

groundwork
ARTS

Metal Mania

Foil Sculptures



Materials

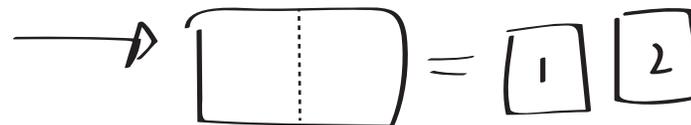
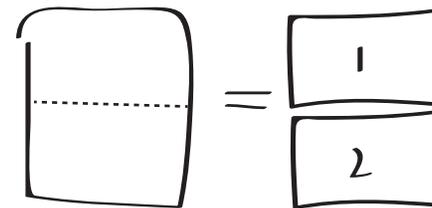
4 sheets of
Aluminum Foil

Foil sculptures are miniature three-dimensional works of art that can be made with just a few sheets of aluminum foil. You can roll, fold, pinch, twirl, wrap, and scrunch foil into forms that can be connected and combined to create unique metal masterpieces.

1 Prepare Your Foil

Tear or cut several sheets of foil into rectangles and squares.

- (A) Start with 4 sheets of foil (about 9" x 12" each).
- (B) **Rectangle:** fold one sheet in half, hamburger-style, crease, open up flat, find the center and place one hand down while tearing gently with the other. Do this 4 times to end up with a **total of 8 rectangles**.
- (C) **Square:** Use a rectangular sheet and repeat the above steps. Do this four times to create a **total of 8 squares**.

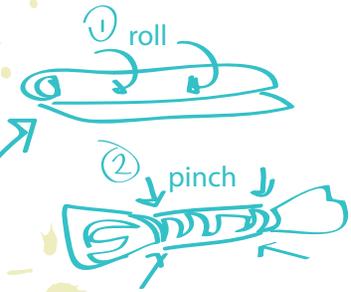


Start with 4 rectangles and 8 squares for the sculpture.

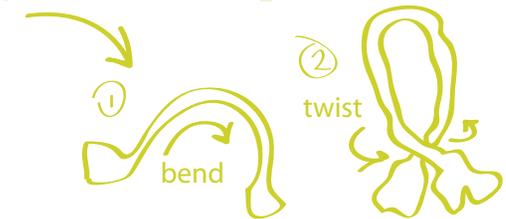


2 Make the Pieces

(A) Roll the Rods: Take one long rectangle of foil, and roll gently lengthwise. Be sure to leave the ends unpinched and squeeze your roll until it is about the diameter of a straw. Repeat this process. **Create a total of 4 long and 2 short rods.**



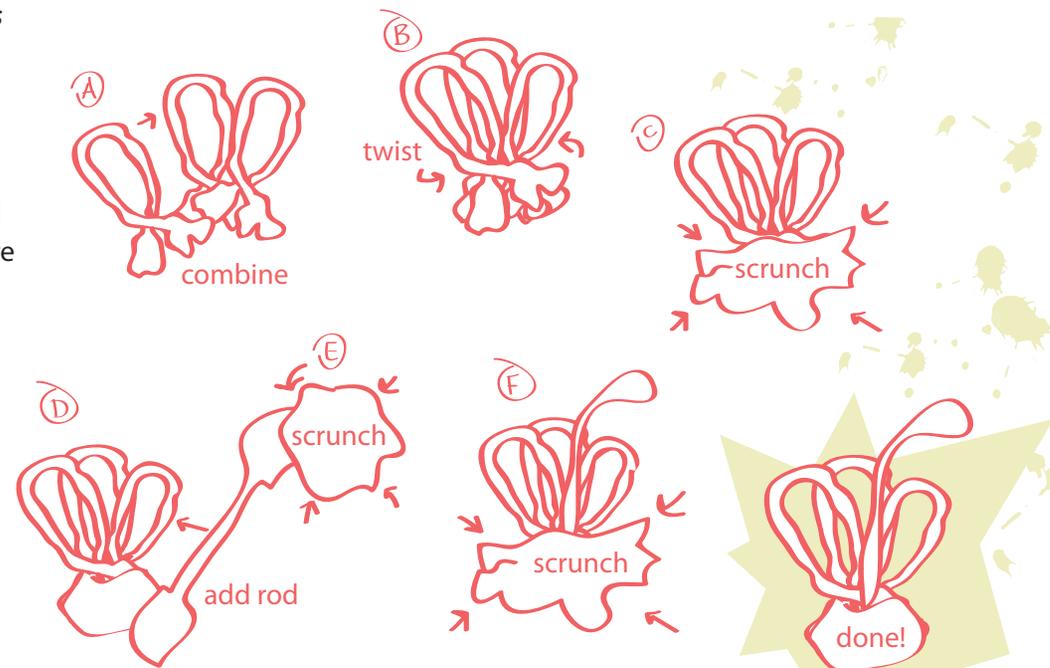
(B) Rods into Rings: Take a rod, bend it, and twist twice. Use your fingers to shape into a ring. **Create a total of 3 large rings, 2 small rings and 1 long rod.**



3 Put it Together!

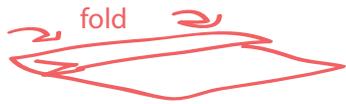
Assemble your sculpture using the connecting techniques of pinching, twisting and scrunching!

- (A)** Place all the rings together like a bundle of flowers.
- (B)** Twist them slowly so the pieces stay together.
- (C)** Use squares of foil to scrunch around the bottom and add extra strength. Repeat this step until the sculpture feels secure.
- (D)** Attach the rod with a square of foil and scrunch.
- (E)** Make a shape at the end of the rod by adding a scrunched piece.
- (F)** To create a base, place a square on the table and scrunch around the base until it is able to stand on it's own!



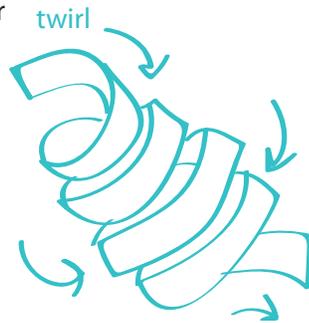
4 Take it Further!

You can add any of these to your sculpture using the scrunch method to make it even more interesting! Use your imagination!

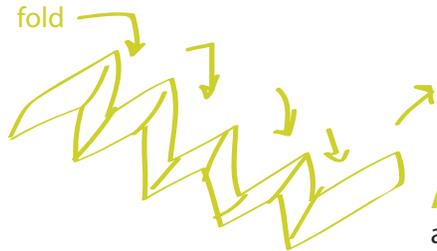
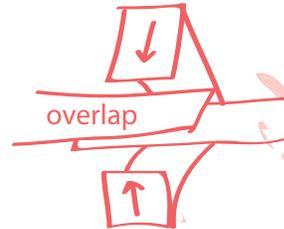


Flat Fold: Take a piece of your foil and lay it out flat. Fold your foil lengthwise, press down in center and smooth out to the ends. Flip over and over again until you have a thin strip.

Spiral Fold: Take a Flat Fold strip of foil, and wrap it around your finger to create a spiral. Remove from your finger and pull apart.



Wrap: To connect the ends of a Flat Fold, Accordion or Spiral piece, find the ends of the strip, overlap ends, and wrap a strip of foil around the area where they cross over.



Accordion Fold: Take a Flat Fold piece, measure a thumbnail's width from the end and fold. Flip the strip over and fold the same way again in the opposite direction. Repeat until you have folded up the entire strip of foil into a zigzag shape, then carefully unfold.



Watch the how-to video!

Get more Foil Sculpture tips and info at:
www.groundworkarts.com/p18-metal-mania



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