

# anamix 6



Flower Power with the Anamix 6!

Springtime had just begun and the Anamix 6 were all out in the clubhouse garden.

“Now that the sun has started to shine a little, it’s time to tidy up the garden so that we can enjoy more time outdoors!” said Big Eye.

“And it’s also the perfect time to plant some flower seeds!” said Brains.

“What shall we plant?” shouted MegaByte (who had locked himself in the shed, again!).

“Springtime is ideal for sowing lots of flower seeds like Alyssum and Marigolds” said Brains. “Shall we get started?”



"I'm going to plant some Sunflower seeds!" said Bones.

"I hear that they can grow to be almost as tall as me!"

"That's right! said Brains. "And I'm going to plant some Aster seeds in my little pot. The flowers are so colourful and bees and butterflies love them!"

"How long will they take to grow?" asked MegaByte.

"If we plant them today then the flowers will be in full bloom by Summer!" said Brains. "So let's make a note of when we planted and then we'll know when to expect the flowers".

"You're very clever" said MegaByte.

"Is that why they call you Brains?"



“We’re planting lots of Alyssum seeds today!” said the Omega Twins as they carefully watered the little flower pots.

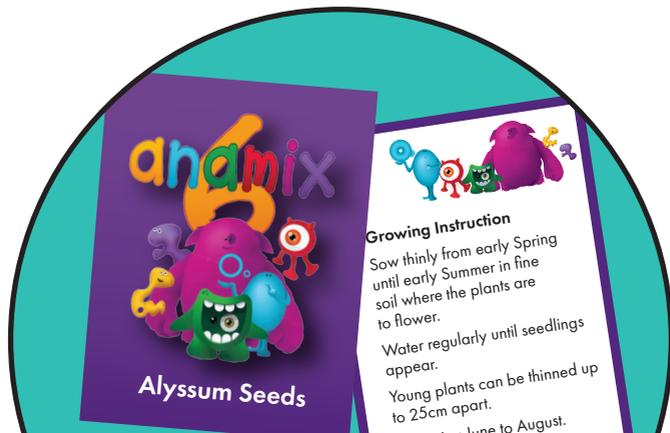
“Butterflies love these flowers too!”

“They do!” said Brains. “And don’t forget that we need to read all the instructions on the back of our seed packets.

That’s very important!”

“We’re going to have so many beautiful flowers in the Summer” said the Omega Twins.

“Our garden is going to look brilliant!”



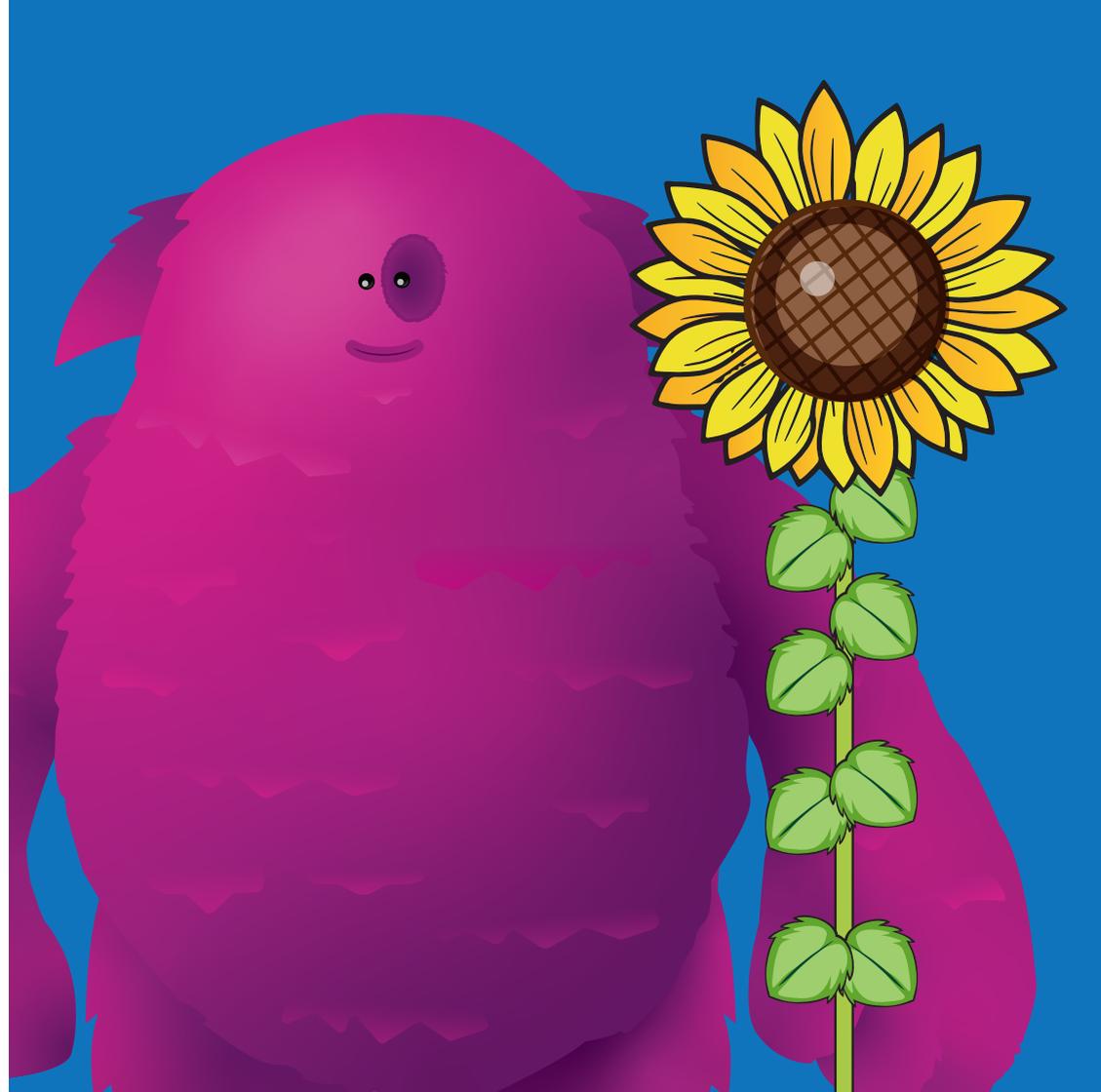
“Think of all the different flowers that will be blooming in time for Summer” said Brains.

