

FLOWER BOUQUET MAKING



PURPOSE:

Why?

Host a Mental Health Flower Bouquet Making event, where students can create beautiful bouquets either for themselves or to give away as a gesture of kindness. This activity promotes mental well-being through the therapeutic process of arranging flowers and the joy of giving.

HOW TO:

Materials & Budget

- Variety of flowers in different colors and types (\$75-200 price is dependent on how many flowers purchased)
- Water Buckets (\$20 or borrow from your school)
- Wrapping Paper (\$20)
- Ribbon (\$15)
- Scissors & Tape (\$10)

Instructions

- Place your flowers in water buckets and lay out the wrapping paper, ribbon, scissors and tape on the table.
- In a single file line, students select the flowers they like and begin arranging them.
 - Limit each bouquet to 5-8 flowers so there are enough for all students to create a bouquet
- Students wrap their flower bouquet in wrapping paper.
- Tie ribbon around the wrapping paper and use tape to secure the flower arrangement.
- Take your bouquet home or give it away!

Timeline

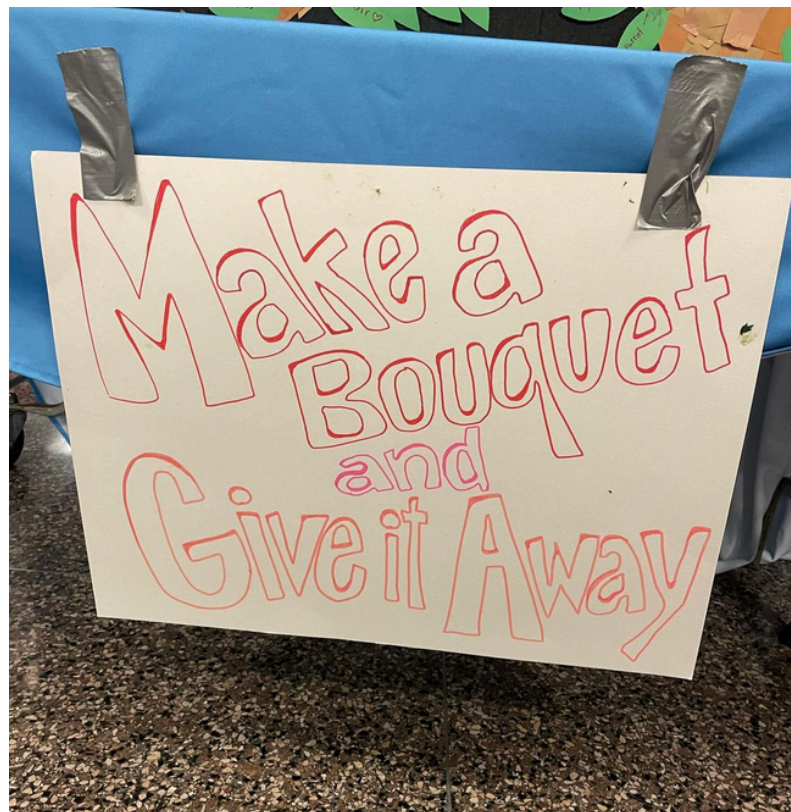
Preparation time for this event could take 1-3 weeks. You will need to purchase materials ahead of time. This event will take about an hour to conduct.

Impact

Hosting a Flower Bouquet Making event is a great way to engage the school-wide community and spread positivity!

Example(s)

Example from Northfield High School BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

