

# ArtStream

Written Instructional Guide



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Sculpting the Digestive System with Homemade Modeling Dough

*“For Grades 6-8 Students”*

With Teaching Artist Nicole Hummel

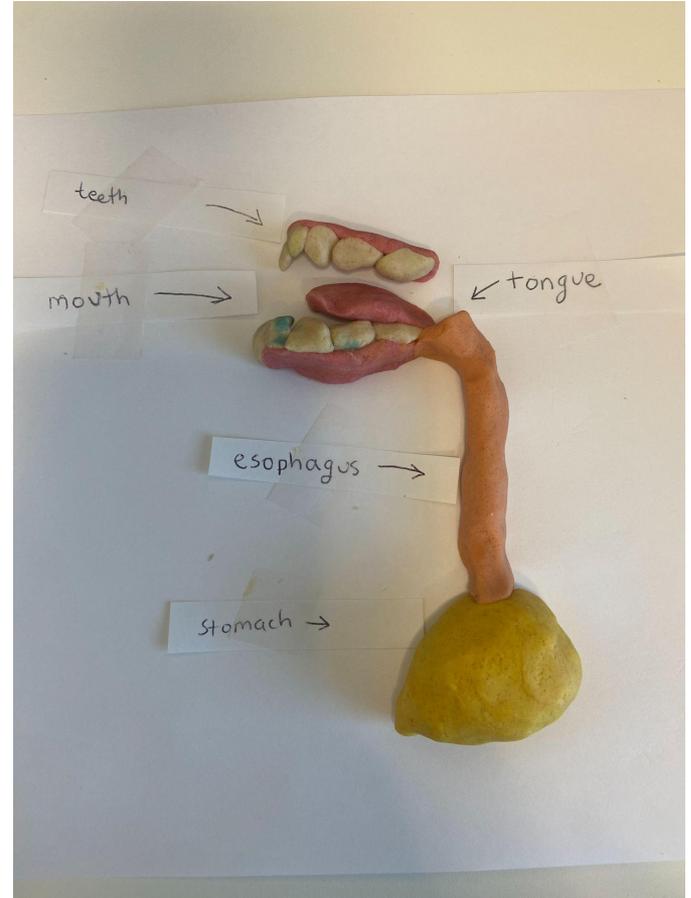
# Lesson 2: “Sculpting the Digestive System

## Part I: Esophagus and Stomach”

# Materials

## Materials:

- o Required
  - Clean surface
  - Modeling dough from Lesson 1 (or storebought dough in different colors)
  - A hard moveable surface to keep the sculpture on (a piece of cardboard, a cutting board or a plate)
  - Plastic to cover the sculpture
- o Recommended
  - popsicle stick
  - toothpick



# Introduction

- Welcome
- I'm Nicole Marie Hummel, I'm a ceramic artist based in Eugene
- We are going to be exploring using sculpting dough to model the human digestive system.
- Digestion is the process of breaking down food into substances that can be used by the body. A lot of this process is something that our bodies do without us even being aware of it!
- First, we are going to take a moment to take some deep breaths together so that we can be fully engaged in this process of making clay!

# Mindfulness Exercise

- Close your eyes, wiggle your fingers, hands, take a really full deep breath in and exhale with a HA!
- Reach your arms out to the side wide!
- Reach arms overhead to the stars!
- Reach arms around yourself to give yourself a big hug!
- This is a helpful way to energize your body and mind! When we are more aware of what is going on in our body and breath, we can be more in the moment and connected to what we are creating.

# Step 1: Organize Materials

- Begin by organizing our materials
- Sort out the colors of modeling dough, set tools together

## Step 2: Set Up Work Space

- **Instructions**
- Once ingredients have been organized , move them to the edge of the “work space”. The work space can be a blank piece of paper, or a clean, flat surface

# Step 3: Sculpting the Mouth and Esophagus

- Digestion begins in the mouth when we chew. Enzymes in our saliva and the mechanical process of chewing begin to break the food down so that it can move down into the esophagus.
- We are going to sculpt the mouth and esophagus - for fun feel free to use whichever colors of clay you would like!

## INSTRUCTIONS

- Start with mouth and teeth - talk about molars for grinding, canines and incisors for biting, enzymes that come out with saliva. The smell and taste matters, because it's what motivates us to chew and makes us salivate!
- long coil for esophagus - talk about peristalsis, the involuntary muscle movement down and out!

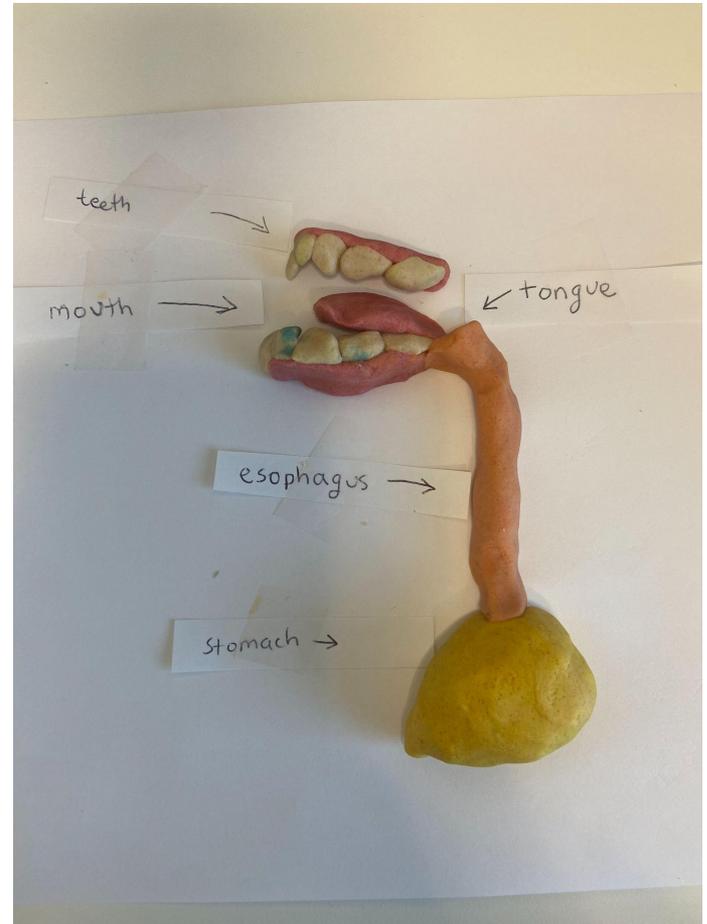


# Step 4: Stomach!

- When the food reaches the stomach, many more enzymes and acids come into play, and the churning of the stomach muscles mixes and blends up the food.
- Because of the strong action going on in there and the enzymes/acids inside, the stomach is lined with a thick layer of tissue to protect other organs in the body.
- We will sculpt the stomach - hollow inside!

## INSTRUCTIONS

- start with a sphere
- put thumbs in and spread it out, making the inside hollow
- close it off
- attach it to esophagus
- Label each part



# Closing Reflection

- Take a moment to sit back, close your eyes, and remember the process of doing this. Now connect this to the sensation in your own body, moving your awareness from mouth to esophagus to stomach.
- What was your favorite part of this lesson? Take a deep breath together.
- Thank students for tuning in and participating
- Directive: research some of the enzymes that are created in the mouth and stomach and what they do specifically. Research the texture of the esophagus and the definition of peristalsis. Keep Playing with clay!

We will have 2 more lessons to explore so tune back in!

# Thank you!

- Keep creating!