



Escola d'Art d'Olot



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**Departament
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SCULPTURE WORKSHOP 3

LIFECASTING. Casting hands and playing with the gesture.



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The aim of this art workshop is to explore gesture and expression through composition with hands, also we will learn life casting techniques.

Before starting the activity we have to find a theme or idea. Our concept to work will be:

GESTURE AS EMOTION.

This theme can be work in different levels.

We will ask at the participants next phrases : How I feel? How the hands can show our emotions?

1. Choose a hand movement or position and make a photo, just to keep it in your mind. We can use one hand or two hands. We can play and combine hand positions with our pair.
2. Select a big enough container to cast your hand, it has to distance 1cm minimum, all around the hand or hands.
3. Prepare a comfortable place to sit and make the hand mold.
4. Simulate the mold making process. Molding with Alginate is very fast and you have to know previously all the moldmaking steps.
5. Prepare the alginate. 500gr of alginate / 2 liters of water. Mix the alginate into the water. Stir gently to avoid bubbles.



6. ATENTION ALGINATE SETS IN 5-8 minutes.
7. Pour the alginate into the container.
8. Introduce your hand with the chosen position into the alginate. Take out the hand, to observe all the hand is covered without bubbles, and introduce the hand again into the bucket, keeping the position. Wait until the alginate sets.
9. When the alginate is completely set, you can take your hand out of the mold with gently movements to avoid the alginate breaks.
10. Now is the moment to prepare plaster to cast inside the mold and to get the hand as a full body sculpture.



11. Prepare the plaster CAL CAST 300 (alpha plaster) Proportion 1l water/2,7 kg of plaster. Or 0,5 l. of water/ 1,35 kg of plaster.
12. Measure the components, and keep it separately, spread the plaster power into the water. Slowly and gently, mix it with a spatula. Avoid lumps, get a fine mixture.



13. Pour the plaster into the alginate mold, making it in two steps. **1st.** With a little amount of plaster and rotating the mold, spreading the plaster over the internal surface of the mould. **2d.** Fill the mould with plaster completely.
14. Wait until the plaster sets, and unmold carefully breaking the alginate.
15. Once you have your hand sculpture you can restore bubble or defects.
16. Combine the sculpture hand with your workshop mates, make nice pictures.



List of materials:

- Alginate
- Calcast300
- Water
- Container to make the alginate mold
- Spatula to mix.
- 2 bowls to mix materials.
- Weighing scale