Self Symbol in Clay

Media:

• Some type of modeling clay: plasticine, Model Magic, or Sculpy

Directive:

- Take the clay in your hands and press it, roll it, and work it until it feels warm and pliable.
- Close your eyes and imagine creating a self symbol.
- This small sculpture will represent something important about you.
- You may make something representational, a real object, or you may make something abstract.
- As you work the clay, the symbol will take shape in your hands.

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)