfectly.

Texture Hold the leaf in your hand and press into the paper with a scissor blade to creating veining details. The firmer the pressure, the more pronounced the veins will be.

Creasing For a more realistic look, crease the leaf in half lengthwise to create a central ridge for a three dimensional effect.

Curling Depending on the type of foliage, you might want to curl the edges of the leaves. Hold the leaf tip between your thumb and the edge of a spoon and pull back along the length of the leaf applying firm pressure. The firmer the pressure the tighter the curl will be.

Tip If you prefer, you can leave the leaves off the flowers altogether. This can be useful when arranging the flowers in a smaller vase, creating a tightly packed bouquet, or making smaller posies.

Attaching Petals and Leaves to the Stem

PETALS

- 1 Apply hot glue to the underside of the flower centre and slide the petal piece onto the stem using the precut hole.
- 2 Push the petal piece up underneath the glued flower centre and secure it in place.
- 3 Continue adding petal pieces in the same manner, applying glue underneath the previous petals, then sliding the next piece onto the stem. Offset each petal piece to create a more natural, random look.

Note If you don't have a hot glue gun, you can use clear, strong glue suitable for paper or card. In this case allow for drying time between each stage.

Tip Your stem may be thicker or thinner depending on the size of the dowel used. If the hole in the centre of your petals is a little small for the stem, extend the hole by making some snips with scissors.

LEAVES

- Once your petals are securely attached, it's time to add the leaves:
- 1 Use a hot glue gun to apply glue to the tab at the bottom of each leaf. Make sure to apply glue right up onto the bottom part of the leaf, not just on the tab, to ensure a strong attachment.
 - 2 Position the leaf on the stem and wrap the tab around it, pressing firmly to secure it in place.
 - 3 Thoughtful placement of the leaves will enhance the overall look of the flowers. Alternate the leaves, stagger them up the stem, and position them on opposite sides for a more natural appearance.