

# Make a Paper Bowl by Karen Wendt

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*Ava loves her bowl!*

Have a teen program the day before your children's event. Have teens make a bowl and then help you make extra pulp to set up for the children's event. If you want each child to have the opportunity to create their own pulp with the blender, limit your program to 10 children ages 7 and older, per 1.5 hours. If you want to offer the event to more children, I suggest you set it up to have two or three time slots on a day and register 10 to 15 children per hour (depending on the number of volunteers you have). Have buckets of prepared pulp ready for children to use to make their bowl. At the event, briefly demonstrate making the pulp using scraps and a blender. Demonstrate how to carefully fill up a strainer with pulp, hold it over the bucket to drain and then carefully put the pulp into their bowl. Demonstrate how to use the sponge to get rid of excess water and shape the bowl. Have a volunteer help the children at each table. After children make their bowl and have a volunteer check it, they may go to a craft table to pick out a few things to use to decorate their bowl.

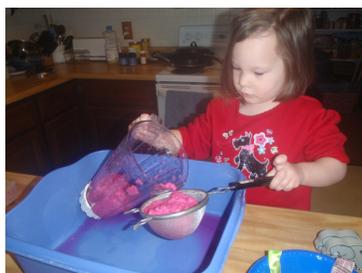
## SUPPLIES

- Find scrap paper in colors you like. (Yellow and light color paper with black ink turns dark)
- About 6 to 12 sheets of 8.5" x 14" paper and 2 to 3 cups of water will make enough pulp to put in a 12 or 16oz plastic bowl to mold into your paper bowl. Measurements do not need to be exact.
- Water; warm water is often used in recipes, cold water is fine.
- Blender. \$14.00 one works fine. I use my home blender. It helps to have more than one.
- Plastic bucket, ice cream buckets or plastic sinks.
- Plastic bowls, picnic style, 12 or 16 oz size.
- Wire Strainers. Buy several small \$2.00 strainers.
- Sponges. Use the thick cellulose kind from the hardware store.
- Rags, towels.
- Pulp colors may stain. Cover tables, tell children to wear old clothes.



## MAKE PULP

1. Tear up about 6 to 12 sheets of paper into thin strips or small pieces. It's fun for kids to put paper through a shredder.
2. Add 2 cups of water to the blender.
3. Put about 3 sheets of the paper into the blender. Start on low speed, grate or chop.
4. Add more paper. Blend. Add paper and blend until the paper is pulped, it should be like thick oatmeal. Sometimes you might want to add a little more water or another piece of paper. Do not add too much water.
5. 2 to 3 cups of pulp for a 12 to 16 oz bowl/mold.



## MAKE A BOWL

1. Carefully pour the pulp into a strainer.
2. Gently use your fingers to push down the pulp to get rid of excess water. Do not shake the strainer or children will copy you and you'll have a big mess.
3. Write their name on the bowl. Pour pulp into a plastic bowl.
4. Gently sponge the pulp to get rid of excess water, but while doing so, begin to shape the pulp into the shape of the bowl.
5. Use care to get the pulp evenly spread on the bottom and sides of the bowl. Don't spread it too thin or it will tear when you remove it from the plastic bowl/mold.
6. Decorate with jewels, beads, ribbon, lace, feathers, flowers, glitter...
7. Set it aside to dry. It takes 4 to 6 days. Keep it for children to pick up at the next week's program, or let them take it home with drying instructions.
8. When the bowl is completely dry, carefully loosen around the edges, gently tap/rub on the bottom of the bowl, and very gently pop it out of the mold. If it doesn't come out easy, maybe it isn't completely dry. Wait another day and try again.

