

LEARNING RESOURCE

Hold on Tight

Make your own handheld sculpture for times of worry or stress

This activity was devised by Clare Burnett PRSS for a workshop in partnership with ArtUK



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What will I need for this project?

- Balloons (the bigger the better)
- Plasters (anything that sets dry will do, such as Polyfilla, grout or cement)
- A piece of plastic, acetate or thin card (you can cut up a milk bottle)
- Tape

Step 1

Cover the table with newspaper or a bin bag to protect it.

Step 2

Cut a rectangle of plastic, twist it into a loop and fix with tape to make a small funnel that fits inside the mouth of the balloon.

Step 3

Mix your plaster according to instructions, and take note of its drying time.

Step 4

Carefully fill your balloon with plaster, using your cardboard funnel to minimise mess. If your plaster takes a long time to dry, set aside your balloon and come back later. For quick-drying plasters like Polyfilla and Plaster of Paris, head to the next step straight away!

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Step 5

Squeeze the balloon in your hand into the desired shape and wait for the plaster to dry. This may take a while (perhaps overnight), but you will begin to feel it get warm and harder.

Step 6

Once the plaster is set hard, carefully cut the balloon off. Leave your sculpture to dry out further after you have unwrapped it

Step 7

Decorate as you wish!