



Foundation Henna Hands



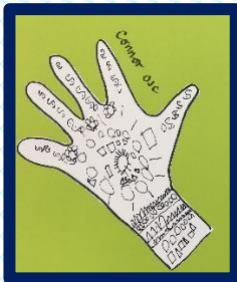
Students learnt how people living in the desert used henna to cool their bodies as it has natural cooling properties. Henna was also used for decorative purposes as well as a form of adornment in ancient Egyptian times. The poor who could not afford jewellery, used it to decorate their bodies. The people of Pakistan, India, Africa and the Middle East have practised the art of henna for over 5000 years. In an Indian wedding, a bride gets henna patterns done on her hands and feet. According to tradition, for as long as the henna stain stays on the bride, she does not need to do any housework!



Students looked at a range of Henna patterns found on hands and feet. They were encouraged to identify

- different types of lines e.g. straight, zigzag, curved
- how lines can change e.g. straight to curvy, jerky to smooth
- geometric shapes
- abstract shapes and
- how these lines and shapes can be used to create patterns.

They traced the outline of their hands and used fine liners to draw patterns in them. A few students thought some of their patterns did not look good but they soon learned that, with a combination of lines and shapes around these patterns, they could change the overall creation into something quite pleasing!



~ Sharon Lai, Visual Arts Teacher ~

