

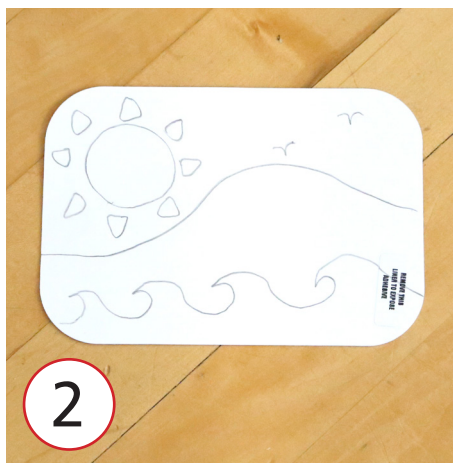
Yarn painting, also known as nierikas, is an art form that comes from the Huichol people who live in a mountainous region in north central Mexico. The bright yarn painted images often show items from nature and represent a story, belief, or tradition. These were not just beautiful paintings, but a spiritual artwork that was given as a ceremonial offering for a plentiful harvest. The images, traditionally made out of yarn and beeswax, were left in sacred caves, springs, and places of worship.

Pronunciation: Huichol- pronounced we-chol
Nierika- pronounced near-eeeka



Create a list of places, people, or things that tell a story or mean something to you.

Pick one or two items and create simple sketches.

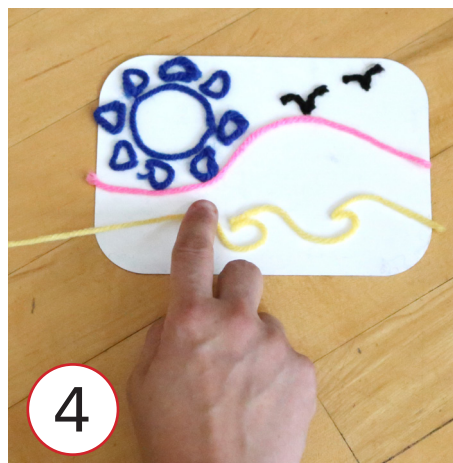


Choose your favorite sketch and simplify it into large shapes and lines.

Draw your image onto the sticky board on the side that reads "Remove this liner to expose adhesive." Make sure to press down firmly when drawing, enough to indent the sticky board.



Peel away the adhesive sheet slowly while looking for the indentations of your drawing. If they're not visible draw over the same lines again.



Choose your colors of yarn, outline a shape and fill it in.

Tips:
To make your colors pop, choose contrasting colors to outline your shapes.

When moving around tight corners, instead of folding the yarn, just cut it!



Continue to fill all of your shapes. Then fill in your background.



Voila! You have a beautiful yarn painting!