

How to...



Make pretty Holi garlands

Celebrate spring by crafting these colourful strings of flowers.

Holi, known as the festival of colours, will be celebrated by Hindu communities around the world on 4 March. Hinduism is one of the world's oldest religions – it dates back more than 4,000 years. Holi celebrates the Hindu god Krishna and the arrival of spring. Friends and families splash or smear each other with colours: paint or dyed water. In Hinduism, flower garlands, called "mala" in India, are an important part of worship, celebrations and festivals, including Holi.

This activity shows you how to make a mala out of paper towels. One sheet of paper towel makes four 10cm-wide flowers and it takes around 30 flowers to fill a 50cm garland. You can make smaller or bigger flowers if you wish, and hang them in your bedroom.

What you need

- Paper kitchen towel
- A bin liner or plastic bag
- Paints
- Brush
- Pen and pencil
- Scissors
- Glue
- Thin string or elastic

TOP TIP

Gluing two or three flowers together makes a fuller shape and helps spread them out along the length of the string.

SPRING COLOURS

Dried flowers are often used to create colourful paints and dyes for Holi.

1 Place four sheets of paper towel on a bin liner. Use a large brush to paint over the paper in bright colours. Make the paint runny, so it spreads easily. Leave to dry.



2 Once the paper has dried, carefully peel it up off the plastic sheet and cut each piece into four squares. It might wrinkle up slightly, but don't worry.



3 Fold each square in half, then in half again (into quarters). Draw and cut a wavy curve from corner to corner – this will create petal shapes around the edge. Repeat this with all the squares.



4 Open up your flowers. On each one, dab a spot of glue at the edge of a petal and pinch it so it sticks to the next petal and gives the flower a cup-like shape. Push a pencil through the centre and thread onto the string.



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