

PRE-PUNCHED PAGES TO PRESS OUT AND MAKE

The Bouquet *in a* Book



PRUDENCE ROGERS

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Book

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DAVID & CHARLES
— PUBLISHING —

www.davidandcharles.com



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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





*Icelandic
Poppy*



Sweet Pea

Gerbera



Stock



*Lily
Grass*



Ranunculus

Olive

Rose
'Cherry Brandy'



Dahlia



Eucalyptus





*Peony
'Coral Charm'*



Anemone



Feverfew

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 ($\frac{1}{8}$ in) diameter dowel is ideal. Alternatively a thin skewer, knitting needle or similar can be used.

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.

Small spoon

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



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.

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!

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.



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.



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.



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 (1/4in) 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.




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.



Making the Flowers

The following section provides step-by-step instructions for creating each of the different flower varieties in the paper bouquet. Alongside the basic techniques in the previous section, you will have everything you need to ensure your flowers are as beautiful and realistic as possible.

Gerbera

1 Make the stem using piece L and roll a flower centre from piece A (refer to basic techniques).

2 Glue the flower centre on to the top of the stem.

3 With the darker pink side up, shape piece B into a slight cup. Curl the petal ends inwards using your thumb and a spoon edge.

4 Glue the underside of the yellow centre and slide piece B up to the stem until secure.

5 Repeat steps 3–4 with pieces C and D.

6 Continue with pieces E–K, this time with the pale pink side facing up, shaping gently and curling petal ends down slightly, referring to the finished image.

7 Finally, slide piece M up the stem and glue in place under the flower.

Ranunculus

- 1 Make the stem using piece L (refer to basic techniques).
- 2 Shape and cup the petals of piece A into a tight cup then slide up to the top of the stem and glue in place. Pull the petals in together and glue around each other to form a tight bud.
- 3 Repeat with piece B, gluing its petals around the bud formed by piece A.
- 4 Continue with pieces C and D, gluing the petals of each layer to the bud to create the flower centre.

- 5 Shape the petals of pieces E-K and gently cup, then slide each piece up the stem and glue into place to build the flower.
- 6 Curl the tips of piece M down, slide it up the stem, and glue it to the underside of the flower.
- 7 Vein and fold leaf pieces N and O, if desired, then glue them to the stem.



Dahlia

- 1 Make the stem using piece I (refer to basic techniques).
- 2 Scrunch a paper ball (1 cm) using scrap paper from the Dahlia page and glue to the stem.
- 3 Curl the ends of piece A, glue one end to the side of the paper ball, and coil around, gluing as you go to form the flower centre.
- 4 Curl up the sides of the petals for pieces B-H using a dowel or skewer, by pinching and applying pressure along each petal.
- 5 Starting with B, slide pieces B-H up the stem in turn, gluing each under the flower centre.
- 6 Slide piece J up under the flower and glue in place.
- 7 Vein and fold leaf pieces K and L if desired, then glue to the stem.



Icelandic Poppy

1 Make the stem using piece G (refer to basic techniques).

2 Snip into one edge of piece F, glue one end to the top edge of the stem, and coil around, gluing as you go to create the flower centre, then fan out.

3 Curl tips of piece I, bringing them together and glue to form a dome. Glue into the middle of the flower centre, then glue piece E on top.

4 Shape petals of piece B, slide up the stem, and glue under the flower centre. Repeat with piece C.

5 Make a second stem using piece H. Glue the smaller end of piece A to the stem, roll up around itself, gluing as you go to form a bud centre. Shape petals of piece D, slide up the stem and glue under the bud. Pull up and glue each of the petals around the flower centre to finish the bud.

6 Shape the two J pieces and attach one to each side of the bud, gluing the base to the stem, and the leaf to the bud. Cut the stem to a suitable length, flatten the bottom end, and glue to the main flower stem.

7 Vein and fold leaf pieces K and L if desired, then glue to the stem.



Anemone

1 Make the stem using piece E (refer to basic techniques).

2 Fold piece A in half lengthways, coil tightly, and glue as you go. Attach to the top of the stem.

3 Make a fringed flower centre using piece B (refer to basic techniques) and glue around the coiled centre.

4 Shape petals and cup piece C, slide up the stem, glue and repeat with piece D.

5 Vein and fold leaf pieces F and G if desired, curl the tips down, then glue to the stem.

Tip For extra detail, press ridges into the petals with a scissor blade before constructing the flower.





Sweet Pea

- 1 Make the stem using piece D (refer to basic techniques).
- 2 Curl one A piece around a dowel/skewer to shape the central petal, and glue it to the stem end.
- 3 Pinch and crimp around the edge of one B piece, fold the bottom of the petal in half and glue. Attach this petal to one side of the central petal.
- 4 Repeat with one C piece, but this time do not fold – curl around the stem and glue opposite piece B. Pull the edge back and down slightly to shape.
- 5 Slide one F piece up the stem and glue under the flower.
- 6 Make another stem with piece E, cut in half, and repeat steps 2–5 to create two more flowers. Cut the extra stalks to length, flatten the end and attach to the main stem for a multi-stemmed effect.
- 7 Curl both G pieces to form leaves and glue to the main stem.
- 8 Cut two 3mm ($\frac{1}{8}$ in) wide strips from spare paper on the leaf page, curl between your thumb and scissors, and glue to the stem, trimming to length.

