



# Recycled Paper Hearts

**Did You Know? Using recycled paper to make 1 tonne of new paper saves 17 trees.**

Why not make your own recycled paper with this simple activity. We've made paper hearts here but you could make your own shape.

This activity helps pupils understand some of the processes involved in making paper from recycled materials.

Curriculum Links for this activity:

- Art & Design.
- PHSE: Preparing to play an active role as citizens.
- Science: Materials and their properties.
- Geography: environmental change and sustainable development

**Learning Outcome:**

I will be able to explain some of the methods used in making paper and learn that using recycled paper reduces waste. I will have my own piece of handmade paper.

**You will need**

Pre-soaked shredded paper (see below)  
Washing up bowls or trays: one per colour or group.  
Choice of colours  
Hand Blender and spoons

Heart shaped cookie cutters (or other shapes)  
Screens and towels (j-cloths work well and can be reused)  
Wildflower seeds (optional)

Soaking Quantities: We used about 8 mugs of water to 4 generous handfuls of shredded paper. This was allowed to soak overnight so the fibres started to break down and should provide enough pulp for a class.



## Instructions

1. Using the hand blender – blitz the pre-soaked paper until it is the consistency of thick soup.
2. Add food colouring and mix well with the spoon (about 50 drops should be enough).
3. Drain off any excess water – leave the paper moist, don't squeeze.
4. Place the screen over some newspaper (just to keep the table dry) and place the cookie cutter onto the screen.
5. Put a couple of spoons of paper mix into the cookie cutter and use the spoon to push it into the sides and corners. Get it as even as possible but not too thin (it will shrink on drying and become brittle).
6. Using a sponge, try and absorb some of the water from underneath the screen.
7. Remove the cookie cutter.
8. Now comes the tricky part – getting the heart off the screen! Place a j-cloth over the heart and then flip the screen and cloth over. The screen might need a little tap to remove the heart or give it some help with the edge of the spoon. Allow the heart to rest on the j-cloth and put this onto a towel to help absorb any water.
9. Sprinkle seeds onto the heart and gently press them in.

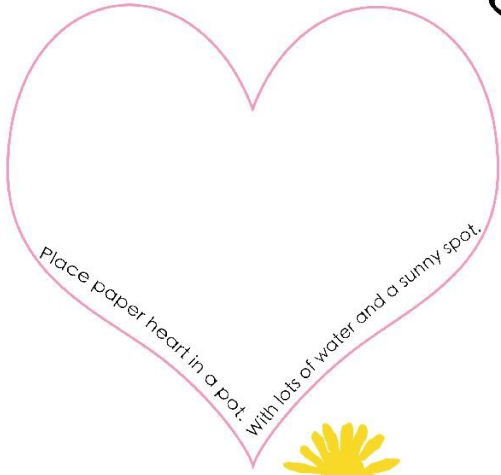


The hearts will take two or three days to dry so transfer the hearts onto some newspaper and leave somewhere safe and warm. The hearts will easily lift off the newspaper when they are dry.

If doing this activity for Valentine's Day, the hearts can be stuck to the card template (template overleaf) as lovely gifts for Valentine's.



I love watching



our friendship grow



I love watching



our friendship grow



I love watching



our friendship grow



I love watching



our friendship grow

