

#### How to:

Eat an avocado (high in vitamin C), save the seed.

Leave the seed to dry out for several days (times vary according to weather), until the outer skin comes off easily and the seed splits naturally in two. Every seed yields two "heads."

Using a normal utility blade, or a scalpel for extra detail, carve the soft meat of the seed into desired shape. Leave the completed toy/button/amulet/citizen to dry out for a few days, and it will shrink and harden to a wood-like consistency.

The avocado pit head toy/button/amulet/citizen can be used in several ways, fairly self-evident from its name (oh, it is also useful as an incense holder).

Please note that if string is to be incorporated for its use as an amulet or button, the string should be pierced through the seed in its still-fresh state.

It has been observed that over time, if properly maintained, these figures develop souls.


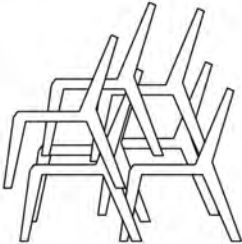

Avocado Pit Head  
Toy/Button/Amulet/Citizen

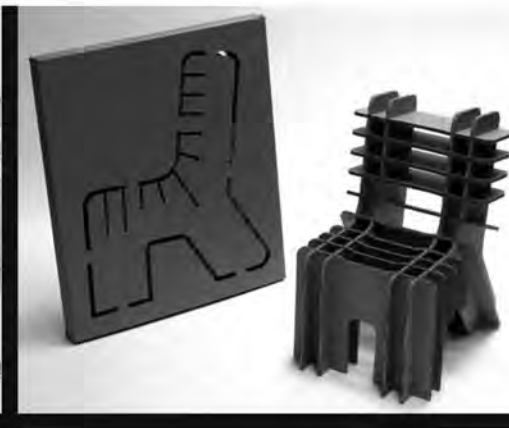
Michael Eddy



## Silhouette Chairs / Cut & Glue

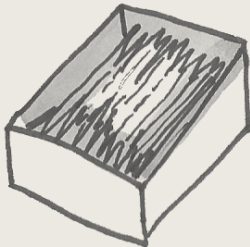
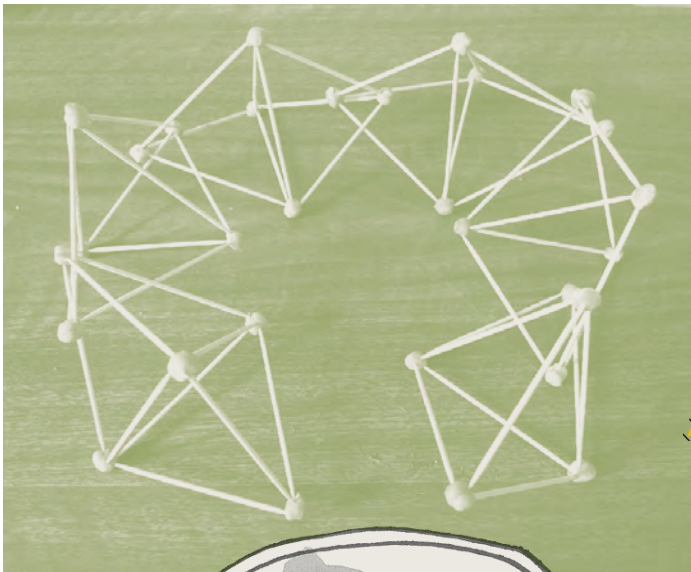
1. Choose a chair you need or would like to have 2. Draw its silhouette over a thick sheet of corrugated cardboard. Make sure the 'design' is strong in its junctions 3. Cut-out the silhouette (with care, don't cut yourself!) 4. Replicate the step 3 as many time as necessary to have enough parts to do the final lenght of the chair 5. Attach all the silhouettes, in order to compose the chair 6. Wait until the glue dries, and then it is finished. You can used it.

Steps		
1 & 2	3 & 4	5 & 6
		



Images above are mere illustrations on the possibilities of the technique, that is already wide spread and developed in (for) many situations.





## INSTRUCTIONS

Use the tooth-pick rods and pea connectors to make amazing structures.

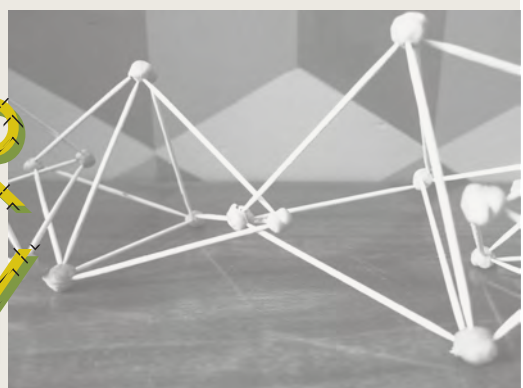
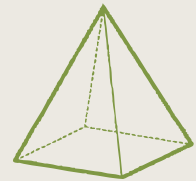
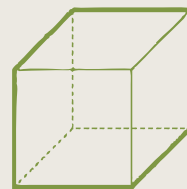
Look for geometric shapes in the world around you and see if you can make abstract versions with your peas and toothpicks! They will also dry to be permanent and can make great ornaments or mobiles.

You will need:

*Dried peas  
Tooth-picks  
(water for soaking)*

Soak the peas over night. In the morning drain the peas and use the toothpicks to skewer the peas making new connection points. Add more toothpicks and keep building. Then leave to dry and set.

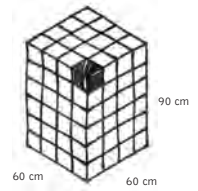
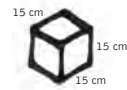
# PEAS & TOOTH-PICKS



# GDR Pad Puzzle Manual

①

The GDR Pad Puzzle is a toy/furniture piece. When put together it can rest in the corner of a living room. When dismantled the pieces can be used to play, creating make-believe space ships, houses, etc. And just putting the puzzle together can be a challenge in itself.



**Andrea Francke**

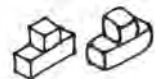
Art Licks, Issue Seven  
Artist Commission

Andrea Francke  
[www.andreafranke.me.uk](http://www.andreafranke.me.uk)  
[www.andpublishing.org](http://www.andpublishing.org)

The final piece measures 60 x 60 x 90 cm. It was devised using a 15 x 15 x 15 cm grid. It is easy to modify the modules or change the size of the final piece to better fit your needs.

