



# Make your own Christmas presents for friends and family

## Handprint flower apron

An excellent gift for an adult or child who enjoys cooking is a handprinted flower apron.

### Stay safe

Whether you are a scientist researching a new medicine or an engineer solving climate change, safety always comes first. An adult must always be around and supervising when doing this activity. You are responsible for:

- ensuring that any equipment used for this activity is in good working condition
- behaving sensibly and following any safety instructions so as not to hurt or injure yourself or others

Please note that in the absence of any negligence or other breach of duty by us, this activity is carried out at your own risk. It is important to take extra care at the stages marked with this symbol: ⚠

### Equipment ⚠

- > Plain white apron
- > Acrylic fabric paint
- > Paint brushes
- > Cardboard the same size as the apron
- > Iron
- > Ironing board

### Instructions ⚠

Firstly, if you don't have one already, you will need to buy a plain white apron. These are easy to get and cost between £7-£15, depending on the quality. For an example please [click here](#) \*there are many available at other retailers.

Paint: You need to use a specific type of paint for this project, after all, it is an apron and it will need a wash from time to time! The paint needed is acrylic paint, you can buy especially produced paint to draw on fabrics from art shops.

With this present, the aim is to make a bright landscape with flowers using your handprints as the flower heads.

#### Step 1

Plan out your design first on a piece of paper.

\*It is important to do this as you don't want to make a mistake on your apron. All designers practice their designs first before creating the real thing. For example, architects and engineers will first draw out pictures of what they want to create. Then they will make models that are to scale.

"To scale" means that the proportions of the model match what would be built in real life, it's just smaller. For example, a model might be made in the ratio of 1:50cm. This would mean, that for every 1 cm in the model, in the actual build, the part would be 50cm.





Look carefully at your picture. Do you think this will work well on the apron? Are all the pictures in proportion? Think about the scale and how big your design will be on the apron. It is best to have a bold colourful design, as this will look great when the person is wearing your apron.

Draw the stem of the flower then paint the palm of your hand and press it on top of the stem to create the flower.

As you are drawing the flowers, use your scientific knowledge to name the different parts of the plant. You may have learnt about this in science at school. What do each of the parts do?

You may even want to add some wildlife to your picture, perhaps a butterfly or a snail.

### Step 2

Now lay the apron out flat on a table and carefully start to paint your design. Put a piece of cardboard under the apron to make it easier when you are painting on to the fabric.


You could lightly draw your design on the apron with a pencil first.

### Step 3

Once the paint is completely dry, it will be time to “heat set” the paint. This will ensure that the paint won’t come off in the wash.

Put an old towel or unwanted spare fabric on the ironing board, then lay the apron on top of it on the ironing board with the painted side face down. Now place another piece of fabric over the top of it such as an old t-shirt or tea towel.

Iron (the iron needs to be on the cotton setting) over the tea towel, with the apron underneath. Keep moving the iron across the fabric and holding on the painted area for about 20 seconds.

 **Take care and make sure your adult is concentrating!**

### Step 4

Wait until the paint is completely dry, then your present is ready to gift wrap and give to the lucky friend or family member. Enjoy!

