

# Upcycled Paper

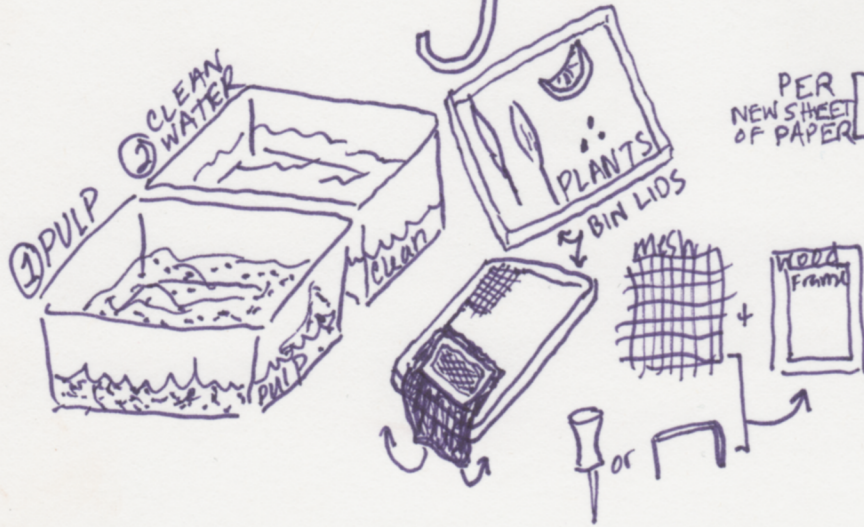
by Ms. Jess @ Lighthouse Creativity Lab.org

## MAKING

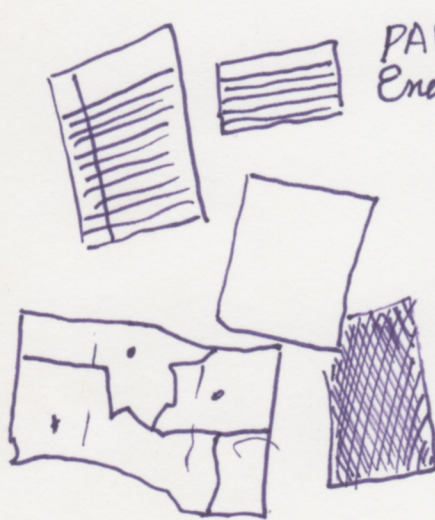
ALL AGES  
K-12

### Materials

- 1 Wash cloth or sponge
- 2+ Med or Large Plastic Bins
- 2+ Plastic Bin Lids
- 1+ Wooden Frame *← to cover this size*
- 1+ Piece of Mesh or Window Screen
- 4 Staples or Thumb Tacks (Staple Gun)



Paper of your choice  
Plants, Seeds of your choice  
Water (enough to cover paper)



PAPER (SCRAPS)  
Endless Possibility...

- index cards
- loose leaf
- copy paper
- construction paper
- old maps

PLANT LIFE

- dried orange peel
- artichoke leaves
- grass
- seeds



be creative →

see also: The Art of Paper Making With Plants  
by Marie-Jeanne Lorenté

- 1. Soak**
  - Paper over night (crinkle or rip, cover with water)
  - Plants over night (cover with water)
- 2. Pulp**
  - Squeeze and mush soaked paper (in same container) with hands, blender optional
  - Add 2 handfulls to the clean water bin (and plants or seed)
- 3. FRAME & PRESS**
  - Submerge mesh frame and cover with pulp
  - Remove, place on towel or sponge & press to remove excess water
  - Set out to dry