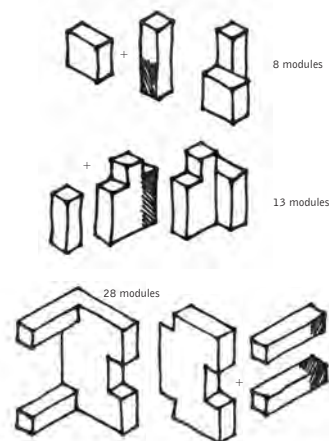
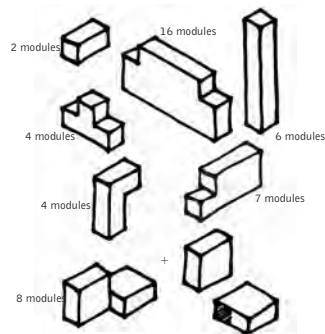
②

To put mine together I used medium firm foam and off-cut pieces of fabric I had hanging around. Because I ordered the foam without stockinette (a light fabric that makes cushion covers easy to slip in) I sew the pieces directly on the foam. You can also use bean bag filling, in that case be careful not over fill them and be prepared for a much more de-structured final object.



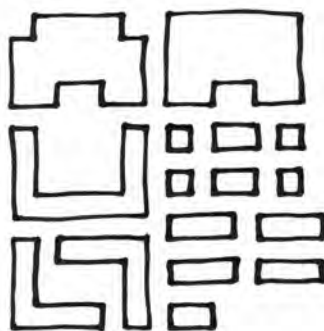
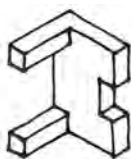
③

Ideally you can buy the foam pre-cut otherwise, you can order it in sheets. The easiest way is to order the simple shapes pre-cut and glue any tridimensional features using spray adhesive for



④

To cover all the foam pieces or construct the cushions (in case you are using the bean bag filling) you will need to make flat patterns from the tridimensional shapes. This is an example of the most complex piece de-constructed in the different cuts of fabric.



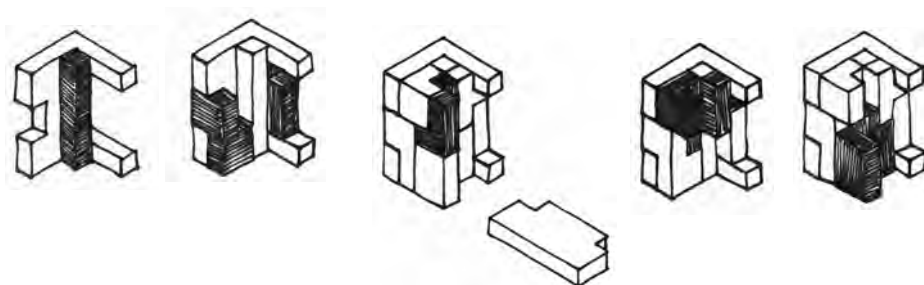
You can use a sewing machine to sew most of the pieces together (remember to leave a border of around 2 cm around the shapes to have some sewing space) and then finish them off on the foam by hand.

⑤



⑥

How to put the puzzle together.



# How to build with Grid Beam

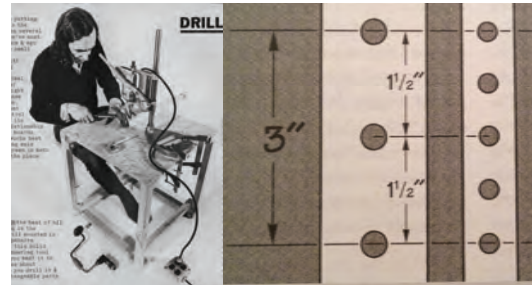
A fast, easy, and affordable system for constructing almost anything

with the authorization of the authors:

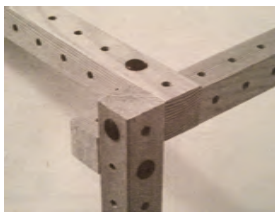
Phil Jergenson, Richard Jergenson and Wilma Keppel

Grid beams is a new way of assembling things that allows for re-use and re-configuration.

It uses modular 2 x 2 beams with tri-joints.



The beams are easy to make. We used 2" by 2" beams and drilled the holes with a drill stand (quite helpful for the amount of holes you have to make). The holes are made through the whole beam at a distance of 1/2" (the real width of the 2" by 2"s). At the beginning making so many wholes may seem like a waste of time, but that is what will allow you to re-use and re-configure your project as needed.



Tri-joints are the best way to connect the beams.

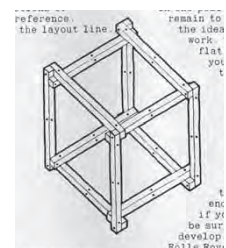


You can use the grid-beam system to create furniture, toys, rooms and even vehicles. Check their website for inspiration: <http://www.gridbeamnation.com/>

and the best part is that most of the times you just need to count holes to be able to reproduce a project.



Ken Isaacs "How to build your own living structures" was the main inspiration for the Grid Beam system. It is also the source for the furniture that hosts the ISP workshop.



We used the basic 24" and 48" cubes from Ken Isaacs to build the Invisible Spaces of Parenthood Workshop.



**Cardboard** is *light, durable* and *everywhere*.

You can *bend, rip, peel, twist, poke, stack, cut, paint, glue* and *staple* it.

**To make a construction out of cardboard:**

1. Deconstruct a cardboard box and cut it into shapes using a scissor or guillotine.
2. Experiment with the ways in which you can arrange the shapes to make people, animals, aliens, robots, airplanes, cars or anything else they can think of.  
AND/OR

Experiment with ways that you can change cardboard with your hands to make a 3 dimensional construction. Older children can use scissors.

3. Demonstrate overlapping shapes and using sticky white glue. Just a dot, not a lot of glue and hold it down while counting to ten in your head. You can also staple shapes together.

4. Begin!

5. When dry you can paint it, color it, glue other items to it, add a stick for a puppet



## **Clare's play-dough recipe**

This is the recipe my mother used when my brothers and I were small.

- 2 cups of flour
- 1 cup of salt
- 2 cups water
- 2 tablespoons cooking oil
- 2 teaspoons of cream of tartar
- food colouring or poster paint (add as needed)

Put all the ingredients into a pan and stir it continuously over a medium heat.

It will eventually turn into a thick ball – when this happens it's ready.

Let it cool and store in an airtight container.

## Plant Pots from Recycled Bottles

### Needed:

Empty bottles  
Compost  
Seeds

Sharp knife

String (if you want to make the pots 'hanging pots')

4. Place the top of the bottle into the bottom half and fill  $\frac{3}{4}$  with compost



This is a way of using up unwanted plastics bottles to grow mess free plants indoors. I've concentrated on growing basil plants for these instructions but anything small will do: parsley, mint, flowers, lettuce leaves etc. etc.

