

Henna Hands Craft

Inspired by Ramadan Around the World

In the book *Ramadan Around the World*, Ramadan Moon visits Touba, Senegal where Bintou is painting her hands and feet in celebration of Ramadan. Henna is a dye taken from the Lawsonia flower, that has been used to dye hair, skin, fingernails, and fabric. Henna is turned into a paste and usually applied through a fine tipped cone. Intricate designs are painted on and left to dry for hours or overnight. Once the paste is dry, the Henna flakes off and revealed underneath is a rich red color.

Below is an example of a black white image of a Henna Design.

Directions: For this exercise have each student create and design their own Henna hands. All they need is a fine tipped pen, sharpie, or marker. Encourage them to use their imagination and come up with their own intricate design. For an even more realistic and interactive cultural experience or program, have a volunteer or local henna artist come and paint your participants. The artistry and henna will last for several weeks and a lifetime of memories.

