Title: Henna on Traced Hand
Recommended For: 4-5 Year Olds

Objectives:

Children

• Fine motor
• Follows direction
• Cooperation
• Attention to detail

Adults

• Fine motor
• Sharing
• Positive mood
• Sensory

Materials Needed (per pair)

• Skinny Paint Brushes (two per pair)
• Brown or Black markers (per pair)
• Pictures of Henna on people
• Henna or substitute (per table)
• Paper hand cut-outs (one per pair)

Methods:

Facilitator Preparation

1. Purchase henna (Sold at most craft stores)
2. Lay out two brushes per pair and one bowl of henna mix (or substitute) per table
3. Place two paper hand cut-outs per pair on the tables

Intergenerational Participants

1. Introduction
2. Learn about Henna tattoos, how they work, and what they look like (by printed pictures either on tables or on the Smartboard)
3. Let participants design a Henna tattoo with their paper hand cut-outs using markers
4. The IG pairs can then either paint over their design on the paper hand cut-out with Henna or paint the design on their partner’s hand
5. Help clean up

Helpful Websites

http://www.hennacaravan.com/hennakits.html

Special Considerations

• Parental consent to paint henna on the children’s hands
• Some participants may not want the henna on their hand
• May need larger handled brushes depending on participants’ fine motor skills
• With younger children, adjustments may have to be made to keep the participants and area clean (aprons, newspaper, or using markers instead of Henna)
Getting To Know You
- Where have you seen Henna Tattoos?
- Have you ever gotten a Henna Tattoo?
- How else do we ornament ourselves?

Encouraging Interaction
- Participants can ask their partners what kind of design they would like
- Can you hold your partner’s hand while you paint it?

Extension Opportunities
- Paint patterns on other items
- Face painting