5. Add a few seeds to the surface of the compost, cover and pat down, place on window sill or sunny place and wait for seeds to grow

1. Take bottle and cut in half



2. The top of the bottle will eventually fit into the bottom as shown below:



3. So the plant has drainage, fill the bottom with polystyrene chips broken off from an old piece of polystyrene - small stones or pieces of plastic will do too



To make a hanging pot



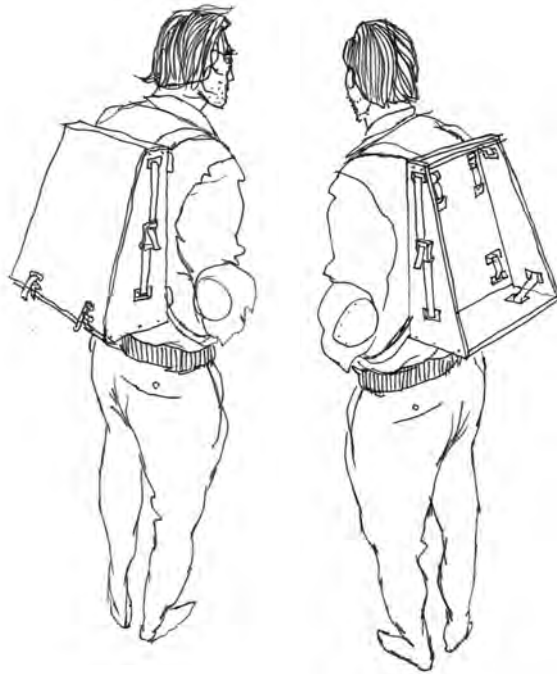
Make two small holes either side of the bottom half and thread through a piece of string before you add the top half or any compost



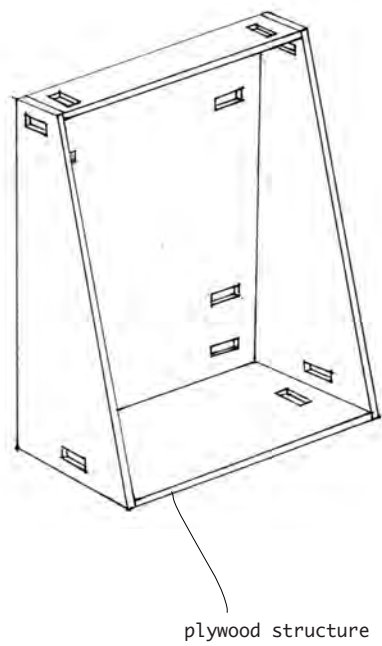
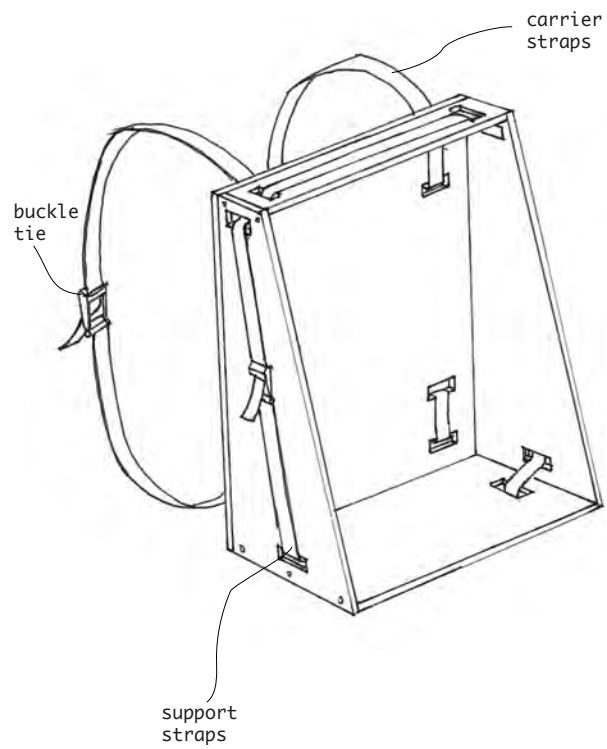


## Extensions

Christian Nyampeta



Tools For Conviviality



### Material

9 mm plywood  
3 x cam buckle tie down  
20 x wooden screw 4 x 16 mm

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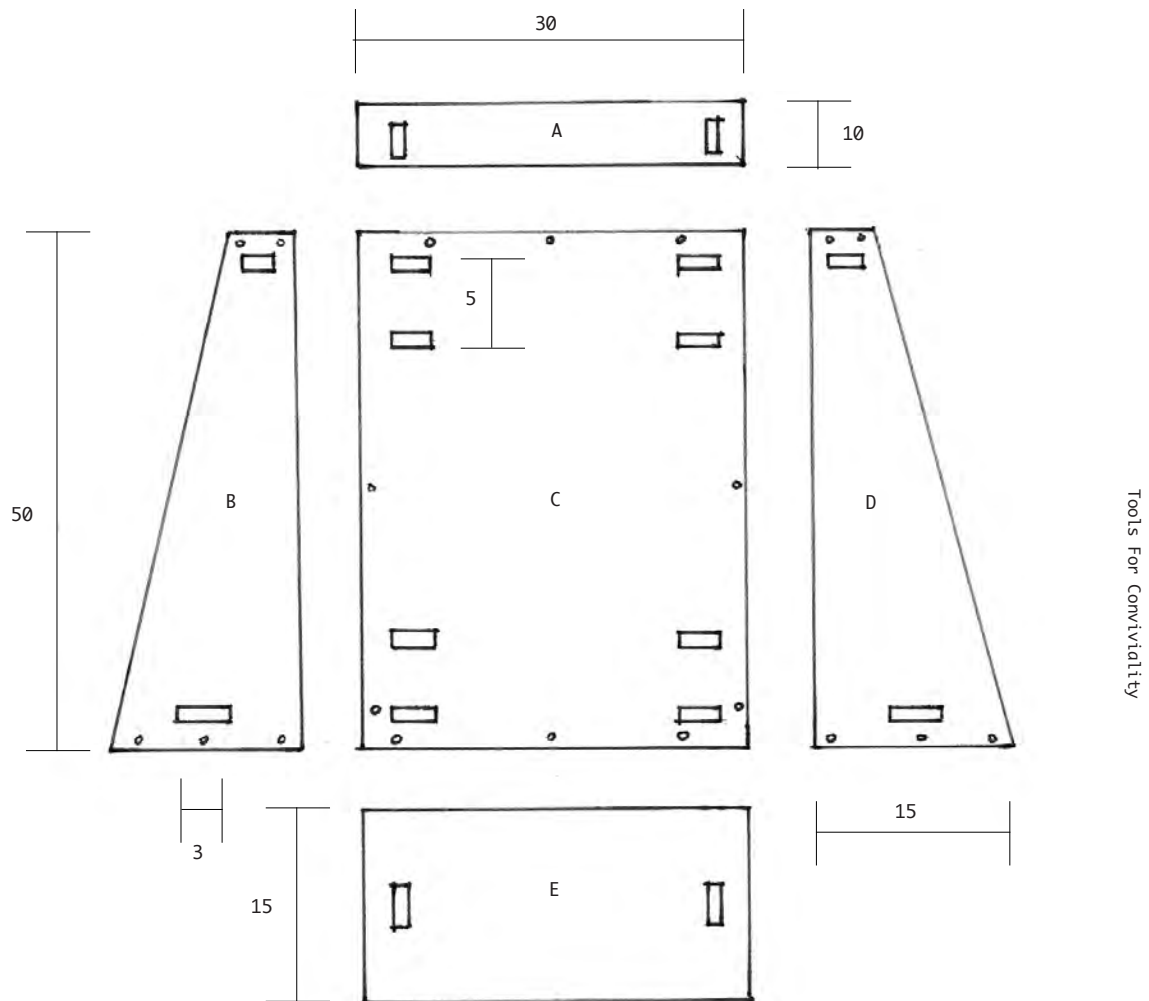
### Optional canvas cover

