

# VAPAE

VISUAL AND PERFORMING ARTS EDUCATION

## PAPER MACHE PLANTERS

Participants will make paper mache planters that represent what their current goals are, where they can grow seeds in as a metaphor of actualization.



## MATERIALS

\*optional

- Newspaper
- Masking Tape
- White Glue
- Paint & Water
- Plastic Wrap
- Salt / Cinnamon \*
- Flour \*
- Cardstock / Cardboard \*
- Seeds & Soil
- Glass / Bowl / Cup
- Large and Small Bowls
- Disposable Spoon
- Butter Knife
- Paint Brushes

01

Participants should first think about if they have any goals for themselves, their family, or their community at this time. These goals will form the basis of their planter's applied decorations.

02

Start the paper mache process by cutting/tearing newspaper into strips. An easy way to do this is to layer around 6-8 layers of paper and tear all at once, with the grain if possible (tearing with the grain will produce even strips, while tearing against will cause the paper to shred into small pieces).



03

Make paper mache paste: Mix together equal parts water and white glue in the large container. Flour can also substitute the glue (also 1:1 ratio). Some salt or cinnamon can be added to the paste to act as a fungicide, to protect it from falling apart as a planter.



04

Prepare the former: Cover a glass/bowl/cup with 2 layers of plastic wrap, using the masking tape to secure it on the inside of the vessel. This will act as a solid shape that the paper mache will be added on top of to form a shape. Place the former open-side down on the work surface.

05

Paper mache onto the former by dipping one strip of newspaper into the paper mache paste, and using fingers to squeeze off excess paste from paper. Then, put the wet strip onto the former so that it lays as flat as possible. Repeat until the entire former is covered in a layer of paper.



06

Repeat the paper mache process so that there are 5 layers of paper on the former. Each layer can alternate in direction to add strength to the final planter. Multiple strips of newspaper can be dipped in the paste at once and applied as one strip to make thicker layers faster.

07

Allow the paper mache to dry overnight, or until it is dry and hard. The project will dry faster in a place with good air circulation, and drying next to a fan/vent can help.

08

After the paper mache is dry, remove the project from the former. The butter knife can be used to separate the paper mache from the plastic wrap.



09

Once the project is removed from the former, the participants can start applying surface decorations, based on the goals they reflected on earlier.



10

Allow the surface decorations to dry/set, and then they are complete! The participants can plant the provided seeds in their planter and take care of their new plant, to practice/symbolize the steps needed to actualize their goals.

