

# Mehndi

Mehndi is an ancient form of body art, applied using henna. It is a common feature of wedding celebrations in South Asia, North Africa and the Middle East. The Night of the Henna ceremony involves applying henna to the hands and feet of the bride-to-be as well as other members of the wedding party. It's also used for other celebrations such as Eid, Diwali and pregnancy.

Today's activity is to make your own Mehndi. You can include whatever doodles, drawings or patterns you like in your design – the main thing is that you enjoy it. If you're stuck for inspiration, Instagram, YouTube and Pinterest have thousands of ideas.

You can use the outline of the hand on the next page to create your Mehndi design. You can also use the space below to doodle or try out any ideas before you put them onto the outline.