(1x) 30 x 60 waxed Canvas  
(± 8x) wooden screws with rings 4 x 8 mm  
(1x) 300 x 25 mm nylon strap  
(2x) 150 x 25 mm nylon strap

Dimensions in cm  
Scale: 1/5

### Components

A: 8,1 x 28,2  
B: 8,1 x 28,2 x 50  
C: 30 x 50  
D: 8,1 x 28,2  
E: 14,1 x 28,2



### Job list

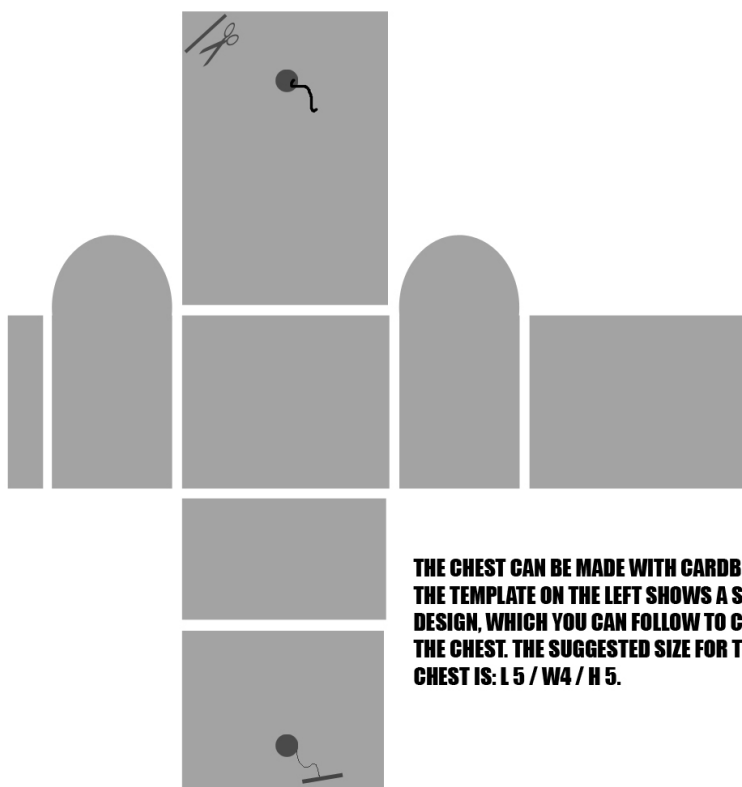
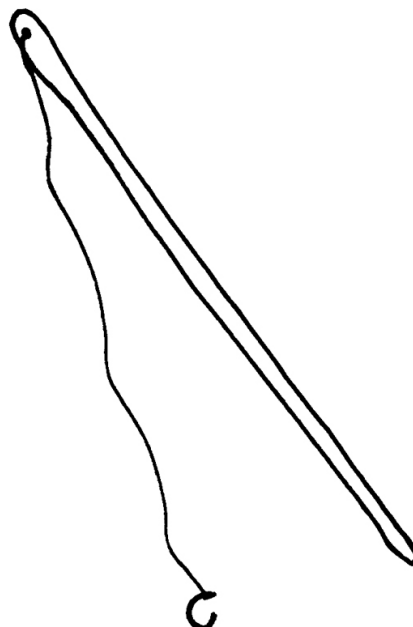
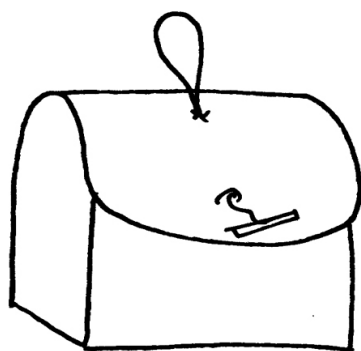
- 1) cut components A, B, C, D, E to the right sizes (considering the sheet thickness)
- 2) Cut out (30mm) or drill the slots for the nylon straps
- 3) Drill the wholes for the screws (drill bit of 3mm is recommended for 4mm screws)
- 4) assemble the plywood structure
- 5) Mount the supportive strap using a cam buckle tie
- 6) Mount the carrier straps using 2 separate cam buckle ties

## FISHING EXCHANGE CHEST

MY FAVORITE GAME WHEN I WAS A CHILD WAS THE CHEST FISHING GAME, WHICH WAS MADE UP BY MY GRANDMA ANGELITA. GRANDMA WOULD PUT A COUPLE OF 'PESETAS', (SPANISH CURRENCY AT THE MOMENT), IN A SMALL CHEST, WHICH WAS CALLED THE SECRET CHEST. AFTER THAT WE WOULD WORK TOGETHER IN THE MAKING OF A FISHING ROD, WALK TO THE PARK AND THROW THE CHEST TO THE POND. ME AND MY FRIENDS WOULD QUEUE FOR HOURS, TRYING TO CATCH THE SECRET TREASURE. THE BEST MOMENT WAS NOT THE COLLECTION OF THE TREASURE AFTER A SUCCESSFUL TRY, BUT SEING THE CHEST UNDER THE WATER AGAIN FOR ANOTHER CHANCE.