Feverfew

1 Make the stem using piece F (refer to basic techniques).

2 Lightly dish two A pieces, glue one on top of the other with the petals offset.

3 Shape one B piece into a dome using a rounded pen/brush, then glue concave side down into the centre to create one flower.

4 Repeat steps 2–3 to make 15 flowers.

5 Lay one C piece flat and glue a flower to the end of each stalk.

6 Repeat step 5 with the remaining C pieces to make four flowered stalks.

7 Glue the stalks to the stem, with two at the top on opposite sides and two underneath, flowers facing the stem.

8 Fold each flower head back slightly to face outwards. Play with curling and pinching the stalks in different directions.

9 Vein and crease two D and two E pieces, if desired, then glue to the stem.

Repeat to create a second stem of Feverfew, using piece G for the stem this time.

Tip For extra detail, lines can be pressed into each of the petals using a scissor blade.



Stock

1 Make a stem using piece G (refer to basic techniques).

2 Make a smaller stem with piece H, pinch one end, and glue it inside the end of the first stem, creating one long stem.

3 With the darker side up, shape two A pieces into a slight dish, curl the petal ends, and glue one on top of the other with the petals offset.

4 With the lighter side up, shape one B piece into a cup and glue in the centre to create one flower.

5 Repeat steps 3–4 to make eight flowers.

6 Lay two C pieces flat, glue a flower to the end of each stalk, and slide up the stem. Glue the first around 11cm (4¼in) from the top and the second 4cm (1½in) below.

7 Fold each flower head down slightly to face out and pinch up the stalks where they meet the stem.

8 Above the stalks, glue two flowers directly to the stem, on opposite sides.

9 Shape four D and four E pieces into cups, glue the pink pieces to the stem above the flowers, followed by green ones, largest to smallest to create buds. Use the finished image as a guide.

10 Crease two F pieces in half lengthways to make the leaves, glue to the stem below the flowers and curl down slightly.

Repeat to create a second stem of Stocks.



Rose 'Cherry Brandy'

1 Make the stem using one G piece (refer to basic techniques).

2 Curl the edges of one A piece inwards, wrap around and glue to the top of the stem, gluing the petal edge to itself to create a centre bud.

3 With yellow side up shape the petals and cup one B piece, then curl the tips down and slide up the stem. Glue to the stem, and then glue each petal in turn to the centre, continuing the bud shape.

4 Use pieces C-E similarly, creating progressively more open layers by gluing the petals at wider intervals.

5 For the final layer, use one F piece, but this time bend the petals down rather than gluing them to the flower, to achieve an open effect. Refer to the finished image.

6 Curl the tips of one H piece, some up and some down, then glue underneath the flower.

7 Vein and crease pieces I-L if desired, then glue to the stem.

Repeat to create a second Rose stem.

Rose Bud

1 Make the stem using piece E (refer to basic techniques).

2 Using pieces A-D, repeat steps 2-3 from the Rose instructions, but glue the petals more tightly to form a closed up bud.

3 Curl the tips of piece F, slide up the stem and glue around the bud, leaving the very end of the curled tips free.

4 Vein and crease pieces G-J if desired, then glue to the stem.



Peony 'Coral Charm'

- 1 Make the stem using piece N (refer to basic techniques).
- 2 Create a flower centre with piece L (refer to basic techniques), but coil around the stem end, gluing as you go and then fan out.
- 3 Cup pieces A–D and curl the petal tips inward. Slide each up the stem in order, starting with A, and glue under the flower centre.
- 4 Shape petals and cup pieces E–K. Slide each up the stem in order and glue under the previous piece.
- 5 Shape the petals of piece M, turn it over, and gently shape the whole piece into a gentle cup. Glue underneath the flower, allowing the petals to curl down, instead of up.
- 6 Shape and curl the tips of piece O and glue under the flower.
- 7 Crease the leaf sections of pieces P and Q in half, curl downwards, and glue to the stem.

Peony Bud

- 1 Make the stem using piece D (refer to basic techniques).
- 2 Shape piece A into a deep cup, forming a closed, round shape. Glue onto the stem and then glue each petal in, one at a time, to form a bud.
- 3 Repeat with pieces B and C, gluing to the stem and then each petal to the bud, offsetting the petals.
- 4 Shape and curl the tips of piece E. Slide up the stem under the bud and glue up around it, allowing the thin tips to curl away.
- 5 Crease the leaf pieces F and G in half, curl downwards, and glue to the 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.



Eucalyptus

1 Make the stem using piece A (refer to basic techniques). Snip a slit about 4mm ($\frac{1}{4}$ in) 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 ($\frac{1}{4}$ in) 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.

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.



