

HENNA HANDS

Take a brain break and draw
patterns on your “hands”

MEHNDI

Mehndi is a body art from ancient India.

Decorative designs are created using paste made from the dried leaves of the Henna plant.

Henna is an earthy color—brown, green or reddish. Tattoos painted with it last about a month.

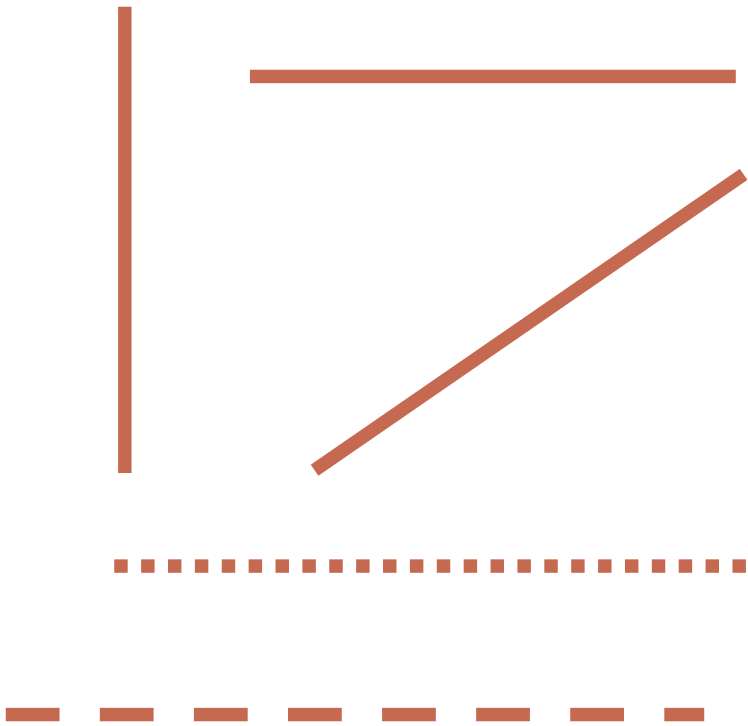
The art is still practiced in India, the Middle East, and parts of Africa.

Usually women have the temporary tattoo painted on their hands and feet for celebrations such as marriage and festivals. Traditional dancers sometimes wear it while performing.

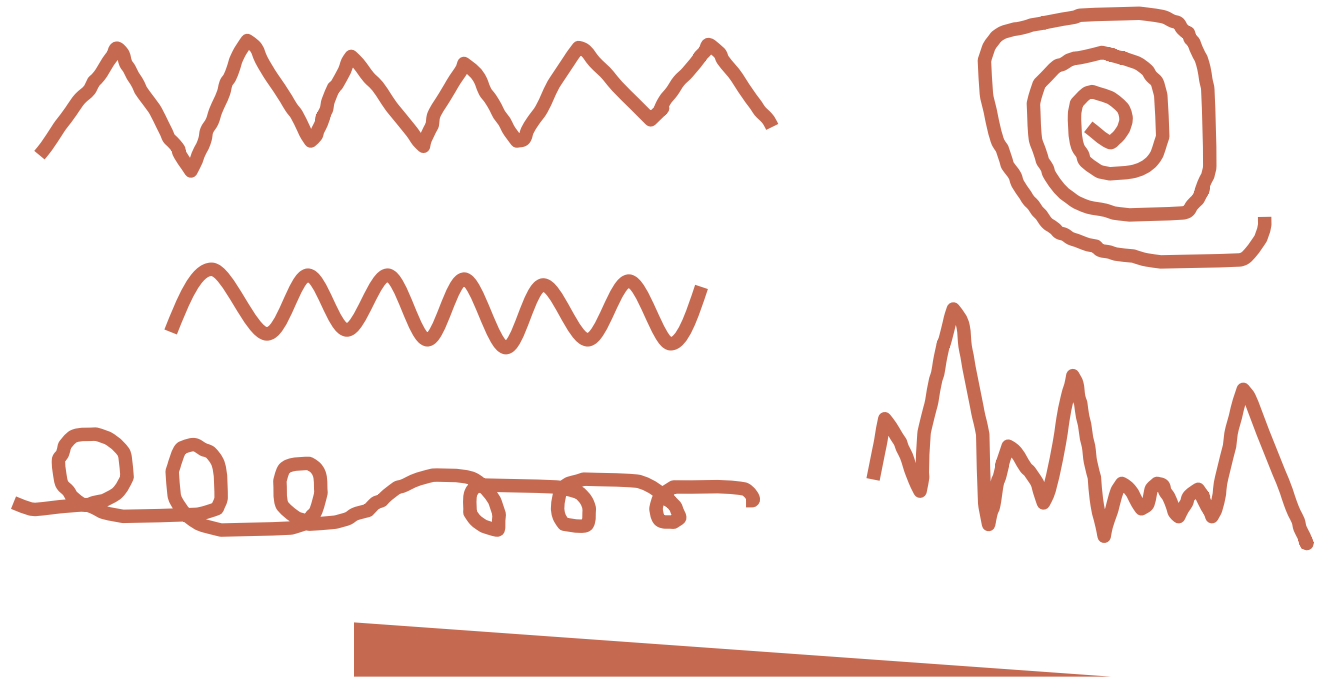


YOUR ART TEACHER HAS TAUGHT YOU ABOUT LINES.

Can you recognize and name the types of lines below?