### MATERIALS:

SCISSORS  
CARDBOARD  
GLUE  
STRING  
METAL WIRE  
(PLASTIC HOOK)



THE FISHING ROD CAN BE MADE WITH CARDBOARD, BY CUTTING STRAIGHT AND LONG PIECES AND GLUING THEM TOGETHER TO MAKE THE ROD STRONG. FOR THE HOOK YOU CAN USE ANY KIND OF WIRE, A PLASTIC CURTAIN HOOK MIGHT BE A GOOD IDEA.

THE CHEST CAN BE MADE WITH CARDBOARD. THE TEMPLATE ON THE LEFT SHOWS A SIMPLE DESIGN, WHICH YOU CAN FOLLOW TO CREATE THE CHEST. THE SUGGESTED SIZE FOR THE CHEST IS: L 5 / W 4 / H 5.



# TELEPHONE BOX

THE SUGGESTED SIZES FOR THE CONSTRUCTION OF THE TELEPHONE BOX ARE:

A: L 20 / W 15 / H 10 CM

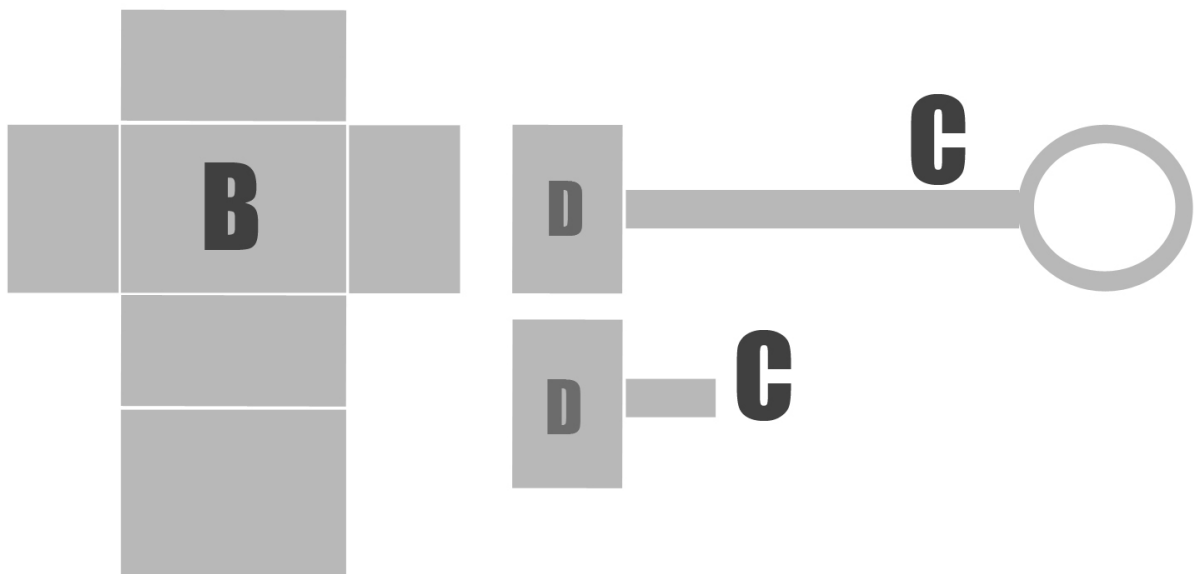
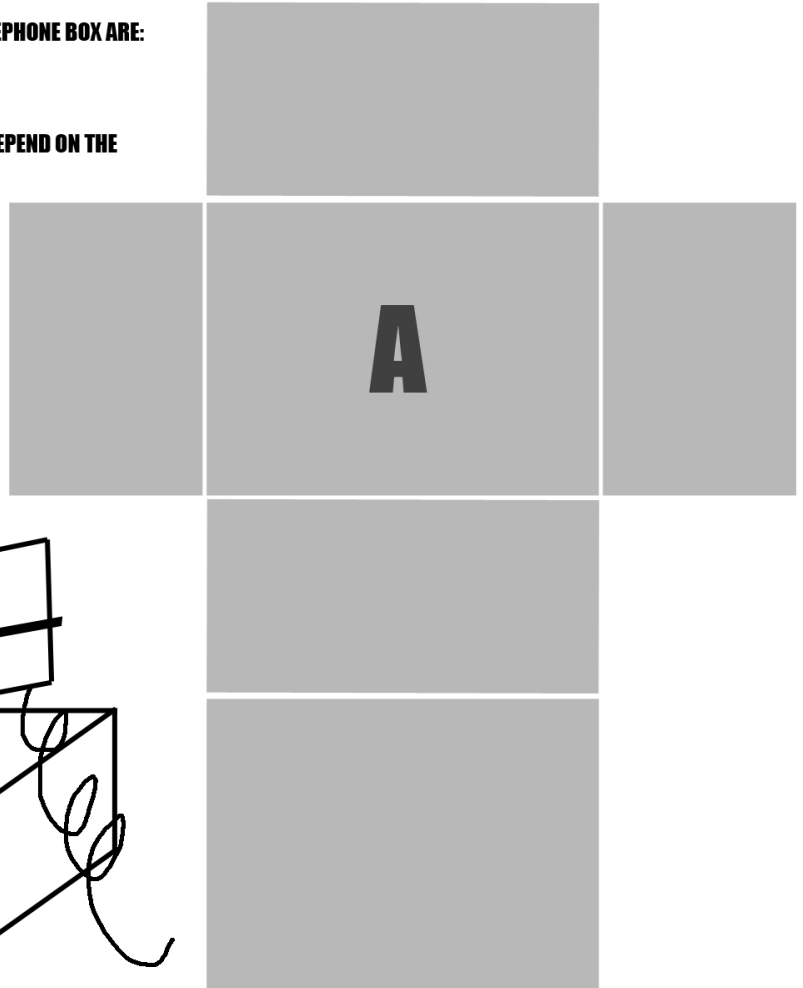
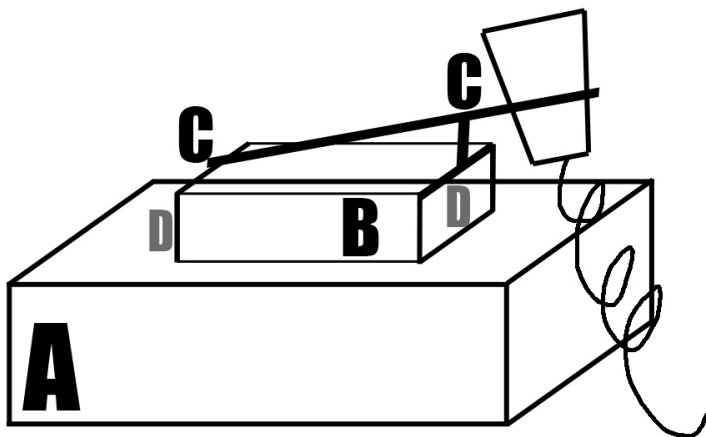
B: L 13 / W 8 / H 5 CM

C: BASE 5X8 CM (THE LENGTH OF THE REST OF THE PIECES DEPEND ON THE PLASTIC GLASS SIZE).