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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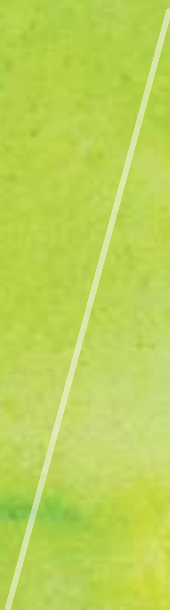
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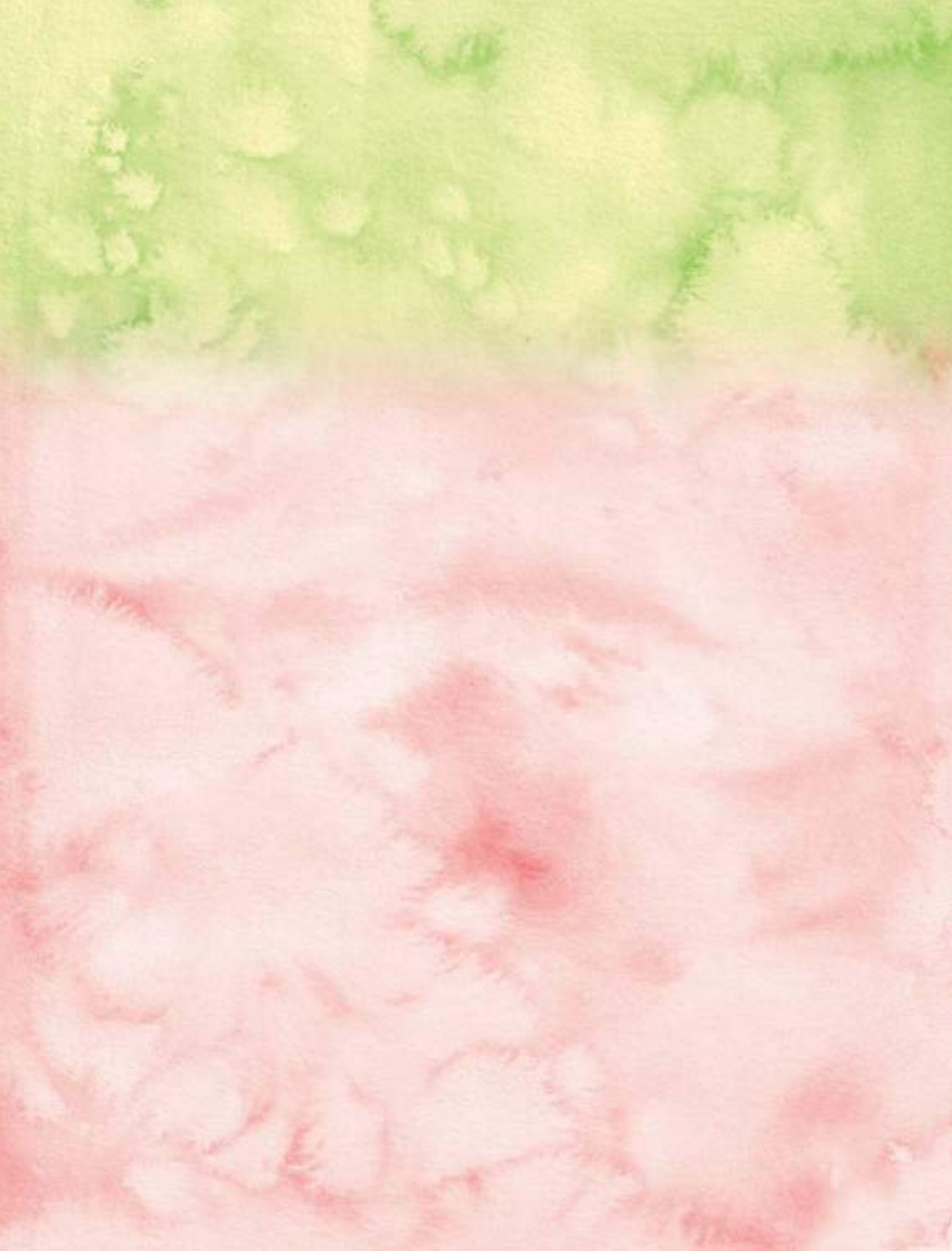
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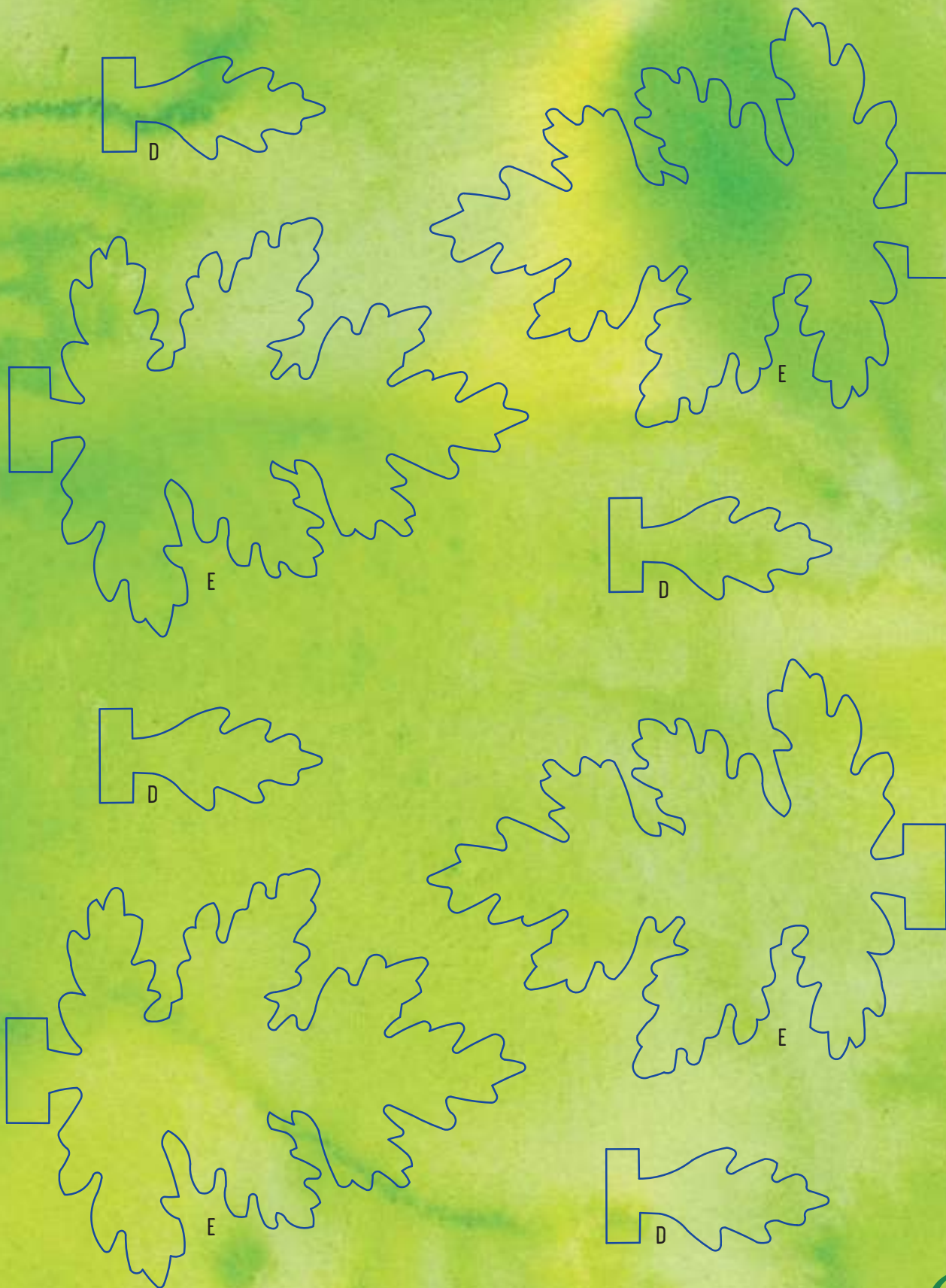
