



EduTrend Contents

W4C · MULTICULTURAL ARTS · PRIMARY

Mehndi Pattern Design

Design mehndi-inspired patterns on paper

Ages 7–10

Level: Foundation

60 minutes

Individual · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Mehndi Pattern Design

Pupils discover mehndi, the art of decorating hands with henna for weddings and festivals in South Asia, the Middle East and North Africa. They study motifs such as vines, lotus flowers and paisley, practise pattern building and design on a paper hand.

Learning outcomes

By the end of the session pupils can:

- describe the tradition and purposes of mehndi;
- identify common motifs and patterns;
- use repetition and symmetry to build a design;
- present their design with respect for its cultural origins.

KEY WORDS

mehndi · henna · motif · paisley ·
lotus · symmetry · repetition ·
celebration · tradition

CURRICULUM LINKS

Art and design: pattern and line. RE
and PSHE: celebrations and
cultures. Maths: symmetry.

1**DISCOVER**

Meet the tradition

2**LISTEN**

Hear its people and
meanings

3**EXPLORE**

Try the technique

4**CREATE**

Make your
response

5**REFLECT**

Respect and
connect

6**SHARE**

Present with credit

Materials (per pupil)

- Printed hand outlines on card
- Fine brown and black felt-tip pens
- Motif reference sheets
- Images of mehndi from reputable sources
- Worksheets 1, 2 and 3

Before the session

- Collect images and a short explanation of mehndi traditions.
- Invite a family member or community member with mehndi experience if possible.
- Print hand outlines.
- Draw an example design.

SAFETY

Designs are on paper only. Do not apply henna to skin; some products labelled black henna can cause serious skin reactions.

ACTIVITY 01 · SESSION PLAN

Step by step

Start from the centre of the palm and build outwards: designs stay balanced.

Time	What happens	Say or ask
0–10 min Hook	Show mehndi designs and ask where pupils have seen them.	<i>"When do people wear mehndi?"</i>
10–20 min Learn	Share the tradition: henna plant, weddings, Eid, Diwali and other celebrations.	<i>"Why might patterns be part of celebrations?"</i>
20–30 min Motifs	Practise motifs: vines, dots, lotus, paisley, peacock.	<i>"Which motif repeats best?"</i>
30–50 min Design	Design on a paper hand, starting with a central motif.	<i>"Is your design balanced?"</i>
50–60 min Share	Gallery walk and explain motif choices.	<i>"What did you learn about the tradition?"</i>

CHALLENGE CARD (print or copy onto the board)

Design a balanced mehndi-inspired pattern on a paper hand using at least three motifs and explain what you learned about the tradition.

ACTIVITY 01 · FACILITATOR NOTES

The culture and craft in brief

Mehndi is a form of body art made with paste from the dried leaves of the henna plant. It leaves a temporary orange-brown stain. It is especially associated with weddings and festivals in South Asia, the Middle East and North Africa, and is shared in many communities around the world.

Mehndi designs use repeated motifs such as vines, flowers, paisley shapes and dots, often arranged symmetrically. Designs and meanings vary between regions and families. Learning about a tradition from the people who practise it helps us appreciate it respectfully.

Common ideas to listen for

- “Mehndi is only one culture’s tradition.” It is shared across many regions and communities.
- “All henna is safe.” Natural henna is brown; so-called black henna can contain harmful chemicals.
- “Patterns are random.” Designers plan motifs, balance and symmetry.

Adapting the activity

Support

Use a hand outline with a central motif already drawn.

Stretch

Research how mehndi designs differ between two regions and show both styles.

WORKSHEET 1

About mehndi

Name: _____

Class: _____ Date: _____

Record what you learned.

Where and when people use mehndi

What it is made from

WORKSHEET 2

Motif practice

Practise each motif.

Motifs

Motif	My practice	Repeats well? (yes/no)
Vine		
Lotus		
Paisley		
Dots		

WORKSHEET 3

My design

Reflect on your design.

Motifs I chose and why

How I showed respect for the tradition

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Describes the tradition	Uses motifs and symmetry	Presents respectfully

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Mehndi Pattern Design is a sample activity from the EduTrend Contents W4C Multicultural Arts programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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