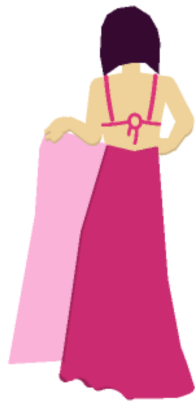


How to tie a Sari

Amma wears a sari which is a traditional Indian garment of clothing. Use the instructions below to dress up in your own Sari.



Wrap the sari around the waist and tuck the top edge of inner end firmly into the sari.



Tuck around the waist, moving towards the right of the body.



Start folding the pleats from the right, holding the top edge of the sari tightly.



Leave enough for the pallu and start making 7-12 pleats that are about 5 inches wide.



Bring them together and tuck them under the belly button.



Make vertical pleats for the pallu. Pull it from under your right arm. Pin it on the shoulder.



Drape the pleated pallu over your left shoulder so that it falls freely at the back. Secure it with a safety pin.

Participate in physical activities from their own and other cultures