IT IS RECOMMENDED TO LEAVE A PLUS OF 2 CENTIMETRES IN SOME OF THE BOXES EDGES TO GLUE THE PARTS TOGETHER.

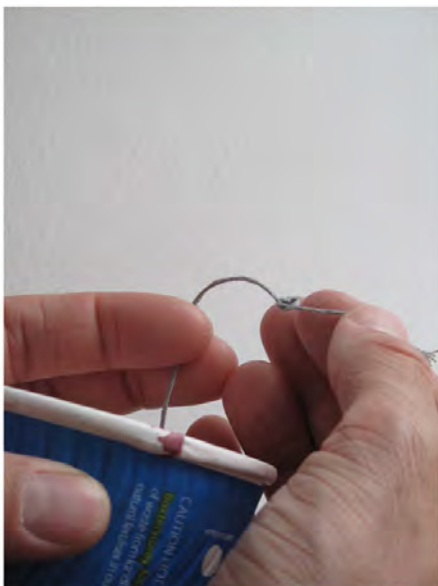
MATERIALS:

SCISSORS  
CARDBOARD  
GLUE



# TELEPHONE

- 1 GET A PIECE OF STRING AND TWO EMPTY PLASTIC/CARDBOARD GLASSES
- 2 PUNCH A HOLE AT THE BOTTOM OF EACH GLASS, SMALL ENOUGH FOR STRING TO FIT THROUGH
- 3 PASS THE STRING THROUGH THE HOLE
- 4 TIE A KNOT IN THE END OF THE STRING
- 4 PLACE THE UNTIED END OF THE STRING THROUGH THE BOTTOM IF THE OTHER CAN OR CUP AND REPEAT PROCESSES



## MATERIALS:

SCISSORS  
STRING  
TWO PLASTIC OR CARDBOARD  
GLASSES/CUPS

# The Bottle Skipping Rope



To make the toy you will:

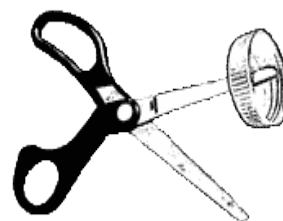
- need two small clean plastic bottles
- a rope
- two plastic lids
- insulating tape, scissors and a short screwdriver



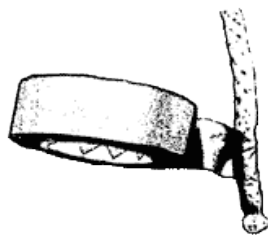
Make a hole in the middle of the lid's surface using the short screw driver (which is safer than the longer one)



Make the hole bigger using the scissors' blade. The hole must be big enough for the rope.



Wrap the ends of the rope using the insulating tape. This will allow you to insert both of the ends of the rope into the lids's hole easily.



Insert the rope's end into the lid's hole, and tie a knot. By this way the rope will rest in its place properly.



Tape and decorate with tape the bottle surface.



The last step is to link all parts together using the tape



Place the knot inside the little bottle and tape the lid together with the bottle's edge.



Now you can test if the toy you made is a proper "tool to have fun" by playing the skipping rope game.

If you would like to catch some more ideas about the accessible toys you can make

on your own, you can visit the [www.toymakingactivities.com](http://www.toymakingactivities.com) website

So make the most of your bottle rubbish and be a good recycler!

ciao!

By Renzo Laporta











# The Jumping Spider

To make the Jumping Spider you will need simple materials you can easily find around your house, like a clean soft plastic bottle, scissors, insulating tape, some stripes of ribbons.

Look for those bottle with a good elastic quality, a small bottle can work better than a big bottle. If the bottle is really elastic you can have a good jumping toy.



<ul style="list-style-type: none"> <li>- Scissors</li> <li>- insulating tape</li> <li>- a soft clean plastic bottle</li> <li>- Ribbons</li> </ul>	 <p>Cut the bottle half way through</p> 
<p>Place a stripe of tape close to the edge of the bottle. This will help you to know where you have to stop with the cutting of the legs</p> 	<p>Take the bottom part of the bottle and make 8 "legs" using the scissors. "Legs" must be of the same size, possibly</p> 
<p>Fold the 8 legs</p> 	<p>Test the bottle's flexibility. With the tip of your finger press down the "head" of the bottom bottle</p> 
<p>Fold the end of each leg, so you can make the "foot" for each "leg".</p> 	
<p>Finally, add decoration to characterize the jumping Spider, adding the eyes with black</p>	<p>And with tape. Adding the hair using the ribbons and so on...</p>

If you would like to learn some more ideas about the accessible toymaking, look the [www.toymakingactivities.com](http://www.toymakingactivities.com) website

by Renzo Laporta

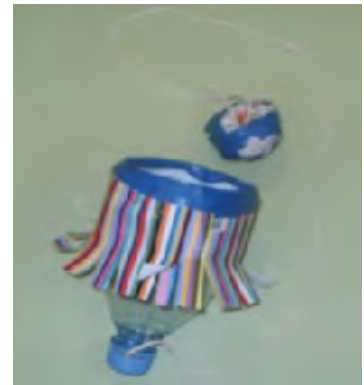
## Making Bilboquet

An easy way to make a toy by re-using a plastic bottle

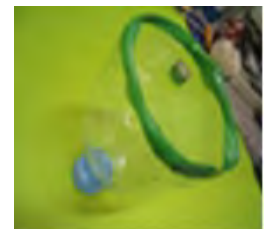


### What you need:

- \* A piece of wrapping paper
- \* a page of newspaper
- \* A plastic bottle (1 or 1,5 litre) with its plastic lid
- \* 1 metre of string
- \* A pair scissors
- \* Coloured electrical tape or masking tape



1. Punch a hole in the bottle using the point of the scissors and then cut the bottle in half



2. Take the top half of the bottle (with the lid) and cover the cut edge of the bottle with the electrical tape or masking tape. This will cover any sharp edges



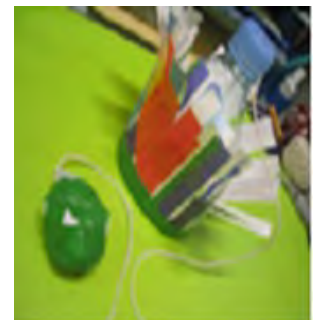
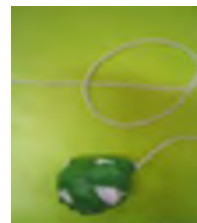
3. Fix the wrapping paper around the top half of the bottle and fix it into position with some electrical tape, along the edge of the bottle as shown above.

