

This is Ms. Susan from the Shorewood Public Library. Across our continent, bright, yellow sunflowers are preparing for fall. Each sunflower you see is made up of 1,000-2,000 of little flowers. Sunflowers can grow as high as 12 feet, but the largest recorded sunflower was 30 feet, 1 inch high. The seeds that develop in the center of the sunflower are used for snacks that are rich in protein, potassium, and other healthy minerals. Native Americans were said to have used the juice from plant stems to heal wounds. Sunflowers are also great pollinators, attracting bees and butterflies. Best of all, they make beautiful fall decorations for your home.



1-Cut a piece of yellow paper in half length-wise. If you do not have yellow paper, you can color paper yellow before cutting. Fold one half into a fan fold. Start on one end and fold over  $\frac{1}{2}$  inch. Fold again the opposite way, back and forth until you are at the end of the paper. Do the same with the second half of paper. Fold these fans in half and cut the ends so they are rounded. Glue, tape, or staple all the sides together to form the flower. Leave one end open and add a straw for the stalk of the flower before closing.

2-Add a black or brown button to the center of the flower. If you do not have a button, just use a big circle, cut from paper, and glue it down. Tie a piece of string, yarn, or ribbon around the straw to look like the leaves on the stalk. You can color or draw a big bee to add also. Set your sunflower in a paper cup filled with rocks or sand. Or tape a window.

**Let the sun shine in your heart and art!** -Ms. Susan

