



Bowled Over

This activity is a 'UMA' from the Express Myself (dark pink) theme. It counts for 60 minutes - remember you eventually need to have 300 minutes of UMA's for each theme.

Aim of activity: Make an eye catching upcycled bowl to use in your home.

What you'll need:

- Newspaper/craft mat
- Magazine
- Sticky tape
- Scissors
- PVA glue
- Paintbrush/glue spreader

What to do:

1. Make sure the table is covered in newspaper or a craft mat.
2. Strip making:
 - a. Tear a page from a magazine and fold it in half lengthways.
 - b. Tear or cut along the fold.
 - c. Take one of the strips and fold it in half lengthways, then unfold.
 - d. Now fold each side into the centre, as in picture A.
 - e. Fold the sides into the centre again, the fold in half to make a long strip, as in picture B. Your final strip should be 1.5cm wide.
 - f. Make sure you really press the fold so that it doesn't come undone.
3. Lay the strips out end to end and tape them together like in picture C.
4. Take one end of your strip and start to tightly roll it up. Make sure you keep your roll tight and don't let go. When you reach the end, tape it down.
5. Your rolled strips will now look like a disc. Turn it into a bowl by gently pushing down each layer and spreading out the coils, as in pictures D and E.
6. When you're happy with the shape of your bowl, seal the inside by coating it with PVA glue.
7. Once it has dried, turn it over and coat the outside of your bowl with PVA glue and leave to dry.
8. Once dry your upcycled bowl will be ready to use!

