

MAKE YOUR OWN HACHI-MAKI

A hachi-maki is a headband worn to catch sweat and keep it from running into your eyes. In Japan, it is also worn to show effort or perseverance during activity.

MATERIALS

- Fabric markers
- A lightweight piece of cloth, cut ahead of time by an adult into a long rectangle (approximately 30 × 10 inches)

INSTRUCTIONS

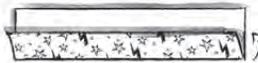
1. Use the fabric markers to draw on and decorate the cloth.



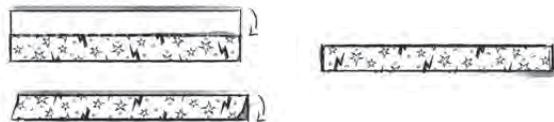
2. Lay the cloth down flat, length-wise, with the pattern side down.



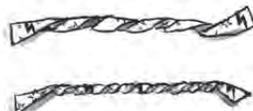
3. Fold the bottom side about a third of the way up.



4. Fold the top side about a third of the way down to meet the edge of the section that you folded up. Now you have a long, skinny rectangle/band.



5. Take one end in each hand and twist the fabric until you have a long roll. Hold on to the ends so the roll doesn't untwist.



INSTRUCTIONS (CONT.)

For these next steps, you might need someone to help you.

6. Wrap the hachi-maki around your head, above your eyes.



7. Take the ends and twist them around each other (do not tie them) at the back of your head.



8. After you twist the ends around each other, tuck each end up under the band to secure it.



You are now wearing a hachi-maki!

