



Paper Mache Bangle Bracelet
~Mt. Sinai Hospital Artist-In-Residence Marika Hahn



SUPPLIES NEEDED:

Flexible Cardboard box of cereal, pasta, crackers etc.
Scissors
Tape...any kind
Newspaper or paper towels
Paint: tempera, acrylic or house paint
Brushes or sponge brushes
Plastic tarp or large garbage bag to cover the work surface
White or clear glue (optional)

Measuring cup
Bowl
Fork or whisk
Flour or glue
Water
Salt

PAPER MACHE PASTE/ flour mixture

1 cup flour
1 cup warm water
1 TB salt
Mix well with a fork or whisk

Paste alternative/ glue mixture

Any white or clear glue will work. The result will be similar to the flour mixture.
Glue and water gives a stronger project.

1 cup glue
1/2 cup warm water
1 teaspoon salt
Mix well with a fork or whisk

DIRECTIONS:

1. Make the paste in a small bowl and set aside.



2. Cut a strip of cardboard (from a box) long enough to go around your wrist leaving extra room so it fits over your knuckles when you slip it on. Allow a little extra room because the rolled newspaper will take a bit of space. The bracelet can be wide or narrow. An extra one can be a wonderful gift for a friend or child. Bring the ends together and secure with tape.





3. Fold the newspaper, longer than the bracelet, into a strip and twist. Tape the twisted newspaper onto the cardboard and tape so it is secure.

Cut or tear newspaper strips about the width of the bracelet and 2 or 3 inches long.



4. Start adding the strips of newspaper, dipped in the paste onto the bracelet. Dip each strip into the paste overlapping slightly. Smooth the layer of strips before adding additional layers. Plan on doing 2 or 3 layers. Add a layer of paste over the final layer of newspaper.

The bracelet will need about 24 hours to dry. If it feels cool or soft to the touch, it is still damp.

Wait a bit to decorate.

5. Paint a single color or add dots, stripes, flowers, anything you imagine.

Use Mod Podge or, *white or clear glue mixed with water (1 cup of glue mixed with 1/3 cup of water) for an added shine once the paint is completely dry.

