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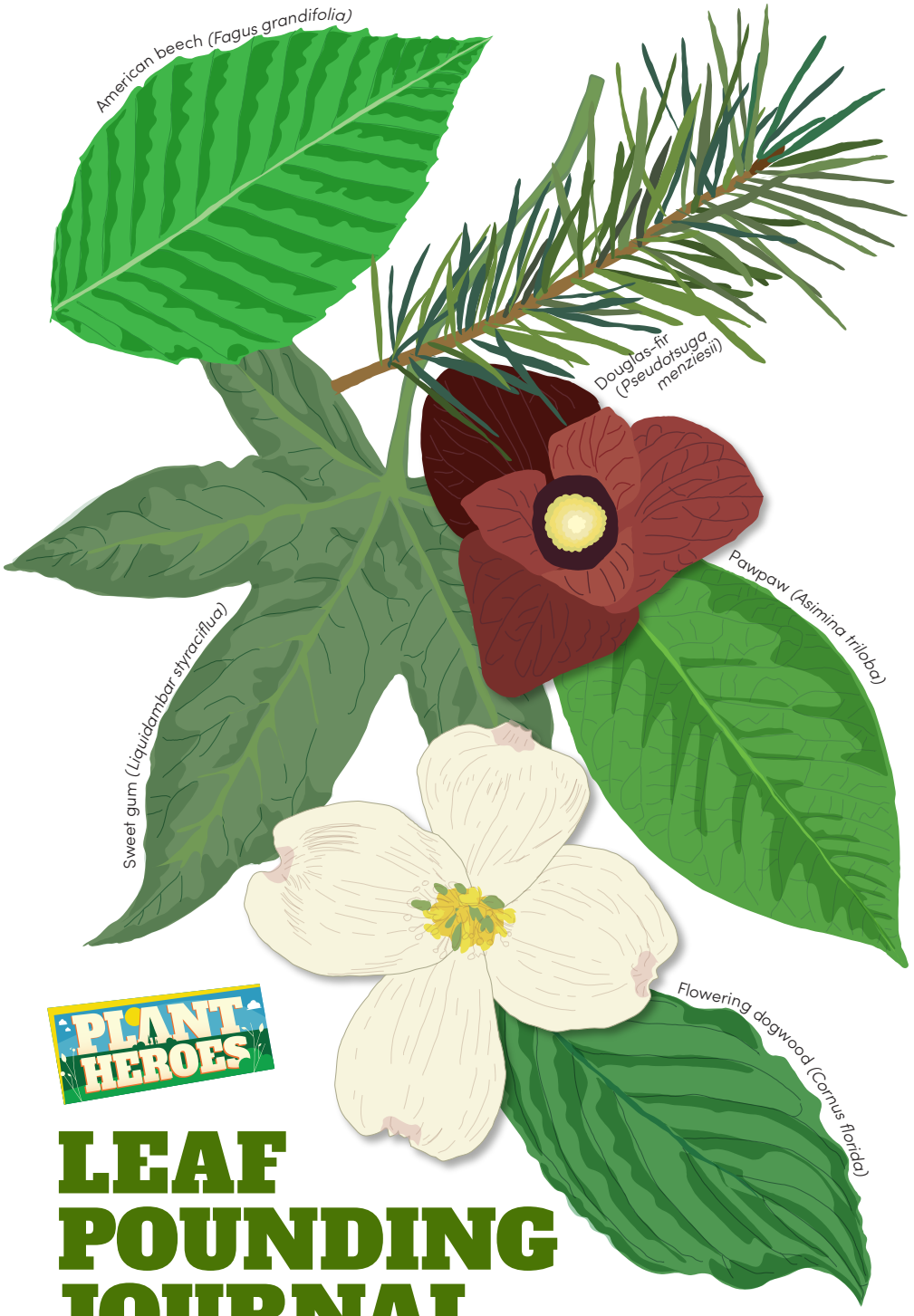


LEAF POUNDING JOURNAL

Today we will create art using a technique called

LEAF POUNDING

How does it work?

Pages 4 and 5 will be your canvas, the leaves and petals will be your paint, and a smooth rock or hammer will act as your brush!

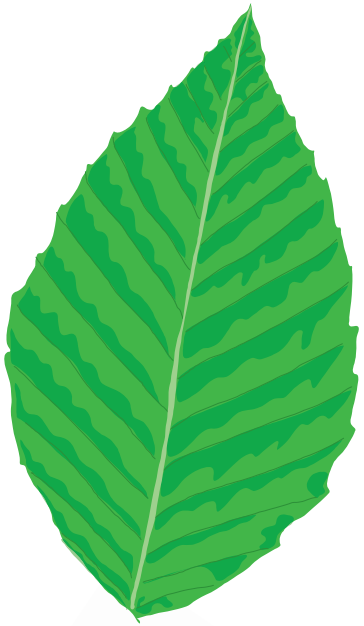
By pounding the leaves and petals using the rock or hammer, the natural colors within them will transfer to the pages, creating a beautiful piece of art!

What else do you think plants use color for? Write it below.

WHY DO LEAVES AND PETALS HAVE COLOR?

The colors in leaves and petals are called “pigments” and they all have an important role.

For example:
The green pigment in leaves, called **chlorophyll,** absorbs light from the sun and helps transform that light into energy for the plant.



Yellow, orange, and bright red petals have pigments called **carotenoids**.

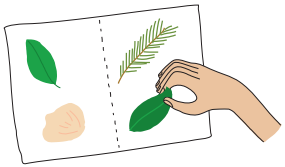
The petals that are shades of pink, scarlet, purple, and blue have pigments called **anthocyanins**.
The color in petals attract pollinators to the flowers so the plant can complete its reproductive cycle.

STEP-BY-STEP INSTRUCTIONS

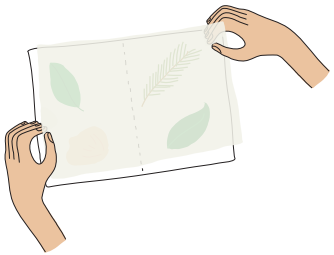
1 Go for a walk! Find your favorite leaves and petals, and bring them back to your work space. Make sure you have permission to cut them!

2 Gather supplies:
- A wooden surface to work on, or a couple of old magazines or newspapers to place under the journal
- A smooth rock or hammer
- A few paper towels or thick paper napkins

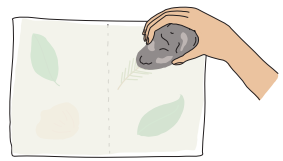
3 Place leaves and petals on pages 4 and 5. Make sure you place them how you want them to transfer to the paper.



4 Next, cover the entire leaves or petals with a paper towel or napkin.



5 Once leaves are covered and placed where you want them, very gently start pounding them onto the paper. Be careful and begin slowly on the outside of the leaves first, and then slowly move to the center.



6 Repeat process as many times as you want!