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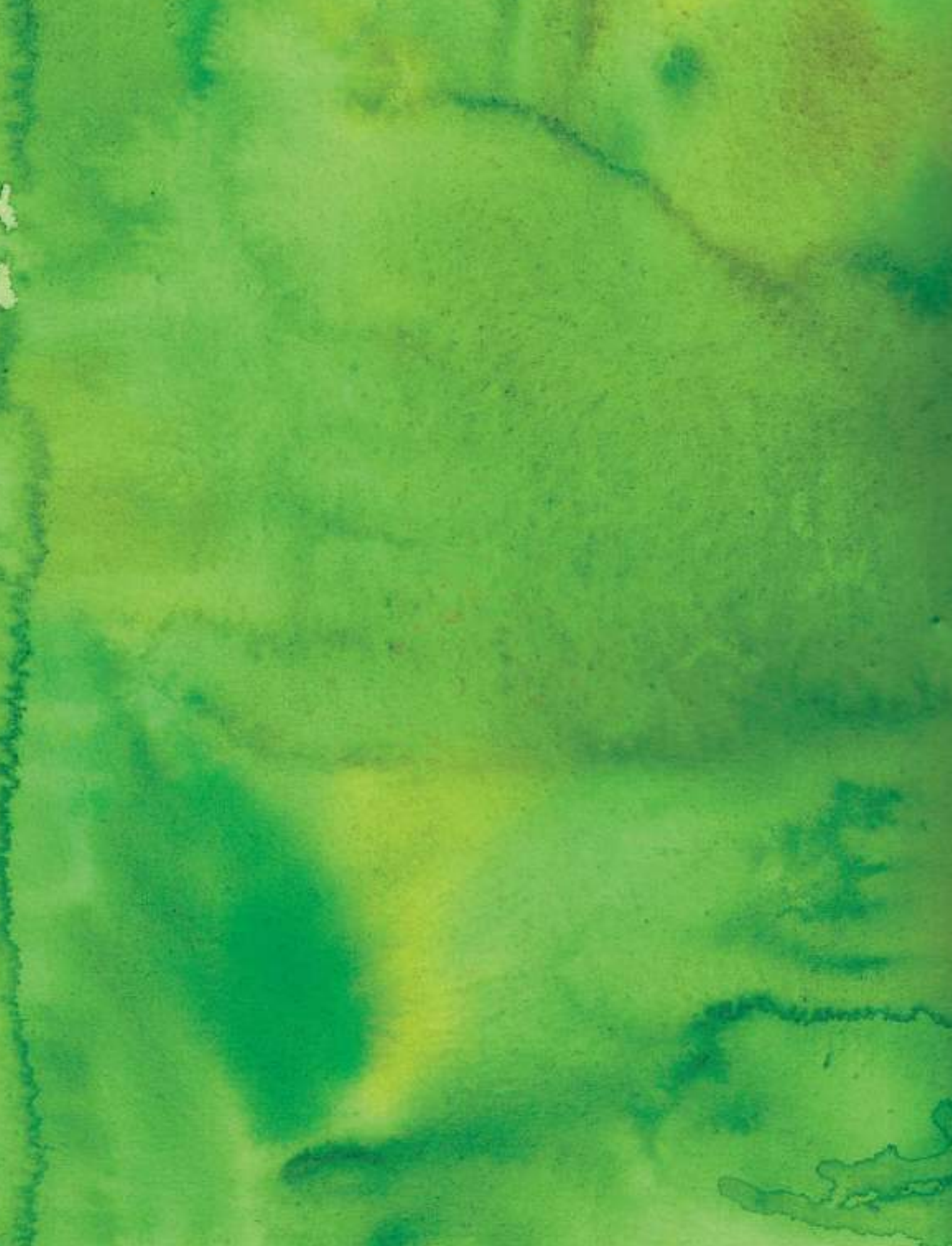
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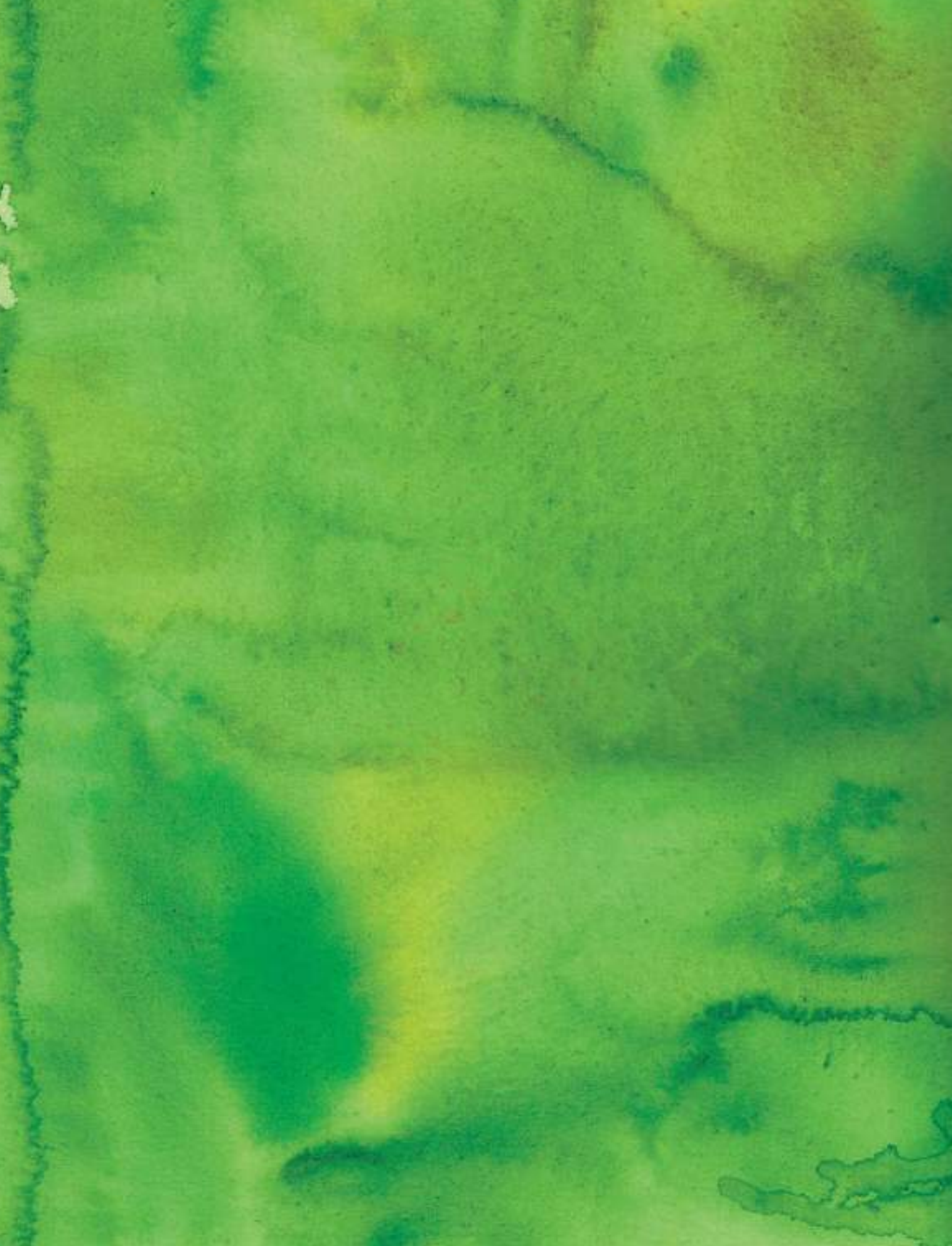
