



# Exploring 4-H at Home



Environment & Healthy  
Living

**Pillar:** Environment & Healthy Living

**Project:** 4U Self Determined

**Activities:** Flower Arranging



CANADA  
4-H Saskatchewan

**4U Self  
Determined**

Reference and Activity  
Guide

# Flower Arranging

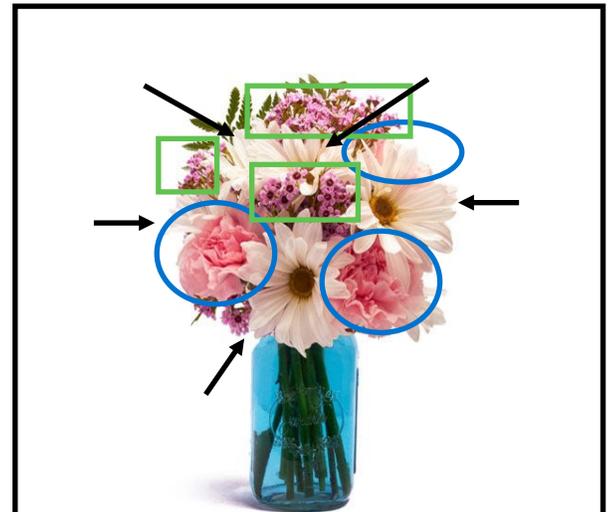
## Supplies:

You will need:

- **Container** for your arrangement
- **Floral foam** (if you don't have floral foam, you can use pebbles, sand, gravel, clay, marbles, wood aspen, compact moss or even fruit to support floral arrangements)
- **Flowers** (2-3 larger flowers, plus 2 smaller flowers)
- **Foliage** (a.k.a. greenery/leaves—use 2 types)
- **Scissors**
- **Serrated knife**
- **Floral tape** (optional)
- **Water**
- **Love!**

## Directions:

1. Cut floral foam with the serrated knife to fit in your container. Consider “chopping the top” so it is hidden just beneath the top of your container.
2. Fill the container with water.
3. Put floral foam in your container (see supply list above if you don't have floral foam). Allow foam to become saturated with water (it should turn dark green).
4. Dump out excess water out of your container once the foam is saturated because it will start to disintegrate.
5. Figure out what you want your flower arrangement to look like. There is an unspoken guideline in flower arranging to always use one, three or five flowers (though you will need more if you have a larger arrangement). That way you will always have a focal point. See the example to the right.
6. Figure out the height of your arrangement—how high do you want it to be? Depending on where the flowers and foliage will go, you will need to trim the stems accordingly with your scissors.
7. Begin to add your foliage to the foam. Again, add this so it is somewhat symmetrical to help give your arrangement a “full” look.



### **WORKING IN 1's, 3's AND 5's:**

*Though you may have to squint, there are **five white daisies** in this arrangement (look where the black arrows are pointing). There are **three pink carnations** (look at the blue circles—one is behind a daisy). There are **three smaller purple flower bunches** (in the green boxes) and a tiny bit of greenery.*

*Using flowers in odd numbers helps to create a sense of natural symmetry and fullness to your arrangement.*

8. Trim off any extra leaves from the base of the foliage or flower stalk so they don't get stuck in the flower foam.
9. Use different foliage sizes to 'fill in' spots, and create a symmetrical appearance. Don't forget your flowers need to fit in there too! Alternate your foliage types so you don't have any 'clumping' of the same type of foliage.
10. After you have your foliage in place, now you can start adding your flowers. There are many different ways to do this—some people add the smaller flowers first (such as mini carnations or baby's breath); Some add the larger flowers first (like a rose or a gerbera daisy); Some just 'go with it' and add whatever flower as they see fit.
11. Don't be afraid to move your foliage or flowers, if they are not in the correct spot. However, be mindful that your floral foam gets holes in it—if you have too many holes, it might not support your flower where you want it to go.
12. Once you have finished your arrangement, take a picture and post it on the Exploring 4-H facebook page! We would love to see your beautiful work! Oh, and don't forget to water it!



*Photo Credit: Jaydene Freund, Cradled Creations Birth Photography, May 2020.*