“We’ll have loads of amazing Alyssums!” said the Omega Twins.

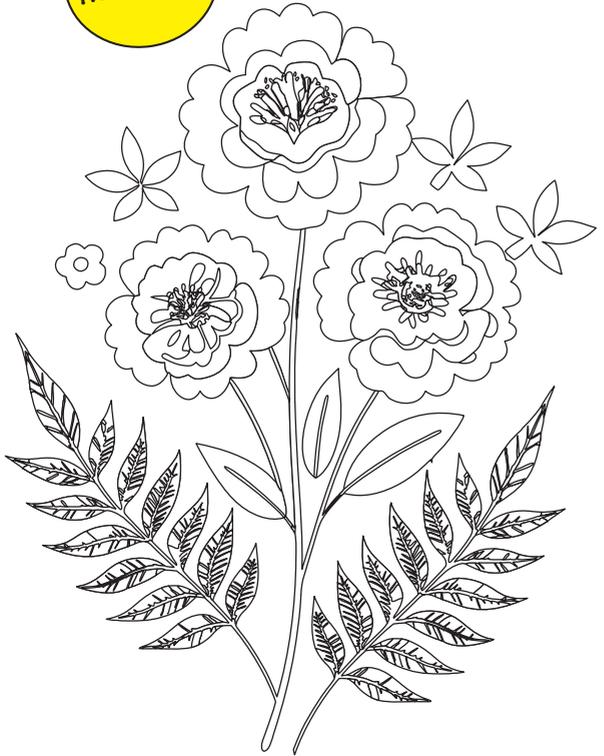
“And loads of colourful Marigolds!” said Brains.



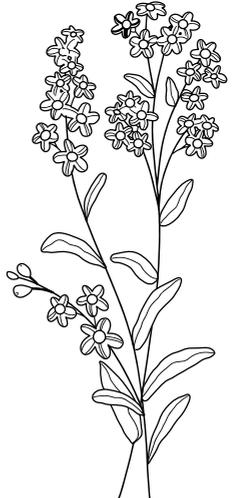
“And Sunflowers that are as tall as I am!” said Bones.  
It’s going to be a blooming wonderful Summer.



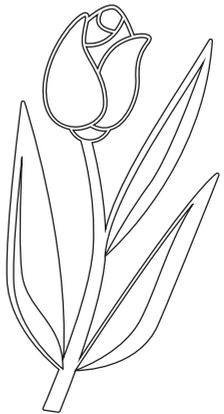
Grab your pencils  
and have fun  
colouring—in  
these flowers!



