

# Activity Idea

## Designing Mehndi

### Indian Body Art

*Recommended age level: 12 - 18*

Mehndi, also called henna, is an ancient form of Indian temporary body art. It is created by making a paste from dried henna plant leaves and using it to create beautiful designs, usually on the hands and feet. After application, the paste, usually brown but can also be white, red, black, or gold, is to dry for six to eight hours after which it is removed. The design will stay on the skin for approximately two to three weeks. In Indian culture, mehndi is usually applied during weddings or festivals.



#### What you need:

Drawing supplies (colored pencils, markers, etc.)

#### What to do:

1. Print out the second sheet of this activity sheet.
2. Design your own mehndi. Visit the ShaadiSaga blog (<https://tinyurl.com/yb39ezim>) for ideas. The provided template can be either palms up or palms down. If you are doing a palms down design, you can choose to draw on fingernails.