4. Cut the edge of the wrapping paper closest to the bottle top of the bottle. This produces a nice skirt effect.



5. Crumple a sheet of newspaper into a small ball

6. Wrap the string around the ball of newspaper and tie a strong knot. Remember! When you tie the knot, make sure that one of the ends of the string is left long as you will need this to attach the ball of newspaper to the bottle.



7. Wrap some electrical tape around the newspaper ball. So it becomes compact.

8. Remove the bottle top and place the end of the string inside the neck of the bottle. Now put the top back on and close it tightly. Now you are ready to play Bilboquet!

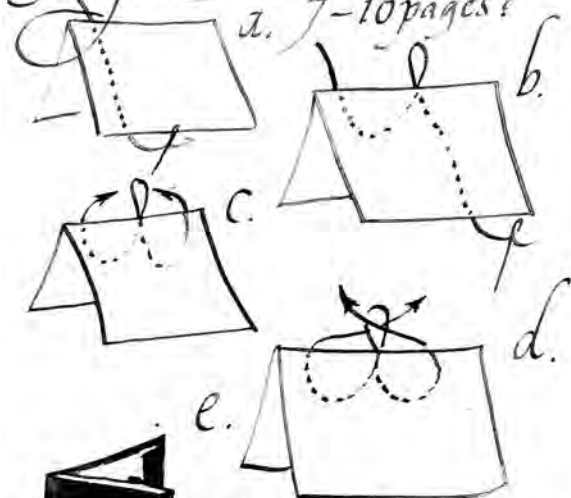


**For safety reason**, when uses scissors or the sharp knives it is important:

1. Punch in perpendicular way; 2. Keep the holding-hand far from the point of the scissors.

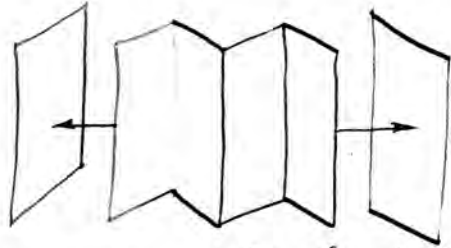
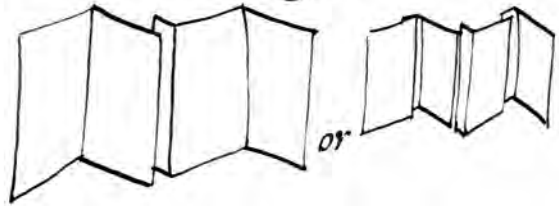
## Single Section Book

a. 7-10 pages?



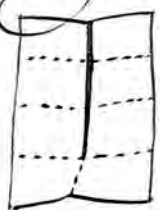
a. Put your Needle in at one point. b. Out and in again in the middle leaving a small loop. Then c. out again at a third point. d. Pull the ends through the loop in opposite directions. e. Pull tight and tie a knot.

## Accordion or flutter book

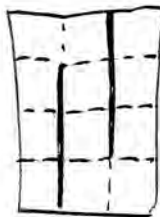


Single or double sheets are joined with a small overlap. Books that will stand have same-size covers. \* Ties can be pasted between cover and pages.

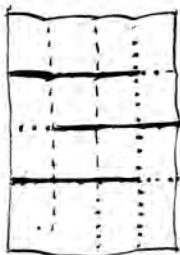
## Origami or Maze books



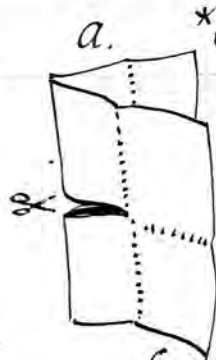
Pinch the solid ends together



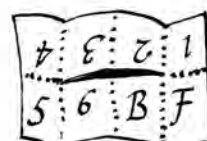
and make accordion



folds to create the book.



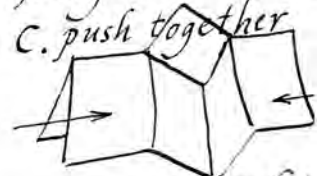
Form a Cross



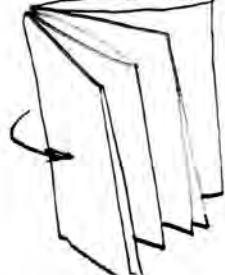
\* Crease to make eight pages. Cut middle half to quarter points.



