

**iDE
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TV**

PROJECT

MINI LEAF BOWLS
(WET FORMING)



**Identity
Leathercraft**

LEARN
SKILLS
DESIGN
EXPLORE
CREATE

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LITTLE LEAF BOWLS



WET FORMED MINI LEATHER LEAF BOWLS

AS PART OF A HEALTHIER APPROACH TO FOOD AND WELL-BEING, A SMALL LEATHER BOWL JUST BIG ENOUGH FOR A FEW LITTLE TREATS.

LEATHER

1.3-1.5 VEGETABLE TANNED BUFFALO CALF

1.2-1.4 VEGETABLE TANNED LEATHER



TOOLS

KNIFE OR LEATHER SCISSORS

SCRATCH AWL

WOOL DAUBERS

YOU WILL ALSO NEED

CUTTING MAT

BOWL OF WATER AND SPONGE OR MIST SPRAY

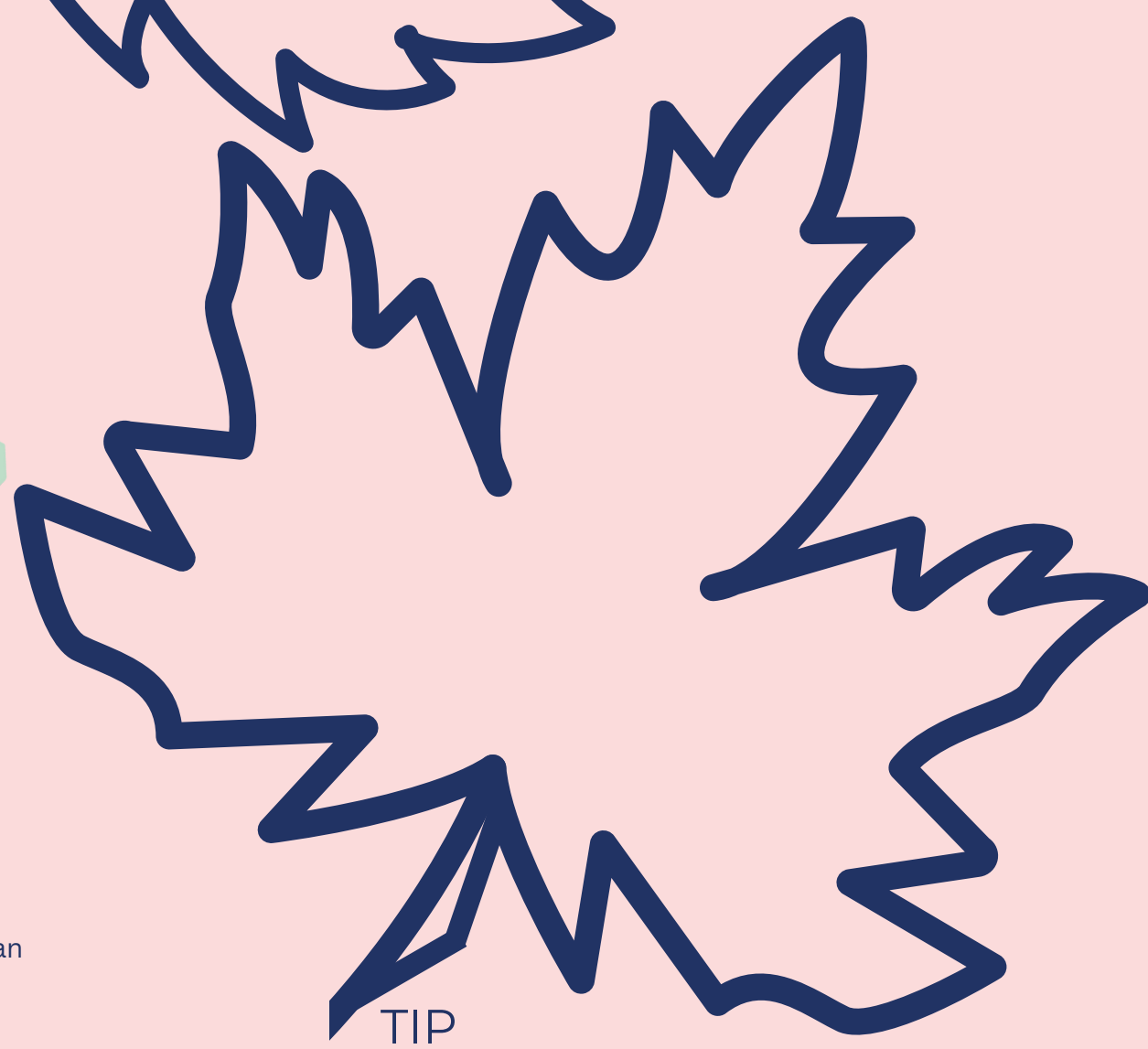
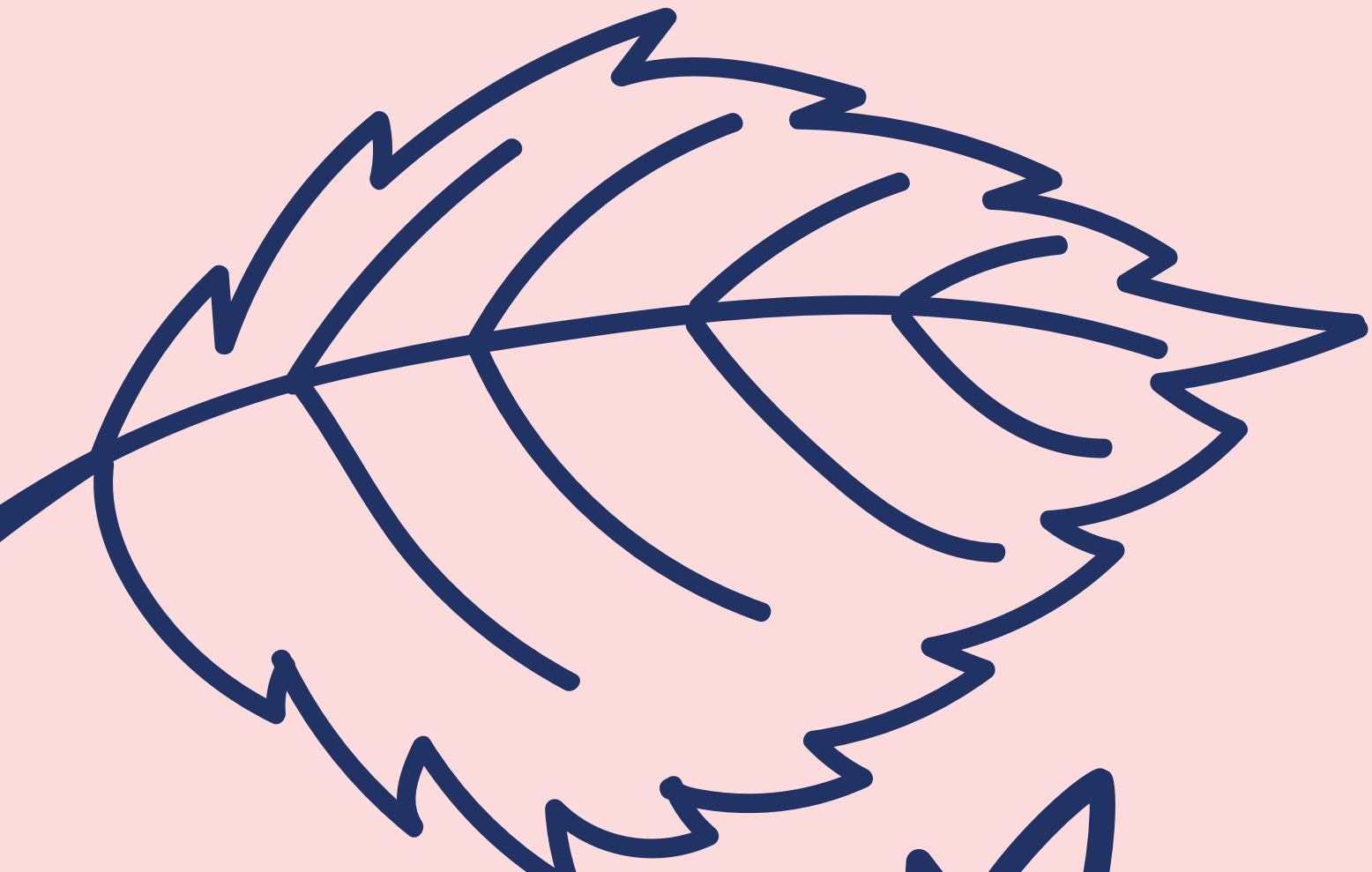
SMALL CUP OR DISH

