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Body Art - My Hand

More than 60 templates for body art motifs
to draw and color in



PDF 4174-EN

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PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

SAVE PAPER & TONER

Only print out the pages you need.

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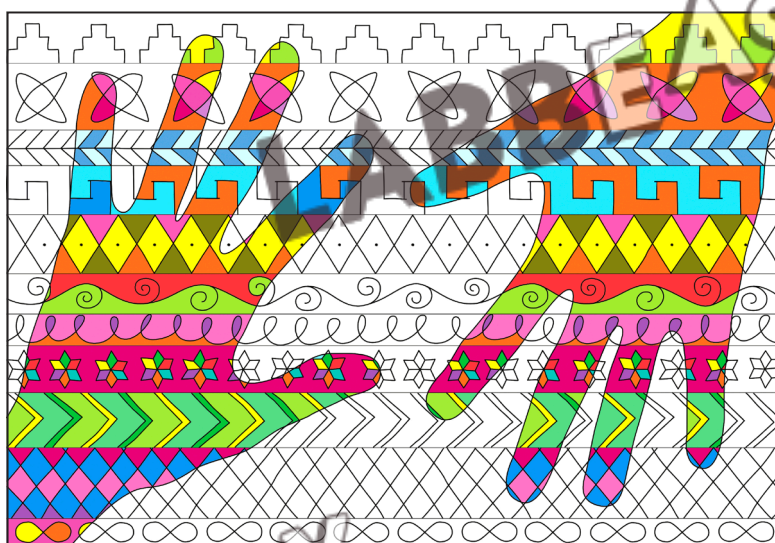
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INTRODUCTION

All about body art

Body art, which is art on your own body, has been done all over the world since ancient times. The most well-known body art is tattooing. Captain James Cook brought this term back to England with him from his travels. 'Tattoo' comes from the Polynesian and means 'artful'. With this type of body art, particles of color are placed under the skin using needles or small incisions.

Another type of body art is body painting. Here, color of some form is applied directly to the skin. Even in the Stone Age, people painted their bodies with earthy colors or charcoal for festive occasions and ceremonies. War paint was also popular, since it helped you to scare off the enemy.



A very popular body art today is henna tattooing. The dye for this technique comes from the ground-up leaves of the henna bush. Henna patterns are not pricked into the skin, but rather painted on. Since the skin cells are constantly regenerating, the henna dye disappears after a few weeks. Henna body painting has been around since ancient times, and mummified bodies painted with henna have been found in Egypt. Henna is still used today for festive occasions in India, the Near East, and North Africa.

Art on your own body can be problematic, however, since tattoo color pigments can contain heavy metals. Beautiful henna patterns can also cause allergies, and so body art isn't suitable for children's skin!

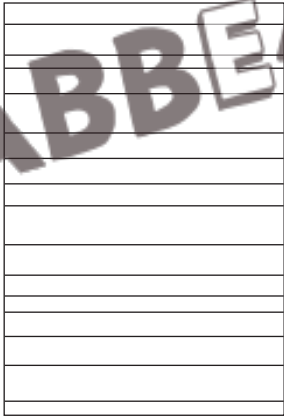
This body art project is body art of a different kind: The focus is on the filigree body-art 'mehndi' patterns that are usually painted on people's hands with henna. You don't paint them on the hands in this case, though, but rather on paper. First you fill in the outlines of your own hand with fine patterns and then color them in. The result is really awesome - and, unlike mehndi painting, the resulting work of art can also be hung on the wall!

Micha Labbé

HOW TO DO IT

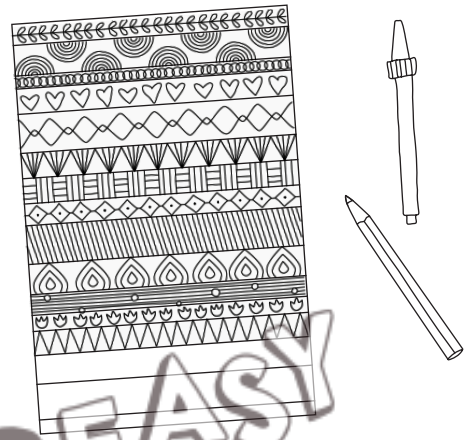
Body Art - My Hand

1



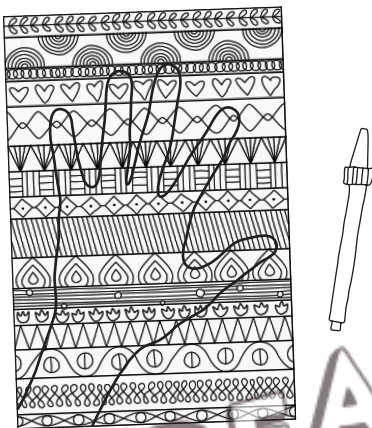
Print out a lined template in portrait or landscape format. The landscape format has space for two hands.

2



Choose several of the patterns on pages 7 to 12 and draw them between the lines of the template with a pencil or thin felt-tip pen.

3



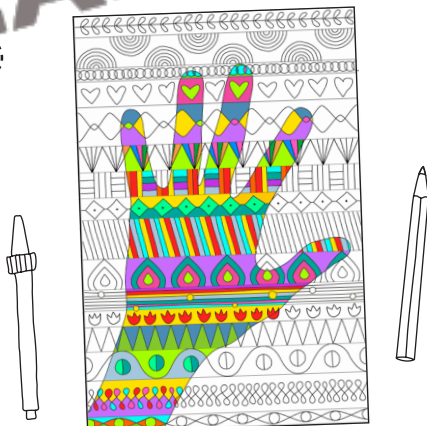
Put your hand on the piece of paper and draw around it with a pencil or pen.

4



You have two coloring-in options: The negative variant, which is to only color in the patterns in the background...

5



Or the positive variant, which is to only color in the hand shape, leaving the background black and white.

6



Themes such as friendship, solidarity, and togetherness can be portrayed especially beautifully like this.

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