

Mendhi

~ celebrate Eid with henna hands



Mendhi

Mendhi decorations originated in Ancient Egypt, when Egyptians decorated mummies with henna. Over time, the tradition for celebrating important occasions with beautiful henna body art spread throughout Africa, India and Arab countries. Henna-decorated hands are now common around the world when people celebrate events such as Divali, Eid ul-Fitr (which marks the end of Ramadan) and for Islamic or Hindu weddings. In the west, Mendhi is sometimes known as a 'Henna tattoo', providing a Temporary fashion statement.



Mendhi decoration is usually applied to hands and feet, because here it gives the darkest colour. Henna paste is usually applied using a cone, similar to an icing cone used in cake decoration, or a paint brush. After applying, it is wrapped and left overnight. The final colour is a reddish-brown and will last for weeks or even months, depending on the quality of the henna paste used.



A bride's female friends and family will often hold a Mendhi Party before the wedding day. The bride and her friends decorate themselves with intricate Mendhi patterns on their hands, forearms and feet. Although Mendhi is usually a female practice, in India, Bangladesh and Sudan bridegrooms are sometimes decorated as well.



Make decorative paper Mendhi hands.

You can make an excellent Mendhi display using lots of cut out paper hands decorated with different Mendhi patterns.



What you need:

Skin tone coloured paper ~ sugar paper is ideal.

Pencil

Red and/or brown fine felt tip pens.

Scissors

Instructions:

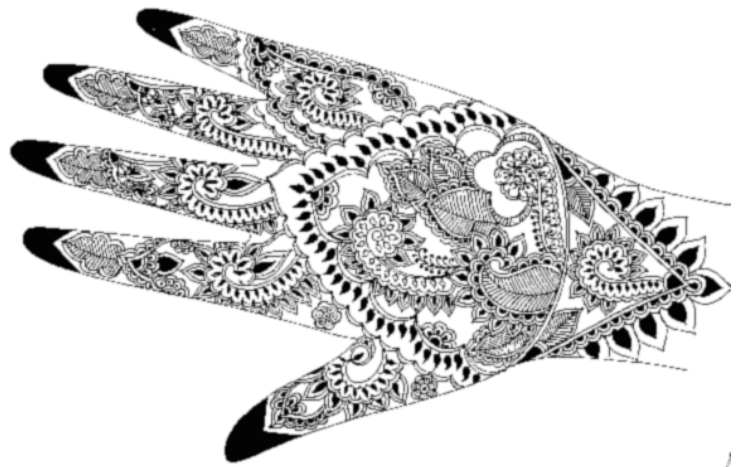
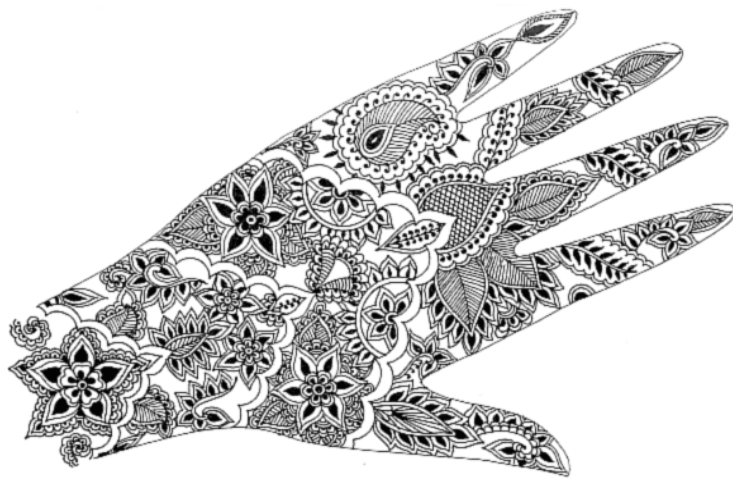
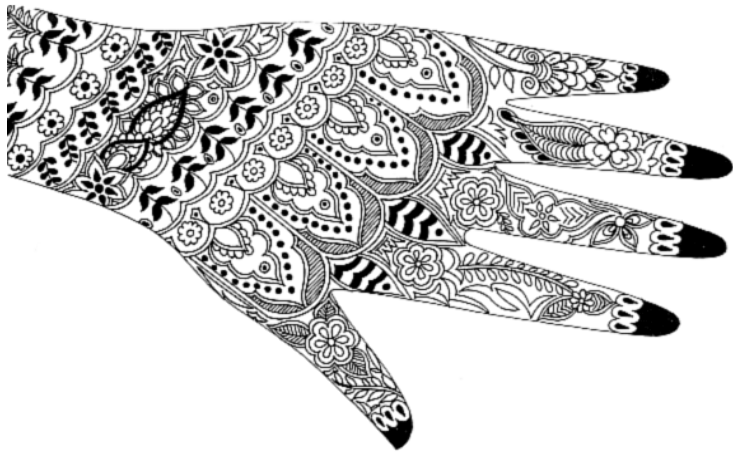
1. Draw around the hand template, or ask the children to draw around their own hands, onto the skin tone coloured paper.
2. Cut the hand shape out.
3. Use a brown or red fine felt tip pen and your imagination to create henna-like designs on the hands.

Note:

There is an excellent, interactive Mendhi ICT program produced by the Kent LGFL team at

http://www.kented.org.uk/ngfl/earlyict/flash/colour_mixer.html





Mehndi designs

