**Hamsa Bracelet**

A Hamsa is a hand-shaped amulet found throughout the Middle East. Hamsas are frequently used in jewelry and wall-hangings, they can be found in the entrances of homes or hanging in cars as they are believed to ward off the evil eye and protect those around them. The word hamsa comes from the Arabic word for number five, for the five fingers on the hand. In Islam the hamsa represents the hand of Fatima, Mohameds daughter, plus the individual fingers represent the five pillars of Islam. In the Jewish tradition the hamsa is called Yad Ha’Chamesh or the hand of Miriam, the sister of Moses. The Five fingers represent the five books of the Torah.

**What you will need:**
- Paper or cardstock
- String or elastic
- Beads
- Pencils and markers

**What to do:**
- Copy or trace this image of a hamsa. If you copy it on to paper it may be helpful to glue it to some cardstock for extra strength.
- Ask a grown up to help with piercing a small hole near the wrist of the hamsa.
- Now thread your beads and hamsa onto the string and wear with pride.

**Bonus challenge:** Hamsas can be decorated with exceptionally intricate designs, look online for further inspiration to create something even more elaborate.