



Paper-Mache Special Keeping Cup

Create this paper-mache cup or bowl to depict who you are keeping in your heart. Decorate it with words, magazine cut-outs, copied photographs, and/or drawn or painted images, that symbolize your special person who died. Inside the bowl, keep notes you have written to or about your person, keep small, special objects that remind you of them, or simply display your bowl as a decorative remembrance of the person who died.

What you will need:

- Bowl
- Plastic wrap
- Scissors and/or ruler
- Paper- (can be construction paper, magazines, newspaper, gift wrap, printer paper, ruled notebook paper)

Boiled Paste:

- 1½ cups water
- ¼ cup flour
- 1 tablespoon salt

Instructions:

- 1) Select a bowl of any size to be your mold. The one pictured was a small, three inch wide bowl.
- 2) Cover the outside of your bowl with plastic wrap. You will be molding your paper-mache bowl over the outside of this bowl.
- 3) Select paper for the inside of the bowl. Tear paper into strips using a ruler to help guide your tearing or cut paper into strips. It saves time to tear or cut multiple sheets at once.
- 4) If using different paper for the inside layers tear or cut that paper into strips. The bowl pictured was made with regular printer paper for the in-between layers, while the layer for outside and inside of the bowl was made with alternating blue construction paper. **Note:** You will need many strips of paper, as you will be covering the bowl in 8-14 layers.
- 5) Create boiled paste:
 - A. Pour 1 cup of water into a pot on the stove and bring it to a boil. Whisk in 1 tablespoon of salt.
 - B. Separately, stir ¼ cup of water with ¼ cup of flour. Beat briskly with a fork or whisk to break up the lumps.
 - C. When the water is boiling, drizzle in the flour mixture, whisking constantly. Reduce heat to medium. Continue whisking and keep it at a low boil for two or three minutes, until it looks like heavy cream and is thick. Keep in mind that the paste continues to thicken as it cools, so it should still be pourable when you pull it off the stove. Make sure the paste has cooled before using.
- 6) Cover your workspace with newspaper, wax paper, or anything easily thrown away. This part will be messy!
- 7) Dip the paper strips into the paste. Clear off the extra paste and lay pieces on top of the bowl, with the wrong side facing up. This will be the inside of the bowl.
- 8) Repeat dipping the paper strips into the paste and laying them on top, building 8-14 layers to create a sturdy bowl.
- 9) Let dry for 24 to 52 hours.
- 10) Once it has completely dried, remove the paper bowl from the mold.
- 11) Feel free to paint or add other decorations to your finished bowl.