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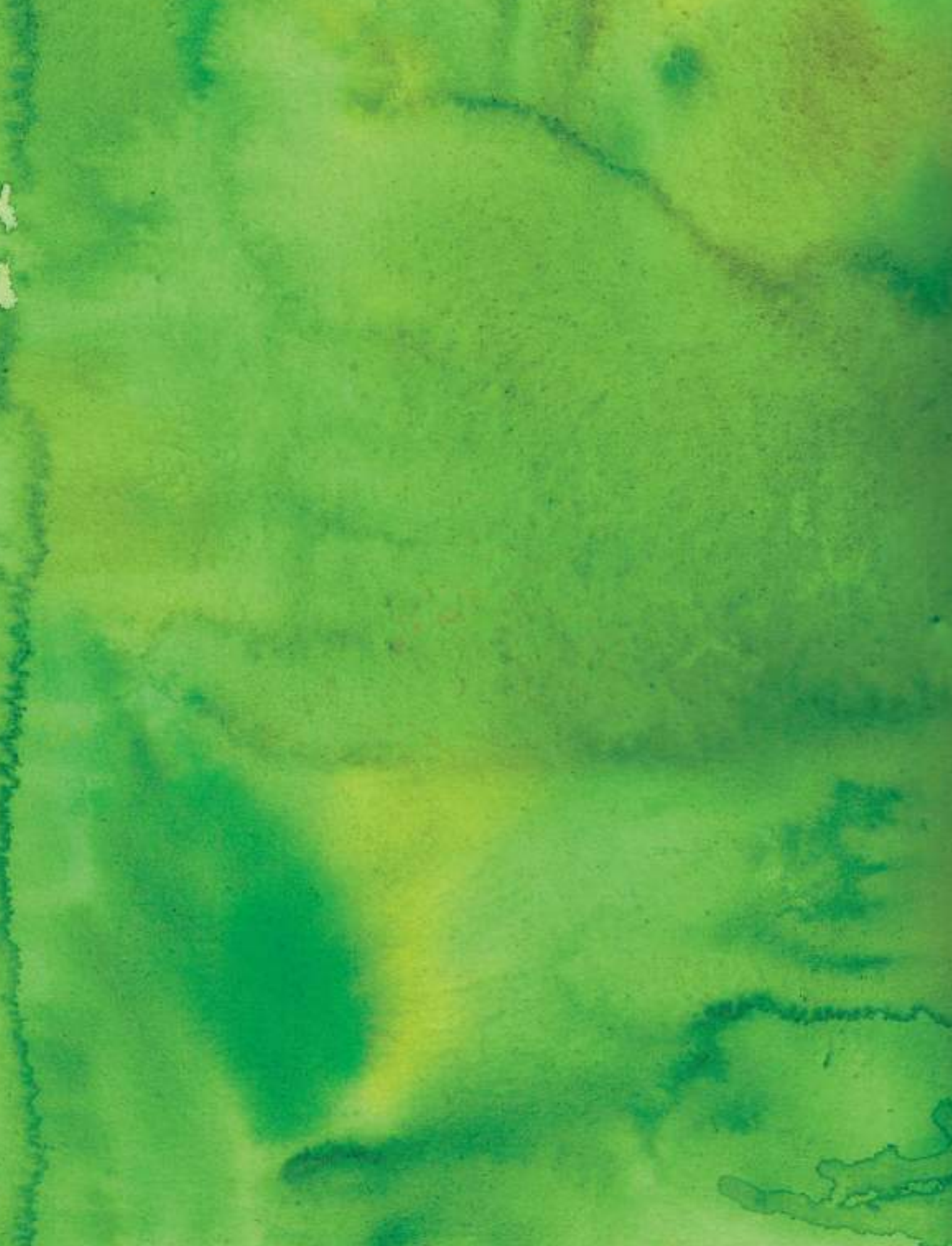
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Peony 'Coral Charm'

