



Paper Mâché

Gather

- Flour
- Water
- Salt (optional-- use if weather is very humid)
- Newspapers
- Bowl
- Whisk or spoon

Let's Create!

1. Cover your workspace with newspapers or a plastic sheet.
2. Make your "armature" or structure that you'll cover with the strips of pasted newspaper. This can be a balloon, cardboard structure, or bowl (see some other examples in the links below!)
3. Make your paste: Mix equal amounts of flour and warm water in a large bowl and whisk together until there are no lumps. Add 1 Tbsp. of salt for every cup of flour if the weather is very humid, this will prevent mold growth during the drying process.
4. Tear strips of newspaper into 1 inch strips. Tearing works better than cutting because the edges will blend together better!
5. One at a time, dip the paper strips into the paste, gently squeeze the strip between two fingers to remove excess paste, lay the strip onto the armature, and smooth the strip with your fingers.
6. Continue layering and smoothing the strips of pasty paper onto the armature, overlapping strips, until the armature is completely covered.
7. Add at least 3 layers of pasty paper strips, then allow the figure to dry. If you need your sculpture to be sturdier, you can add another layer after the first one has dried.
8. When you are satisfied with your creation and it is completely dry, decorate your sculpture with paint, markers, or anything else you can imagine!

How Does it Work?

Paper mâché (pronounced "pay-per mah-shay") is an art process that uses paper and paste to create a wide variety of sculptures. The name is from the French term, papier-mâché ("pap-yay mash-ay"), meaning "chewed paper." It has been used all over the world for hundreds of years. The first known use was in China in 200 B.C.!

Take it Further!

For more inspiration, visit:

- <https://mymodernmet.com/how-to-make-paper-mache/>
- <https://www.ultimatepapermache.com/paper-mache-recipes>
- <https://www.metmuseum.org/toah/keywords/papier-mache/>