

HAPA-ZOME!

Hapa-Zome means 'leaf dye' and is the Japanese technique of hammering the colour in leaves and flowers into material – or even paper. Your challenge this week is to go outside and select some leaves and flowers to make your own design. How about creating a butterfly or moth?

INSTRUCTIONS:

1. Place the material out flat on your surface.
2. Cover half of it with your design using leaves and flowers.
3. Once you're happy with your arrangement, fold the other half of the material over to cover the leaves.
4. Hammer – not too hard! - evenly over the plants. We find it helps to follow the shape of the leaf and hammer the colour from each one in turn.
5. Unfold and there you have it – you could make it into a cushion cover, wall hanging or lovely wrapping!

YOU WILL NEED:

- Some plain material such as cotton, or paper will work too
- A small hammer or mallet
- A flat surface
- Flowers and leaves



NOTE FOR CAREGIVER:

if you soak the material in soy milk before using, the dye will remain even after a few washes.

Young Vets Club

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