



Flower Stamping Reusable Napkins

Lesson Inspiration for Teachers

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Our Social Fabric takes pride in helping you make your textile projects sustainable. Using deadstock supplies to create something unique and beautiful is tremendously rewarding.

In this guide, we show you how to teach flower-stamping to create reusable napkins, a creative project that results in a practical and sustainable item.



Course Description

Create a beautiful reusable napkin from marigold and or maple leaves from your garden! This project is a fun way to let kids' imaginations and creativity run wild!

Skills Developed

Fine motor skills, hand-eye coordination, concentration, problem-solving skills as well as creativity.

Course Duration

1 hour

Supplies

- Marigolds and maple leaves
- Cardboard
- Cotton or linen fabric for the napkins.
- Extra cotton scrap
- Hammer
- Paper and pencil



Pre-Planning

- Cut out fabric to size preference for napkins they can be anywhere from 12cm coaster napkins to 50cm dinner napkins.
- Finish the edges of the napkins. This can be done with a rolled hem, serged or a turned-up hem. Note: The example in the photos is serged.



Instructions

- Have students create a design for their flowers. Sketch on paper or lay your ideas on napkins. *Note for your pattern you can make it double-sided by designing on half your napkin and folding over. Or designing for the entire napkin.
- Once you have your design ready you can start laying out your flowers on the napkin.
- If you are doing a mirrored image fold over your napkin to cover the one side of marigolds and or maple leaves. If you are not doing a mirrored image use an extra piece of fabric scrap on top of your design.
- Place a piece of cardboard underneath your design.
- Gently hammer down your print. Peel away the fabric!
- Wash and use!

Note: For the marigold colour to last longer follow the steps of PrettyTogether.com

1. Wash the fabric: Wash the fabric in cold water without any fabric softeners or detergents. This will help remove any sizing or dirt that may interfere with the flower-pounding process.
2. Soak the fabric: Soak the fabric in a mixture of water and alum powder for about 15-20 minutes. Alum is a natural mordant that helps to bind the pigments to the fabric. The ratio of water to alum powder should be 16:1.
3. Rinse the fabric: After soaking, rinse the fabric thoroughly with cold water to remove any excess alum.
4. Dry the fabric: Hang the fabric to air dry or tumble dry on low heat. Do not use fabric softeners or dryer sheets, as they can interfere with the flower-pounding process.