Open, then fold horizontal



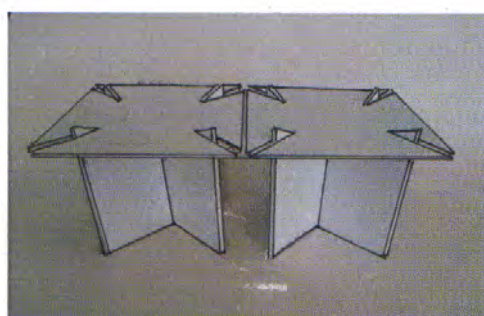
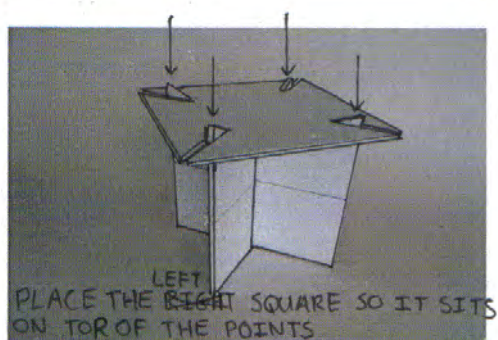
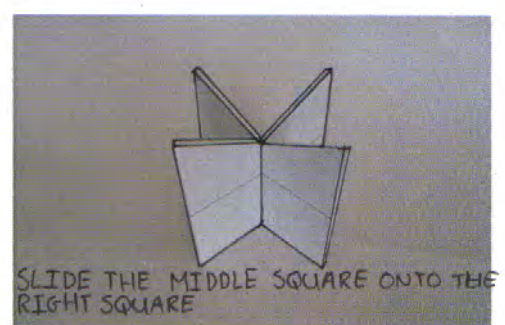
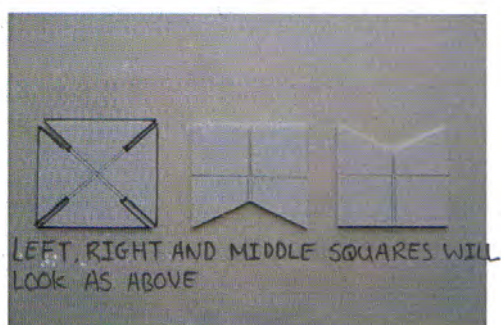
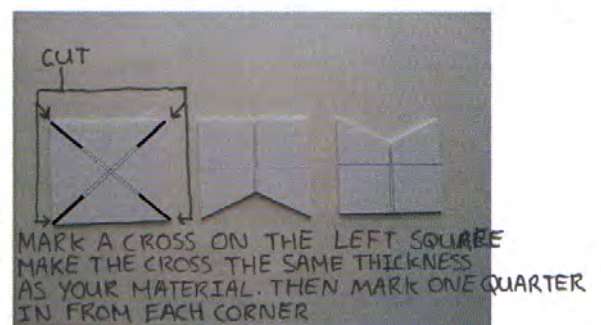
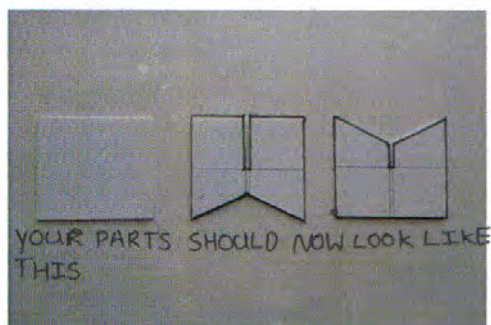
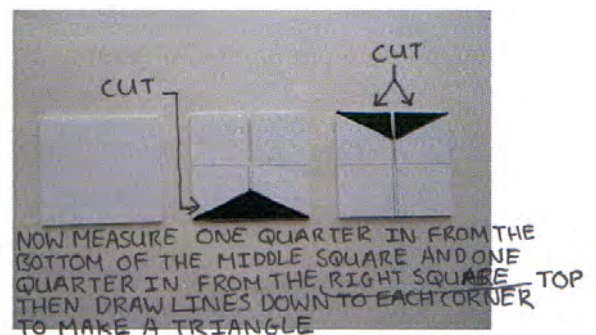
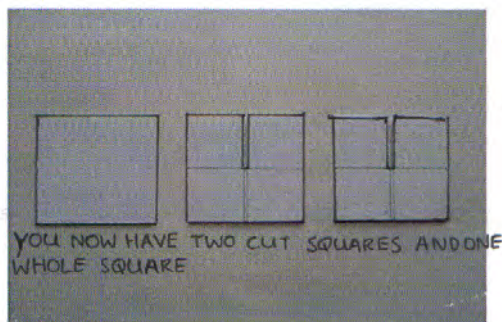
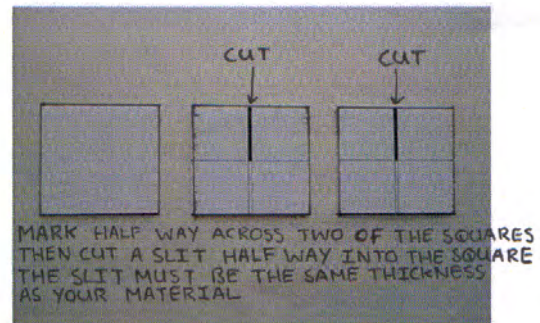
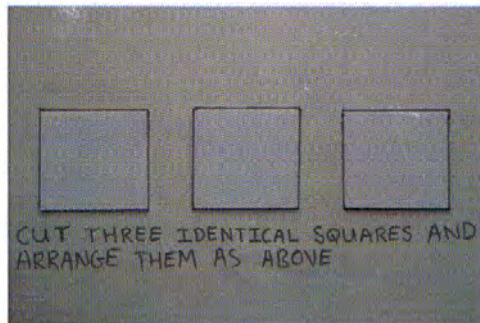
c. push together



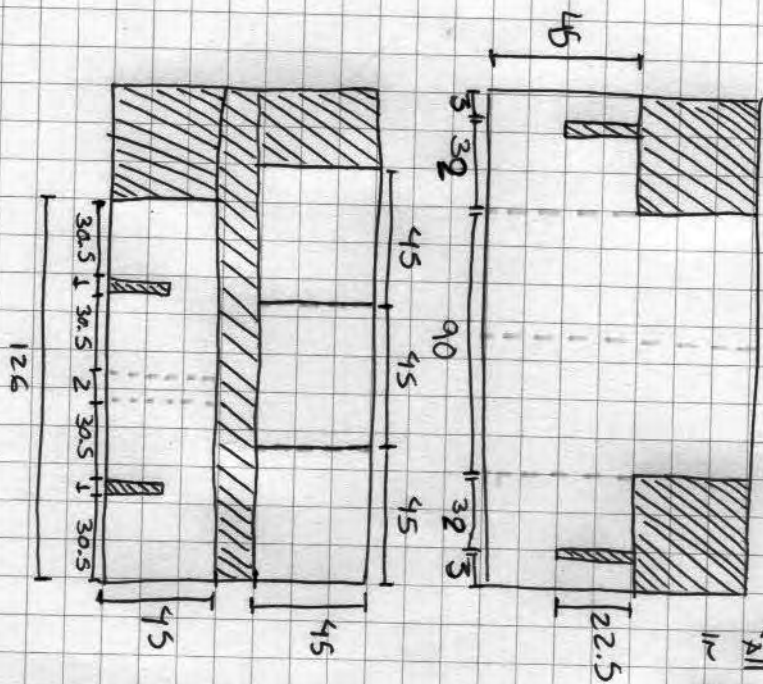
e. Fold round



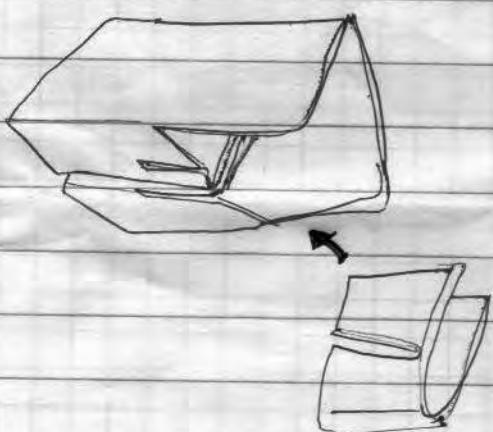
# A TABLE WITH NO NUMBERS A MODULAR RAISED SURFACE



Two sheets of cardboard or flat boxes  
(100 x 100)



All measures are  
in cm



The drawings are not on scale

Adopted from "Korndic Furniture", Jones Hennessey and Victor Popalet