

# SMASHING PLANTS

## INSTRUCTIONS

You will need:

- a piece of white cotton or calico or a plain cotton bag
- a tool to smash with, such as a smooth pebble that fits your hand
- a piece of board or clipboard
- a selection of fresh leaves and coloured petals, fleshier leaves work best

1. Place your fabric onto your board.
2. Choose your first leaf or petal and place it onto your fabric, you can do one at a time or create an arrangement with multiple leaves and petals before smashing.
3. Hit the leaf or petal all over to transfer the pigment from it onto the fabric.
4. Some leaves and petals work better than others so be patient and try out a few different ones.
5. Once you've smashed all of your plants, brush off any excess material and admire!

