



Paper Mache Bowls

Craft Supply List

- **Balloon**
- **Your choice of medium**
 - **Newspaper cut into strips**
 - **Yarn cut you will need about 15 20" pieces of yarn(amount may vary depending on thickness of yarn)**
- **Flour**
- **Water**
- **Mixing bowl**
- **Whisk or fork**
- **A bowl or cup to use as a stand**
- **Acrylic Paint (optional to paint your finished newspaper bowl)**
- **Disposable or Washable Plastic Table Cloth (or go outside)**

Directions for paste

- **1 part flour**
- **2 parts water**
- **Use a whisk, or fork to mix up the paste.**
 - **I slowly add the water to ensure the paste isn't too soupy or too thick.**
- **You really can not go wrong with making this paste.**

- Now you are ready to start.
- I recommend if you are doing this project inside to use a tarp, disposable or washable plastic table cloth.
- I chose to do this project outside and was able to hose off any mess that was made but I have successfully done this project inside.

- Once you have made your paste and set up your crafting station you can blow up your balloon to the size of your choosing.
- We will only be covering half of the balloon to make our bowls.

- You have the choice of using yarn or newspaper to make your bowl.
- Place your balloon on top of a cup or bowl to use as a stand while you work.
- I suggest the tied end down to ensure a flat base for your bowl.

- You will start by fully dipping your newspaper or yarn into the paste.
- Take two fingers and carefully strain the newspaper or yarn of excess paste
- Now wrap the newspaper/yarn around your balloon.
- I like starting from the bottom up.
- You continue doing this over and over until the balloon from the stand up is covered.

- **Newspaper Bowl**
 - **make sure to make a second layer of paper.**
 - **You will be able to see the difference in layers as you add. If you see a thin area just put an extra layer of newspaper overtop.**
 - **You can smooth out the newspaper as you go by carefully using your hands to smooth the surface. It does not need to be perfect.**

- **Yarn Bowl**
 - **one layer seems to do the trick.**
 - **The base will end up as a spiral pattern.**
 - **I found cutting a few shorter pieces of yarn made it much easier to control the paste covered yarn as the wrapping space became smaller.**
 - **Make sure to check for spaces in between the yarn and fill in by pushing the yarn pieces together.**

- In the end I had extra paste I decided to use it to fill in thin spots.
- The bowls need to sit for at least 24 hours to dry.
 - If it is a sunny day feel free to sit them outside. I did bring mine inside overnight. The sun definitely quickened the dry time.
- The bowls will dry hard. Now this is a favorite part for my family, you get to pop the balloon.

- **The Newspaper Bowl**
 - **The balloon pops and peels right off the wall instantly**
 - **Now you have the option of painting your bowl if you would like.**
 - **Hope you enjoyed this project**

- **The Yarn Bowl**
 - **The balloon sticks to the wall of the bowl but you can easily peel if off.**
 - **The yarn bowl is now complete!**
 - **Enjoy**

- We hope you enjoyed this paper mache project. I grew up making bowls out of paper mache at summer camp and always loved this project.
- Our family was recently inspired to try paper mache for a school project making maracas.
- They were a lot of fun to make.
- If you have enjoyed this project and would like to give the maracas a try I have added our directions on the following slides



- You follow all of the same steps as the bowls. The difference is we filled our balloon with dried beans but beads or even rice would work.
- We covered our entire balloon with newspaper.
- Once dry you can pop your balloon (we did not) and actually two balloons popped during the drying process but the concept of a music maker still worked.
- As you can see we then painted our maracas.