

# GRAB & GO KITS

## POKE A PETAL FLOWER FUN

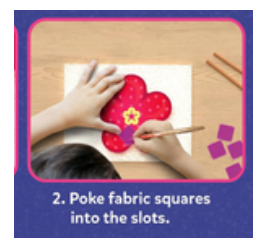
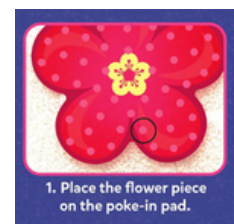
### Supplies

Grab & Go Craft Kit: Foam Flowers, Fabric Squares, Poker, Stick, Foam Sheet



### Instructions:

1. Select a large foam flower.
2. Decide what pattern, if any, you want to use. Sort the colors of your fabric squares if you need!
3. Place flower on the foam poke pad.
4. Place one fabric square on the flower at a time and use the “poke-in-stick” to poke the fabric square into an open slot on the flower.
  - a. **Expert Tip:** Begin poking the flowers from their center and work outwards.
5. Repeat step four until your flower looks complete.
6. Repeat steps 2-5 on the smaller flower.
7. Insert stick into hole in the middle of the flowers.
8. Enjoy your spring flower!



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## Upcoming Event

Meet Author Adrianna Cuevas

Monday, May 11, 2026

4:30pm-5:30pm

Online event

Learn from an author with ADHD about how to find a writing process that works for you. A Q&A will follow this high energy, engaging presentation.



Ancient Medical Practices

Tuesday, May 19, 2026

4:30pm-5:30pm

Online event

Humans have a long history of taking care of one another. Explore how people in the distant past understood health and healing long before modern medicine. Through the lens of archaeology and anthropology, we'll consider what ancient remains can tell us about injury, care, and survival in earlier societies.

For additional information visit [arapahoelibraries.org](https://arapahoelibraries.org) or call 303-LIBRARY (303-542-7279)

## Join us on Zoom!

Monday, May 4th

4:30-5:00 pm

Come craft along with us! Zoom code will be sent to registrants by email 30 minutes prior to event.

## Questions?

Email us at:

[ahaines@arapahoelibraries.org](mailto:ahaines@arapahoelibraries.org)

and

[astapleton@arapahoelibraries.org](mailto:astapleton@arapahoelibraries.org)

Please note that once the event has begun our attention will be on the Zoom and away from our emails. Please reach out in advance when possible.