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BEST SUITED FOR AGE 11 PLUS
but possible for all ages with guidance.

ALEX RELPH POSTURE

A SCULPTURE ABOUT BALANCE AND ALIGNMENT

1 Alex Relph's piece "Posture" is a sculpture that explores balance and alignment through an abstract representation of a figure. It is about how something stands or holds itself. Even though it doesn't look exactly like a person, the shapes can remind us of a body standing, leaning, or balancing.

It helps us think about how we stand and move, just by looking at simple shapes.

The interplay of curved cutouts and angular planes creates a sense of movement and tension, while the deep blue surface lends a calm, contemplative presence.



More examples of his work at alexrelphsculpture.co.uk

3 WHAT YOU NEED:

- ★ Some stiff cardboard
- ★ Scissors
- ★ A ruler
- ★ A pencil
- ★ Masking tape
- ★ Maybe some paint if you fancy it



GET CREATING!

You could also enjoy creating an abstract sculpture out of card. It can depict something that interests you. Maybe a figure in movement or perhaps an animal...

Remember it doesn't need to be a literal representation but it is good to have an idea to follow. Focus on simplicity and the creation of a unified piece.



4 STEP BY STEP:

1 Decide what you are going to depict ie a standing or dancing figure or an animal like a dog or a horse? and decide some shapes that you think will be useful to make your sculpture.



2 Draw the shapes on cardboard such as rectangles circles and triangles or random shapes and of differing sizes. You can use a cup or bowl as a template for the circles.



3 Cut out the shapes and then add a slit cut a little way into the shapes from the outside edge towards the centre.



4 You can join them by sliding the shapes together as shown here.



5 You can strengthen the joints with some masking tape.



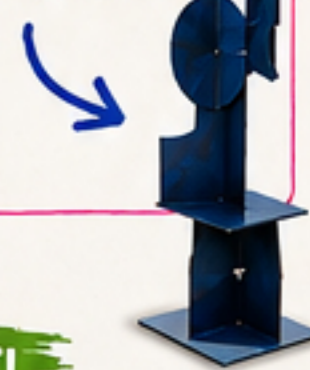
6 You can also lay parts together edge on edge and use the masking tape to join.



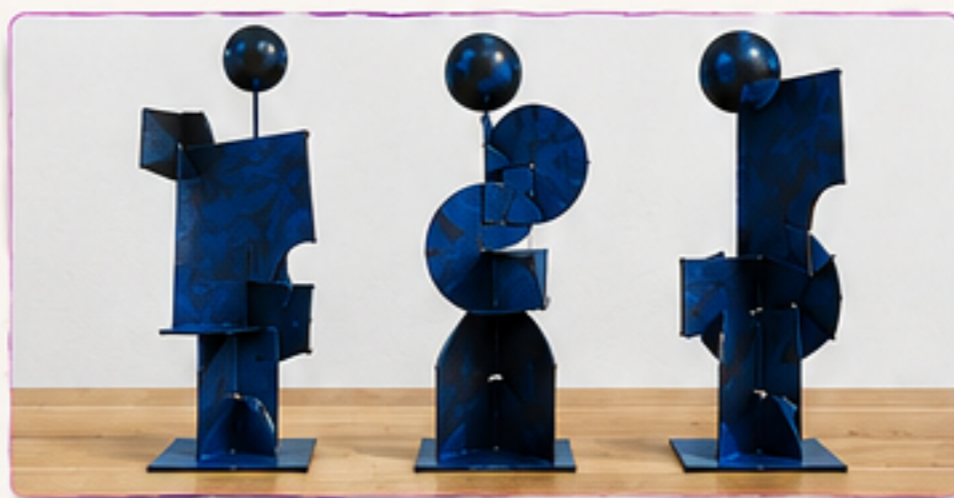
7 Think about how your sculpture will stand and balance.



8 If you like you can paint it a colour (like the blue patina used in Posture) or colours of your choosing. The colour can help to unify but also to add mood to your piece.



5 PHOTO OF THE END RESULT



6 LET US KNOW HOW YOU THINK IT WENT!

What was successful and what did you find inspiring. Hopefully you will use it as a start point for more sculpture projects



Remember to celebrate the process and enjoy yourself.

Trust in your instincts and don't over think things.

