



SHAPE UP!

Title: Shape Up!

Objectives: To allow hands-on learning and fun. To teach physical agility and artful creativity.

Material List

- Strips of Newspaper (thick tissue paper or construction paper will also work)
- White glue (or wood glue) diluted in water
- Balloon for each student (12-inch size works great)
- Paints and brushes; string or yarn
- Construction paper and tape
- A bowl for each student (disposable paper or plastic bowls allow for easy cleanup)



Instructions

- Mix glue and water in a bowl (about 1 part glue per 1 part water).
- Each student should have an inflated balloon resting inside a bowl (to keep it steady and upright).
- Dip strips of newspaper into the glue/water mixture. Squeegee the strips with your fingers to remove excess glue.
- Place the strips onto the inflated balloon, smoothing the strips with your fingers so that they lay flat against the balloon's surface. (Tip: It's helpful to overlap the strips since this provides strength to the paper mâché.)
- Continue pasting the strips onto the balloon until the surface is entirely covered. Continue until you have at least four or five layers of paper mâché.
- When you've finished covering your balloon, the paper mâché needs to dry overnight. (Tip: you can help the paper mâché to dry faster by using a fan to provide good air circulation. You could also place the paper mâché projects near a heat vent.)
- Once the paper mâché is dry, students can paint the outside of the balloon. Show pictures of hot air balloons for inspiration and design ideas.
- Once the paint is dry, the inside balloon can be popped. Carefully remove the latex balloon, making sure it does not stick to or rip the paper mâché.
- Use construction paper and tape to create a miniature balloon basket. (You can also use a small paper cup or yogurt cup for the basket. Another idea is to glue twigs together with a glue gun to create a more realistic balloon basket.)
- Use string or yarn to hang the basket from the bottom of the paper mâché balloon to the corners of the basket.
- Poke a small hole at the top of the balloon. Feed a three-foot piece of string or yarn through the hole until it extends out the bottom. Tie a big knot in the string and then pull it back up through the top. Hang the completed paper mâché balloon from the ceiling. Enjoy!

Reference Link: www.firstpalette.com/craft/hot-air-balloon.html