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Peony 'Coral Charm'

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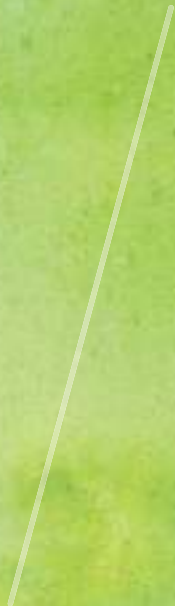
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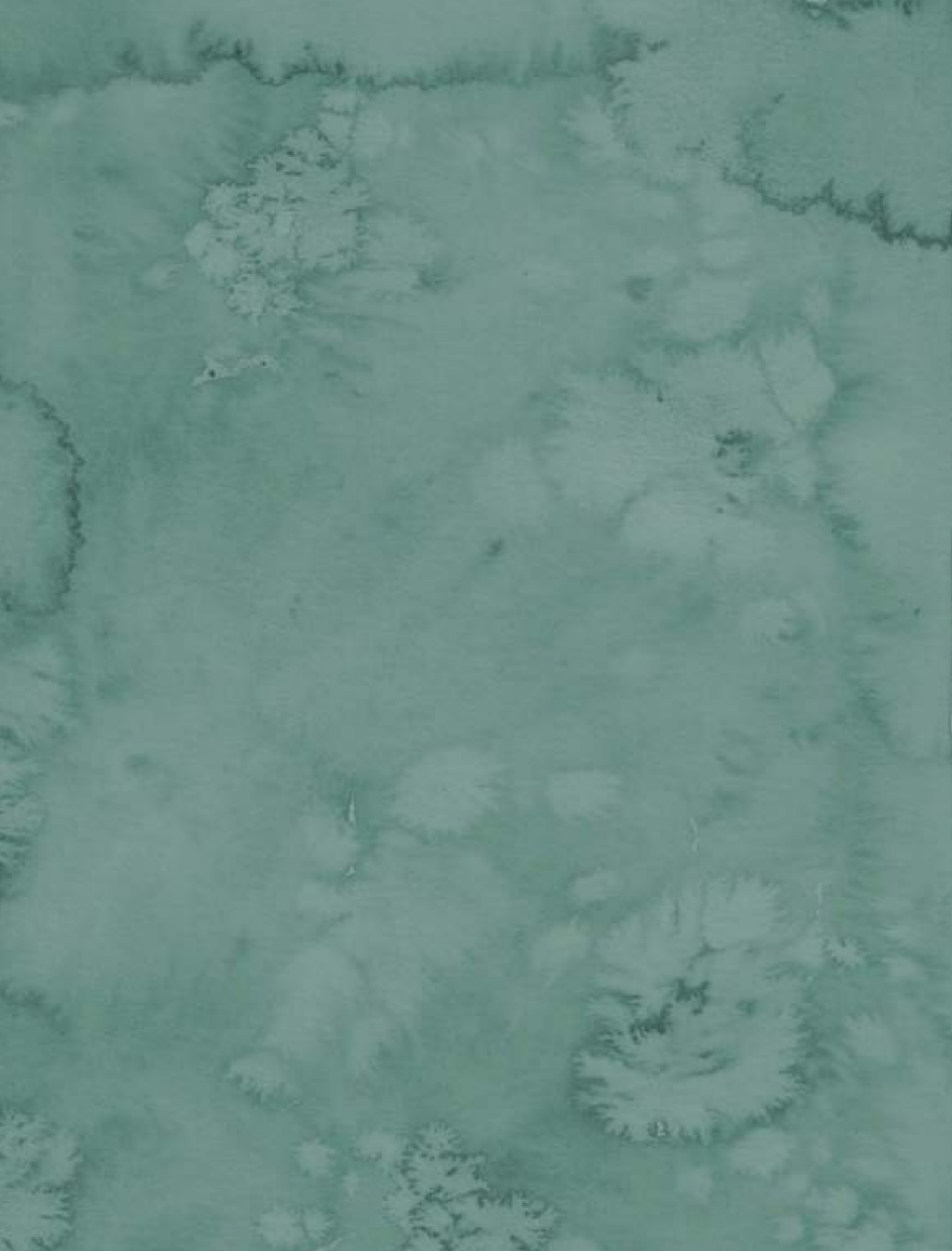
