

HENNA HANDS

Number of participants: unlimited

Duration: 30 min-45 min

Age Restrictions: none, younger children may require more support

Henna has been used since the bronze age to decorate bodies for special occasions like weddings, religious, and other festivals. The dye is traditionally derived naturally and stays on temporarily.

Space Requirements:

Craft table

Supplies:

- * Various shades of construction paper
- * Examples of Henna designs
- Scissors
- Brown markers, pencils, or crayons

*provided in kit

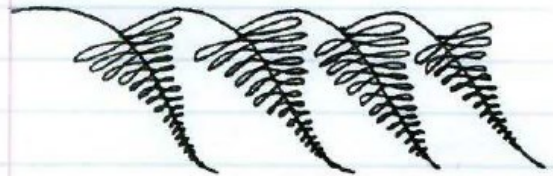
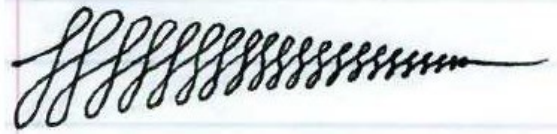
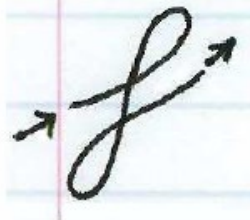
Activity Instructions:

1. Have the participants select a shade of paper to trace their hands/arms. This may be easier if participants are partnered, each person can trace their partner.
2. After the arms/hands are traced have the participants cut them out. Depending on the age you may have to help them.
3. Have the participants design their own henna design on their hand/arm cut-outs.

Variations: using washable markers, have the children draw henna patterns on their own (or a partners) hands

Henna Design Elements

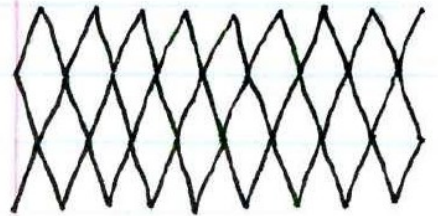
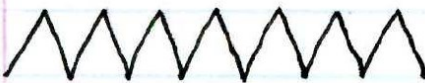
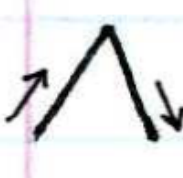
Fooffy



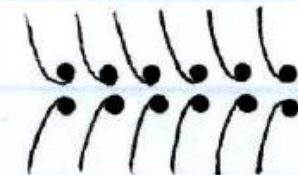
Hump



ZigZag



Sprout

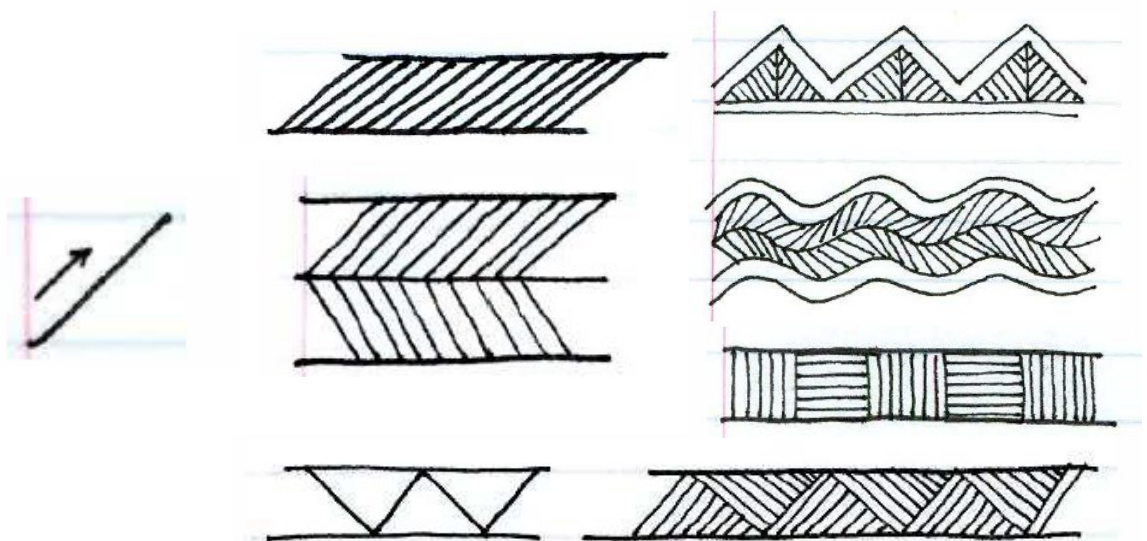


Henna Design Elements

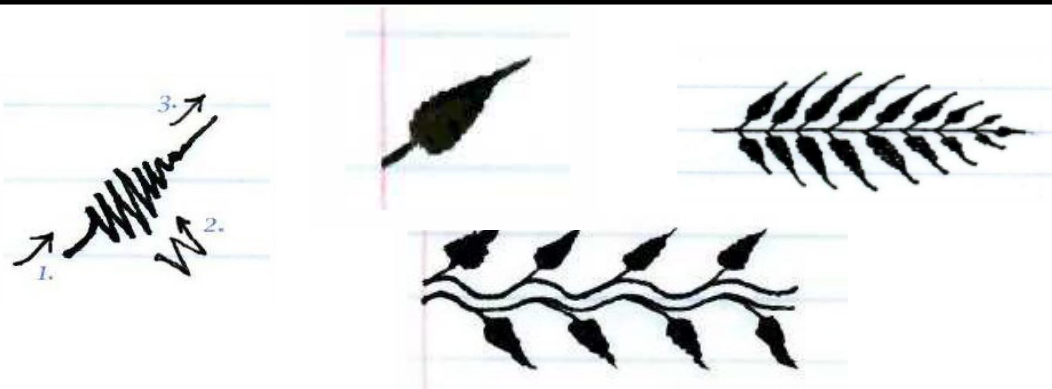
Bud



Fish-
bone



Wibble
Leaf



S

