Henna Hands

You will need
- A4 Paper or Card
- Brown Pens

Before you begin
Mehndi, otherwise known as henna, is a paste associated with positive spirits and good luck associated with the Indian culture.

Have a go

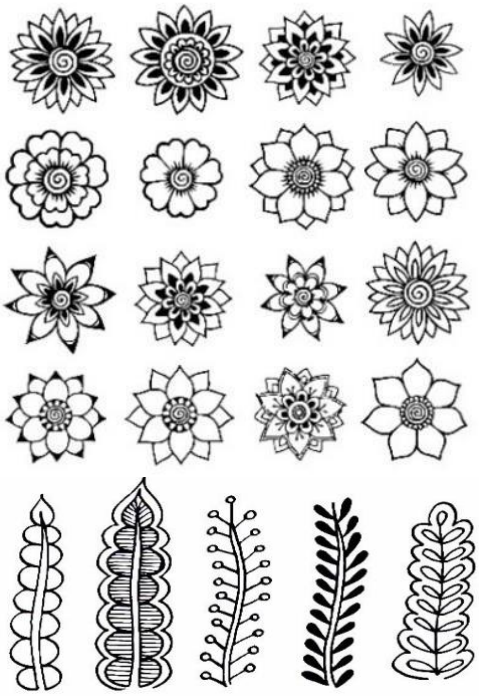
1. Draw around your hand and wrist on a piece of A4 paper and cut it out.

2. Use brown pens to draw intricate designs on your paper hands. You should be inspired by the traditional henna patterns, because this activity is all about taking part in an activity from another country.

It's important to use brown pens (instead of black ones) because black henna is not safe to use on skin.

Additional Information
Henna is a plant that's crushed and mixed with water to make a brown paste. The paste is painted onto hands and feet, and it stains the skin for between one and four weeks.
People create beautiful designs, especially for special celebrations such as weddings and festivals.
Henna designs are common in countries including India, Pakistan, Bangladesh, and Afghanistan.

Themes include:
Butterflies symbolise new beginnings
Flowers mean truth and happiness
Suns indicates knowledge
Mandala represent the symbol of life and the universe



Reflection
This activity is to help you understand other cultures and respect other people, as this reminds you that as a Scout you are an international citizen.
Learning about international traditions can help us understand and trust peole from different backgrounds.
Think how you use your hands to express yourself, by clapping or spelling words in British Sign Language (BSL).
We might shake hands with other Scouts or wave, not everyone uses henna, but lots of people use their hands in different ways to express themselves.

Safety
Make sure you protect the surface you are working on with newspaper or other covers to prevent damage.

All Activities are taken from the Scout Association's Great IN Doors programme.