COLOUR & FINISHES

IDENTITY WATER BASED LEATHER STAINS

PERMACOAT OR SUPER-SHENE

www.identityleathercraft.com



Identity
Waterbased
Leather Stains



Brick Red



English Tan



Forest Green



Yellow Ochre

TIP

IF YOU ARE MAKING YOUR OWN DESIGN MAKE IT QUITE FAT/SQUARE SHAPED TO ALLOW FOR THE BOWL SHAPE.



SUGGESTIONS:

SMALL SQUARE OF DARK CHOCOLATE (GIVES A SEROTONIN BOOST AND HELPS WITH BLOOD PRESSURE)

DRIED APRICOT (EXCELLENT SOURCE OF VITAMIN C AND IRON)

**SMALL CUBE OF CHEESE
A FEW BLUEBERRIES, A STRAWBERRY OR OTHER BERRY, OR GRAPE**

YOGHURT COVERED RAISONS OR NUTS

CHOCOLATE COVERED COFFEE BEANS

CRYSTALLISED GINGER

LICQUORICE PIECE

OLIVE

A little bowl to encourage small mindful treats, to eat slowly, to savour and to celebrate life's small pleasures.

Anytime you're sitting to stop and eat is a good time to slow down and take a couple of deep breaths. We all have developed bad habits around food, eating on the go. We need to relearn to take time out in our day and when we stop to eat is a good moment. Taking a moment for some extra breaths before we start and slowing down the action of eating helps us to reconnect with our food and our bodies.

Look for things that give an intense taste – perhaps bitter, salty or sweet and try to create a little mix of each of these.

#wellbeing #leathercraft



Link: try this link for the chocolate meditation:
<http://franticworld.com/free-meditations-from-mindfulness/>



LITTLE LEAF BOWLS



1 Template

PRINT AND CUT OUT THE TEMPLATE AND DRAW ROUND IT ON TO THE GRAIN SIDE OF THE LEATHER USING THE SCRATCH AWL. CUT THE LEATHER OUT TO THE SHAPE.



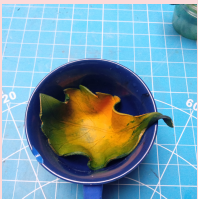
2 Scoring the Veins

DAMPEN THE LEATHER WITH A SPONGE OR MIST SPRAY AND LEAVE THE LEATHER FOR A MINUTE TO ALLOW THE LEATHER SURFACE TO SOFTEN. SCORE IN A PATTERN OF VEINS USING YOUR IMAGINATION OR A REAL LEAF FOR REFERENCE



3 Colouring

WET THE LEATHER AGAIN THIS TIME BOTH SIDES. COLOUR TO YOUR CHOICE USING LEATHER DYES OR STAINS. WE RECOMMEND STARTING WITH THE YELLOW OCHRE AS A BASE AND THEN ADDING OTHER COLOURS OVER THE YELLOW.



4 Forming

WHILE THE LEATHER IS DAMP WITH WATER AND DYE COLOUR GENTLY PUSH IT DOWN INTO A MUG OR BOWL AND SHAPE. MAKE THE SHAPE TIGHTER THAN YOU WANT AS IT WILL OPEN OUT A LITTLE. LEAVE TO DRY BY A WARM RADIATOR. TIP - WEIGHT WITH A POLISHED STONE.



5 Finishing

FINISH WITH [PERMACOAT](#), OR [SUPER SHENE](#) WITH 2 COATS FOR ADDED WIPE-ABILITY.

SHOP AND FIND OUT MORE

For leather, leathercraft materials, information and workshops please visit the website, or call 01629 581403.

www.identityleathercraft.com



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