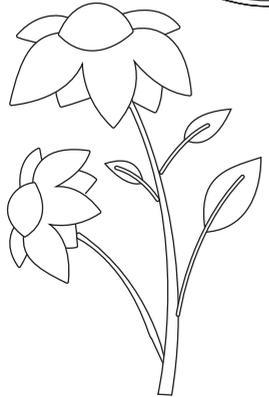
**Marigolds**



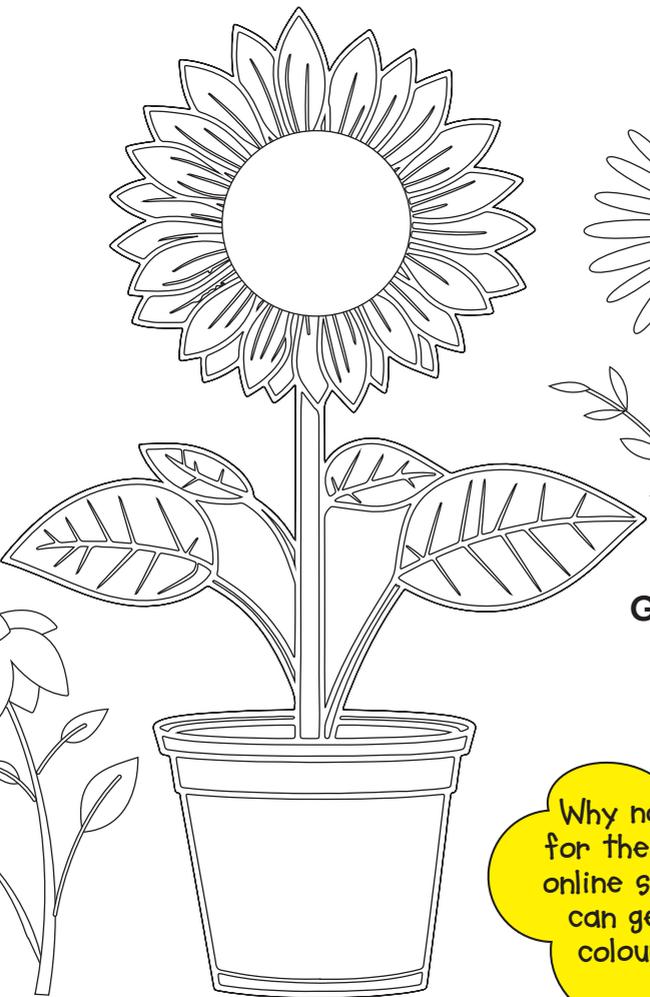
**Alyssum**



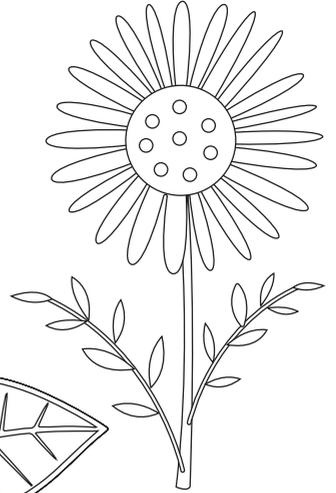
**Tulip**



**Cosmos**



**Sunflower**



**Giant Daisy**

Why not search  
for these flowers  
online so that you  
can get all the  
colours right!

## Paper Cup Flowers

Create these cute, free-standing happy flowers using paper cups! These charming blooms are easy to assemble and add a cheerful touch to any space.

Skill Level: Beginner  
Time to Make: 30 mins  
Adult Supervision: Yes



### What you will need

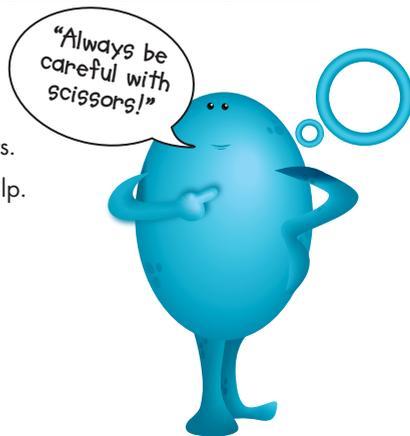
**Paper cups** - if you cannot find coloured ones then you can paint white ones with your favourite colours.

**Safety scissors** - make sure you have an adult to help.

**Paints**

**Marker pen**

**Wiggle eyes** - You could also use buttons or draw your own big eyes!



1 Take a coloured cup and mark a line roughly one inch from the base of the cup - this will become your flower head.

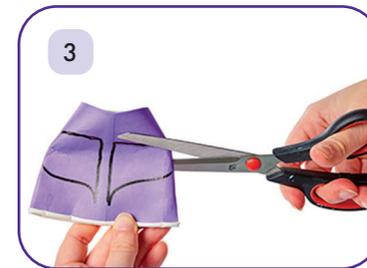
2 Now find the spine of the cup and draw a line either side of it stopping a few centimetres short of the bottom of the cup - this will become the stem.

3 Holding the cup with the stem facing you, squash the bottom of the cup flat and draw two symmetrical leaves either side of the stem. Make sure that they include the base of the cup.

4 Next, trim away the cup to leave the front part of the cup as the stem, and the double leaves at the bottom (so your flower is able to stand). The ring at the top will be made into the flower.

5 Cut slits around the flower head to make petals.

6 Add a happy face using the eyes and paints, or your coloured markers



# anamax



Brains



Big Eye



Megabyte



Bones



Omega Twins

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Information intended for patients, and carers of patients,  
who have been prescribed a low protein diet by a Healthcare Professional.

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