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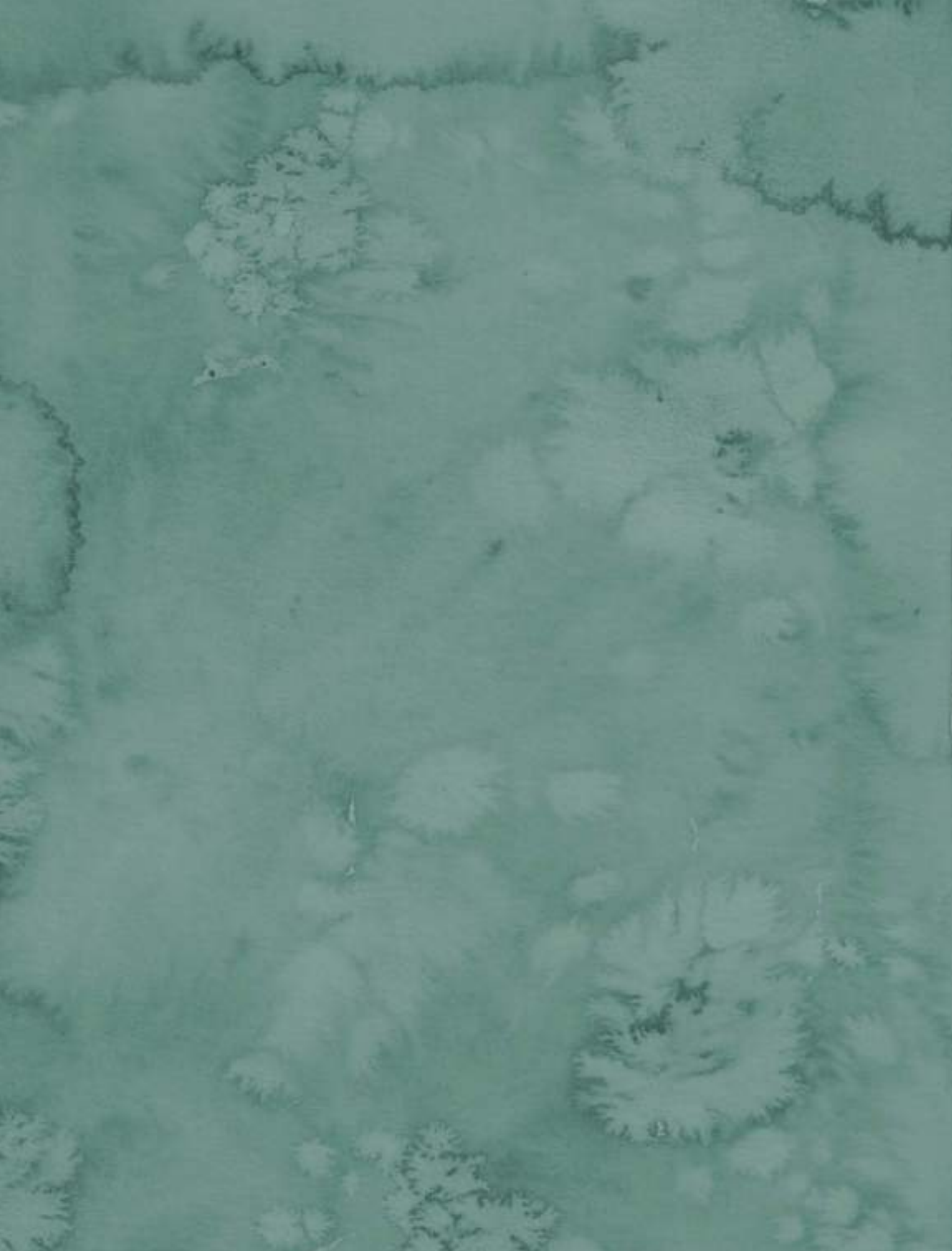
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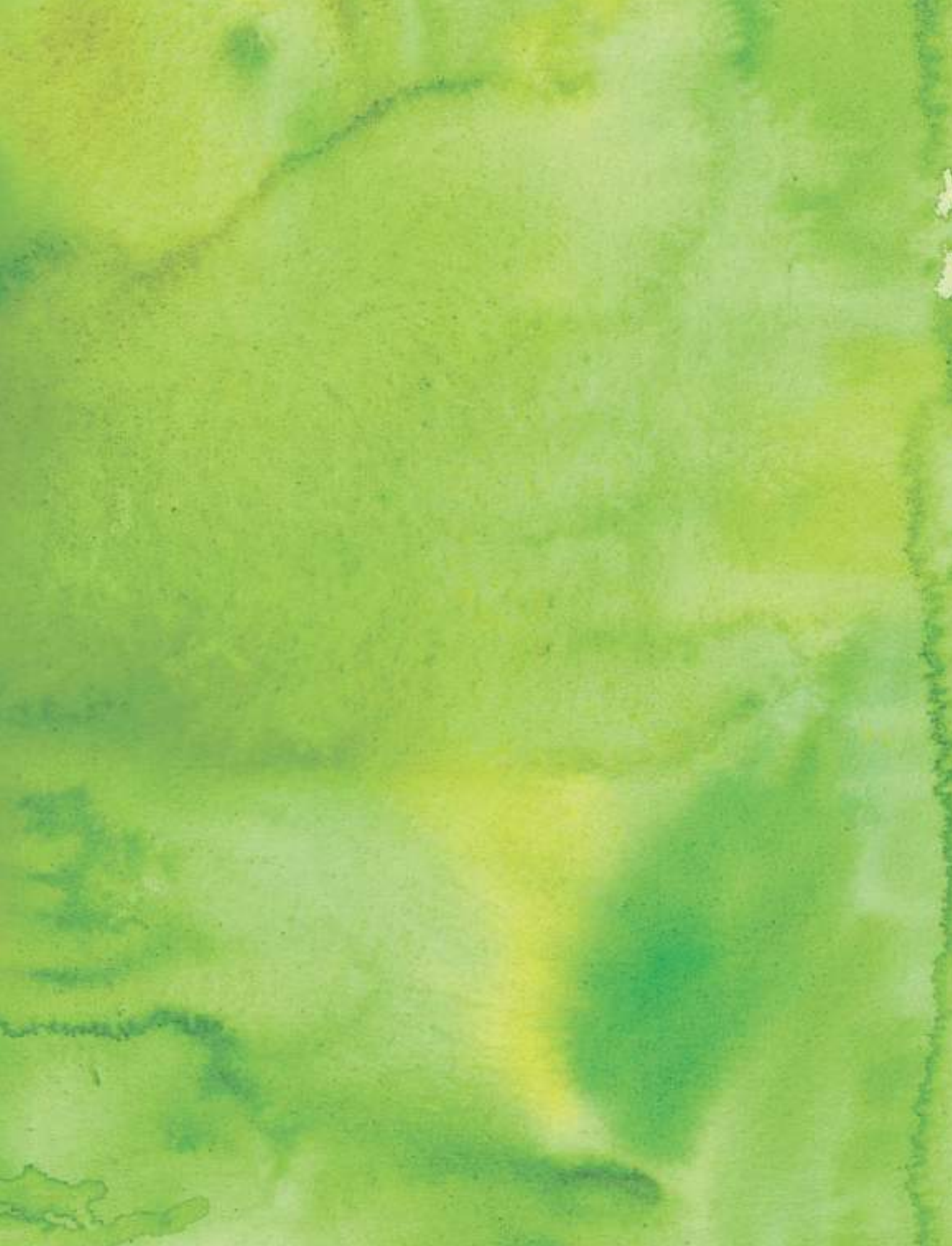
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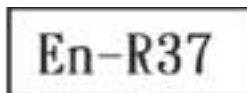
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