

Environment and Healthy Living
Weekly Activity: Celebrate Earth Day!



Earth Day, celebrated on **Wednesday, April 22nd**, is a special day to honour our home: The Earth! On this day, it is encouraged to find a way to give back to the environment we all live in- to celebrate the earth and all that it provides for us.

There are many ways to do this including making art from recycled material, picking up litter, riding your bike instead of driving, planting a tree, or other plants- the list is endless!

This week's Environment and Healthy Living activity is dedicated to Earth Day. You will be making a garden of flowers out of recycled pop/water bottles that may be found in your house. Follow the instructions below.

Take a photo of your flower creations and share it on the 4-H BC Facebook Page, or tag us in the caption @4-HBritishColumbia.

**This activity is from the 4-H Saskatchewan Trash to
Treasure Project.**

Thank- you 4-H Saskatchewan for the activity!

DIY Pop Bottle Flowers



Have you noticed that the bottom of a pop bottle had lobes that resemble flowers? We are going to use these and the tops of pop bottles to create flowers. Each bottle has a unique shape and texture that will lend itself to differing flower designs.

Have fun and experimenting with different bottles to get various designs!

Time: Allow 1 hour; if you are painting your flowers, allow 2 to 3 hours.

Materials and Tools:

- Plastic pop bottles
- Scissors
- Spray paint (optional)
- Hole punch, or heavy needle
- Clear fishing line

Instructions:

1. Rinse your bottles with water to make sure they are clean and remove as much of the label as you can. Make sure to hang onto your bottle cap.
2. With points of a pair of scissors, cut your bottle into three parts – the bottom, the middle and the top. The length you cut your top will determine how long your petals are. Save the middle piece for the next activity.



Source: Recycling Plastic Bottles: Making Flowers. Craft. May 12, 2011. <http://www.craft-craft.net/recycling-plastic-bottles-making-flowers.html>

Using the Bottom

1. For daisy-like flowers, take the bottom of your bottle and use your scissors to cut closer to the lobes defining the petals.



Source: Plastic Bottle Flower How To. Creative Jewish Mom.
September 27, 2011.
<http://www.creativejewishmom.com/2011/09/plastic-bottle-flower-how-to.html>



Source: Eco Friendly Blossoms by Michelle Brand.
DIY. April 2009.
<http://www.i-do-it-yourself.com/2009/04/eco-friendly-blossoms-by-michelle-brand/>

2. Paint if desired.
3. Use these to make a 'daisy chain' that you can use to decorate your bedroom. Punch a hole in one of the petals. Then thread fishing line through hole and secure with knot, thread on another flower until you have strand, or chain, of flowers.

Using the Top

1. To make flowers from the top of your bottle, determine the number of petals you would like to have. You can have as few as 4 or 5 or as many as 15-16.



Source: Soda Bottle Flower Tutorial. Connect the Dots. November 5, 2009.
<http://connectthedotscrafts.wordpress.com/2009/11/05/soda-bottle-flower-tutorial/>

2. Using your scissors, make cuts from the open end of the bottle to the neck.
3. Once you have cut all your petals, shape them by rounding corners adding points or cutting them in whatever shape your heart desires.
4. Pull back on each petal and flip them inside out. Crease each petal at its base.



5. Paint inside of flowers if desired. Let the flowers dry for about 30 minutes. You can use multiple colours of spray paint for a multi-colour effect or add embellishments with markers or acrylic paint.
6. To attach your flowers, drill a hole in the cap of the soda bottle. Use a thumbtack, screw or nail to secure the bottle cap to your wall, door, shed, or art project. Then screw on the flower to create a flower festival!
7. Enjoy your recycled garden!