Head And Wrist Leis

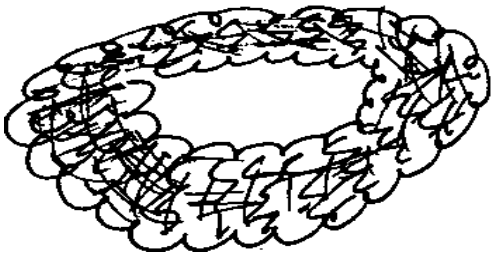
These are made by the many island groups in the South Pacific and especially by the peoples of Papua New Guinea. They are worn at Sing-sings (celebrations). Head leis are worn as hats and wrist leis worn on the arms and wrists. Traditional leis are made from fresh indigenous flowers (of the local area) threaded onto a cord. Leis can be effectively made from coloured crepe paper or even strips of coloured plastic bags.

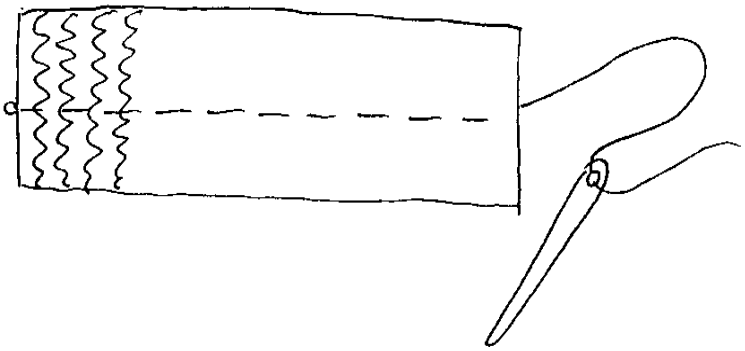
You will need

- 6 packs crepe paper (bright colours) or coloured strips from plastic bags
- heavy thread (book binding linen is best)
- 1 bodkin (blunt darning needle)
- scissors, pencil and ruler

What to do

- Measure and cut off 5 cm section from each crepe paper pack
- Open out to the full width
- Cut a length of thread and thread on bodkin
- Using tacking stitch, sew about half way forming a ruff
- At the end of the colour, begin with a new one. Use as many colours as you wish
- Measure head/wrist size. Tie off securely
- Twist paper spirally to look like flowers
- Lei should sit comfortably on the head like a loose hat





Taken from the Diversity Directions production
"Papua New Guinea: a cultural package"

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