



THRIFTFEST UPCYCLED

THE SECRET LIFE OF STUFF

The Secret Life of Stuff is an exciting community project commission for Festival Of Thrift Upcycled that invites you to design, make and move in wearable sculptures with dance artists Jennifer Essex and Lorraine Smith, and Dutch costume designer Daphne Karstens. Using manmade materials, such as bottle caps, plastic cups, cardboard, rubber gloves, etc., you can learn how to make futuristic wearable sculptures and raise awareness of environmental & sustainability issues. Together we'll explore the stories of the "rubbish" we leave behind and consider how we can tackle a throwaway consumer culture. Join in through tutorials on the Festival of Thrift Upcycled webpage and email jennifer@jenniferessex.com if you want to share your creation in our online film to be launched as part of Festival of Thrift Upcycled this September.



The Home Edition of
THE FESTIVAL OF THRIFT

THE SECRET LIFE OF STUFF

CREATE YOUR OWN CHARACTERS
USING WHAT YOU'D NORMALLY THROW AWAY...

①

START TO PAY ATTENTION TO MATERIALS
YOU SEE AROUND YOUR HOUSE



②

TAKE THE MATERIALS IN YOUR HANDS.
HOW HEAVY ARE THEY?
WHAT INTERESTS YOU
ABOUT THEIR TEXTURE...?



③

WHEN CHOOSING YOUR MATERIALS FROM AROUND THE HOUSE,
THEY CAN BE SMALL OR BIG, SOFT OR HARD...



GOOD EXAMPLES COULD BE
PILLOWS OR RUBBER BANDS,
SPONGES OR CLOTHES PEGS,
BOTTLE CAPS OR SHOPPING BAGS



HOW STRETCHY
IS YOUR MATERIAL?
HOW STICKY?
HOW SMOOTH?
CAN IT BE FOLDED?



...THIS WAS MADE
USING BOTTLE CAPS



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ASSEMBLE YOUR TOOLS
SUCH AS:



SELLOTAPE
GLUE
A STAPLER
SAFETY PINS
NEEDLE AND THREAD



YOU CAN ALSO USE:



MAGNETS
CABLE TIES
VELCRO
GARDEN STRING



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WHEN YOU LOOK AT THE COLOUR
OF SOMETHING LIKE A PAIR OF SOCKS
OR A ROSE, WHAT DOES IT REMIND YOU OF?
WHAT DOES IT MAKE YOU FEEL?

HOW WILL YOU ATTACH
THIS MATERIAL
TO YOUR BODY?

WHAT TOOLS
WILL YOU USE?



YOU CAN USE A BASE LAYER THAT COULD BE:
A PAIR OF TIGHTS
A T-SHIRT
A BASEBALL CAP
A POLO NECK



⑥

HOW DOES YOUR COSTUME MAKE YOU WANT TO MOVE?



SCUTTLE SIDE TO SIDE LIKE A CRAB?
FLOAT LIKE A CLOUD?
WALK STIFFLY LIKE A ROBOT?

⑦ FILM YOUR CREATION!



USE A WIDE SHOT
TO SHOW THE ACTION
CLEARLY

USE A MEDIUM SHOT
TO CAPTURE YOUR CREATION
AND ITS SURROUNDINGS



USE A CLOSE-UP
TO PICK UP DETAILS

WANT TO SHARE YOUR VIDEO WITH US?
EMAIL JEN TO FIND OUT MORE!
[JENNIFER@JENNIFERESSEX.COM](mailto:jennifer@jenniferessex.com)

