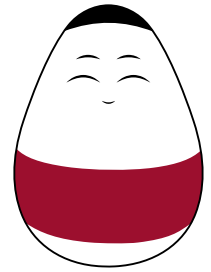


卵で作る起き上がり小法師

Make an *Okiagari Kobōshi* with an Egg

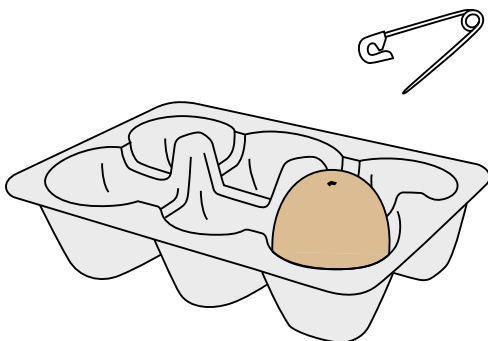


You will need:

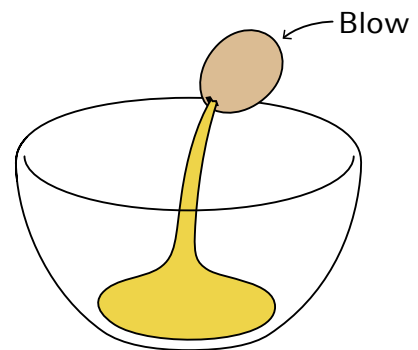
- Egg
- Modelling clay or playdough
- Safety pin or needle
- Toothpick
- Tissue paper or newspaper for papier-mâché
- PVA glue
- Water
- Art materials to decorate your egg

* Adult supervision required

- 1 Wash an egg. Carefully take a safety pin and make a small hole in the centre of the bottom end, and a slightly larger hole in the top end.



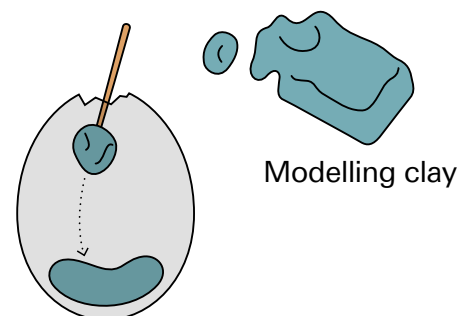
- 2 Insert a toothpick into the larger hole and move it around to break up the yolk. Empty the contents of the egg in a bowl through the larger hole by blowing into the smaller hole with a straw. Gently wash the shell and let it dry overnight.



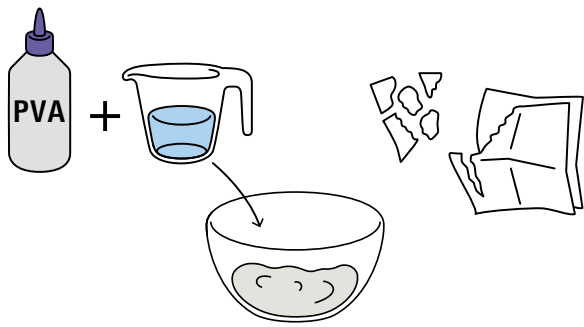
Tip: Why not try using the leftover egg to make *tamagoyaki* (Japanese rolled omelette)?

- 3 Make the larger hole on the top of the egg wide enough so you can insert your index finger by gently chipping away bits of shell. Roll a small ball of modelling clay or playdough and carefully place it inside the bottom of the egg using a finger or a toothpick, applying light pressure or affixing with glue so the clay sticks to the shell.

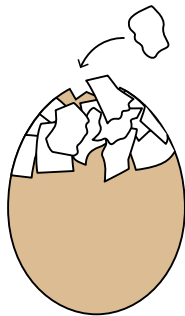
After inserting the clay, try knocking over the egg. If it does not stand back up again then you may need to add more clay or reposition it.



- 4 Prepare for papier-mâché. Tear the tissue paper or newspaper into small strips. Mix two parts PVA glue with one part water in a small bowl.



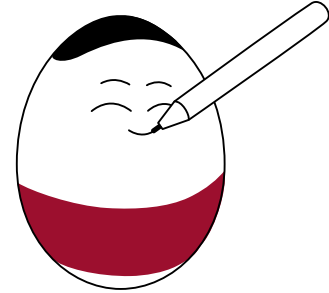
- 5 Dip a paper strip into the glue mixture, wipe off the excess on the side of the bowl and place it onto the egg, using your fingers or a paintbrush to smooth down the edges. Continue applying the paper strips until the egg (including the hole) is completely covered, adding extra layers as desired. Leave the egg to dry.



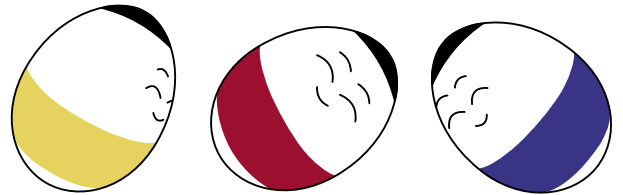
福島
FUKUSHIMA



- 6 Decorate your egg. *Okiagari koboshi* are typically white, with a red or blue ring around the torso and black thin lines for eyes, eyebrows and mouth. Be inspired by this Fukushima tradition or use your imagination to create your own original *okiagari koboshi*.



- 7 Try gently knocking over your *okiagari koboshi* egg and watch it roll back up again.



About *okiagari koboshi*

Okiagari koboshi (lit. 'getting up little monk') are small folk toys originating from the Aizu region of Fukushima Prefecture in north eastern Japan. They are made from *washi* (Japanese paper) using the technique of *Aizu hariko* (Aizu papier-mâché). Hollow with a weighted bottom, if knocked over, they always return to an upright position. This roly-poly design makes *okiagari koboshi* a symbol of resilience and perseverance.