Horizontal, vertical, diagonal, dotted, broken



Zig zag, wavy, looping, thick to thin, spiral, jagged

Lines make shapes, letters, and numbers.

Repeated lines and shapes make patterns.

Your art teacher might have taught you Zentangle, the relaxing art of repeating lines and shapes to fill an area with patterns.

Henna Hands uses some of these same principles with a little more free-hand drawing.

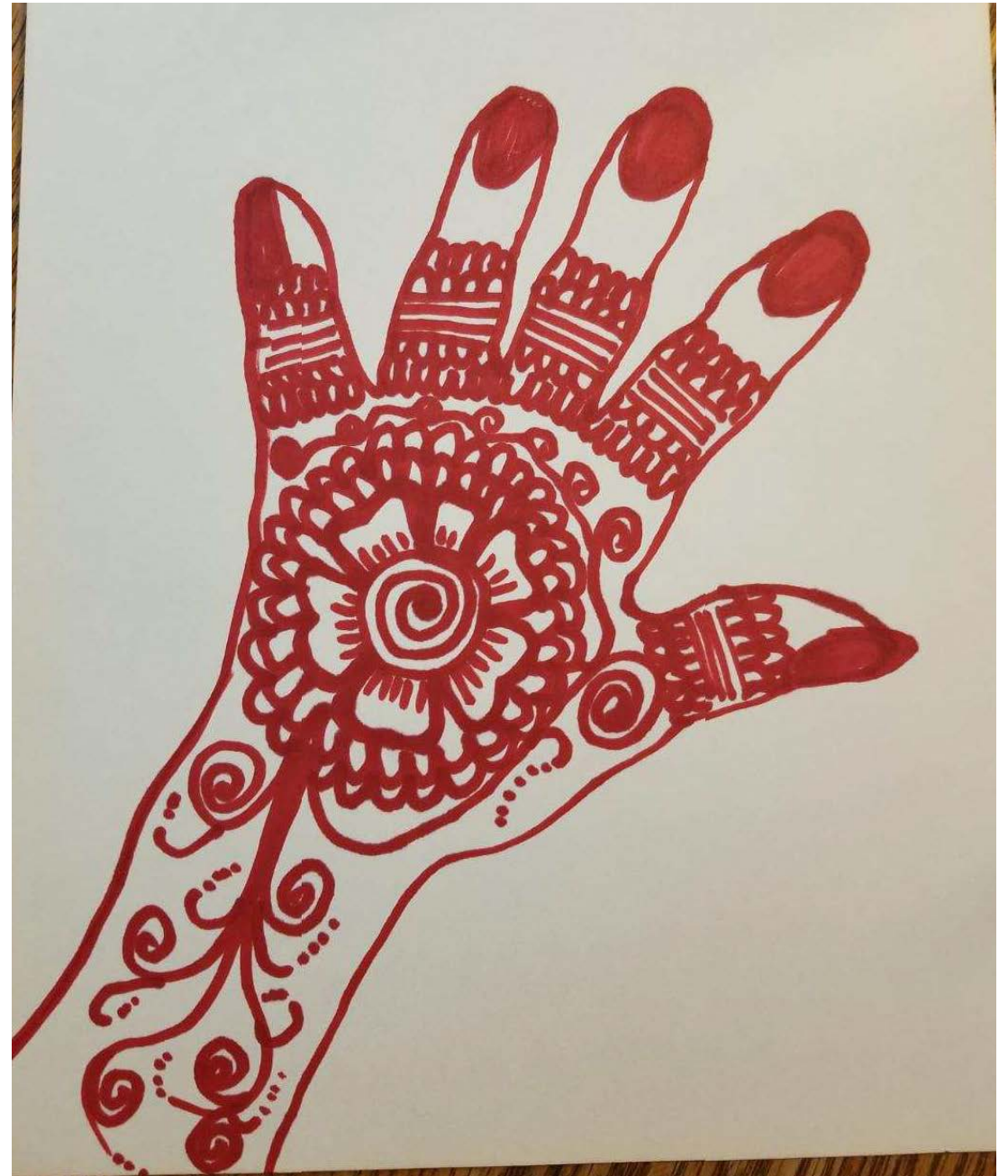
You can draw as much or as little, as long as it satisfies you.



TO MAKE HENNA HANDS YOU WILL NEED

- ❖ Paper
- ❖ A pencil
- ❖ A marker or sharpie for drawing
- ❖ Your imagination

1. Start with a regular size piece of paper
2. Press your whole hand and some of your arm onto the paper. Make sure your fingers don't touch.
3. Trace your hand and arm with the pencil, all the way around.
4. You can divide up your hand and arm space then fill in the sections with patterns, like Zentangle. Or you can do a free form design.
5. Be sure to carefully repeat your lines, drawing similar shapes again and again.



EXTENSION ACTIVITIES

- ❖ Draw shapes and patterns that make you think of specific seasons of the year.
- ❖ Try drawing one henna hand that focuses on round and curved lines. Then draw one that uses only angular and sharp lines. Which do you like better?
- ❖ Try to use a computer to draw shapes and lines and patterns. Is it easier or harder than drawing with a pen?

The background of the slide features a repeating geometric pattern of white lines forming a diamond lattice on a red background. Small white squares are placed at the intersections of the lines.

THIS PRESENTATION WAS PREPARED BY
CINDY REID & ANNIKA PFAENDER
ARTS INTEGRATION FACILITATORS
GCS ARTS INTEGRATION ACADEMY

April 21, 2020