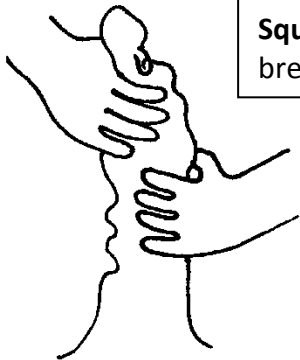
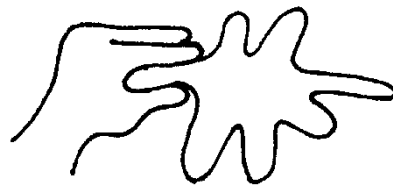


Explore the three-dimensionality of clay with the most important tools – your hands and fingers

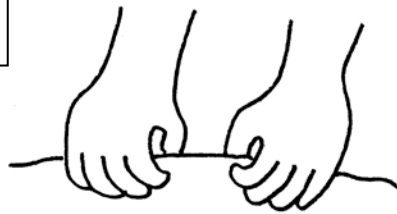


Squeeze: Use your muscles and your breath to help you squeeze a tall shape.



Pull clay forms out into space: Try to make them strong and sturdy.

Pull clay up into space. Use both hands.



Poke space into clay: Try all the different parts of your hands – thumb, pointer, pinky, knuckles, elbow.... Poke shallow spaces. Poke deep spaces. Poke see-through spaces.



Break your clay into pieces. Try rolling **coils**. Stand up and close your eyes. Your hands become much more sensitive with your eyes closed. They will know just where to go and how hard to press.

