

Make a Damru

Category	Activities
Advancement	Healthy Mind
Time to allocate (mins)	20
Outcome	Make a damru or damaru (small two headed drum used by Hinduism and Buddhism) Two paper cups of the same size White craft paper Brown paint and paintbrush Gold washi tape
Resources	Golden beads Thick colored yarn Black marker Rhinestone embellishments Scissors and Glue
Instructions	<ol style="list-style-type: none">1. Use the open end of the paper cup as a stencil to draw two circles on the white craft paper. Cut them out and color in two black circles using the marker.2. Use the open end of the paper cup as a stencil to draw two circles on the white craft paper. Cut them out and color in two black circles using the marker.3. Once the cups are completely dry, stick the bottoms together with craft glue.4. Now stick the two circles on either open end of the paper cups.5. Thread the colored yarn through the golden beads and knot it at the ends. Tie the yarn around the middle of the damru, so that the part where the cups are joined is not visible.6. Decorate the damru with jewel stickers or other embellishments (optional - can draw decorations as well)

Entry written by Sharon Venn of 1st Randburg