

Light-up Flower Headband Workshop

Materials:

- Frida Kahlo pictures, Flower pictures
- Example headbands - finished and unfinished
- Colored pencils
- Headbands
- Glue guns and glue
- Felt
- LED stickers
- Conductive thread
- Small and big needles
- Embroidery thread
- Scissors
- Battery holders
- Coin batteries

Goal of the day: Create a DIY flower headband that lights up and is inspired by our favorite flowers!

Time: One hour prep, two hour workshop

To do this you will need to:

- Read directions
- Design the headband
- Understand the different parts and how they work together
- Make a plan
- Make a circuit with 2-4 lights
- Put it all together

One hour | Arrive & Set Up

Make sure needles are divided by size according to station.

Circuit Station: Felt strips, Chibitronic LED stickers, conductive thread, small needles, scissors, battery packs, and batteries

Flower Station: Felt flowers, fake flowers, embroidery thread, large needles, scissors

Headband Station: Glue gun, glue, headbands

15 minutes | Welcome! & Who is Frida?

Who loves flower crowns?

Did you know that before Snapchat filters other people wore flower crowns?

A lot of cultures wore decorative head pieces with flowers in them. One person we want to focus on today is Frida Kahlo. We consider her a freedom fighter, an artist and activist

Who knows Frida? Check out card, give a fact

Look at images from Frida Kahlo paintings and pictures

What do you notice? Why do you think she includes so much nature?

Talk about why Frida chose to use indigenous plants in her work to celebrate Mexican indigenous culture and history.

15 minutes | Intro to the Flower Crown

Today we're making a light up flower crown - a 21st Century version of a traditional craft
Did you know you can sew a circuit? Mixing a tradition with technology

30 minutes | Split into stations

Today we are going to split into two tables: Explain the general idea of making the flowers and the circuits. Explain the last station is the finishing station

45 minutes | Making Time!

15 minutes | Share your work and explain why you picked the flower

Create Your Own Flower Crown (that lights up!)

Inspired by the artist and activist Frida Kahlo (1907 - 1954)



Step 1 - Design your crown

Use the space provide to think about the flowers you want to make. What **colors** you will use? What **shapes** you will use? How you will **arrange** the flowers?

Step 2 - Prepare your materials

Cut out the pieces of felt:

- 1 bottom strip with a thick edge
- Cut out each flower piece that will go on top

Step 3 - Build a circuit

Layout the battery holder and LED stickers on the bottom strip of felt. Sew the circuit pieces to the bottom strip using **conductive thread**.

Connect all positives (+) and negatives (-) using a straight stitch. The positive and negative side cannot touch or it will not work. Make sure to go through each connection at least twice.

Add the battery and make sure all the LEDs light up

Step 4 - Add the flowers

Cut a small hole in three of the flowers for LED to shine through.



Sew the flowers so that they are gathered.

Then sew or glue one flower over the battery pack.

Finally sew or glue the other flowers onto the bottom strip over each LED.

Step 5 - Finish the crown

Glue the whole band to the head band.

Now rock your crown!

HOW TO MAKE A LIGHT UP FLOWER CROWN

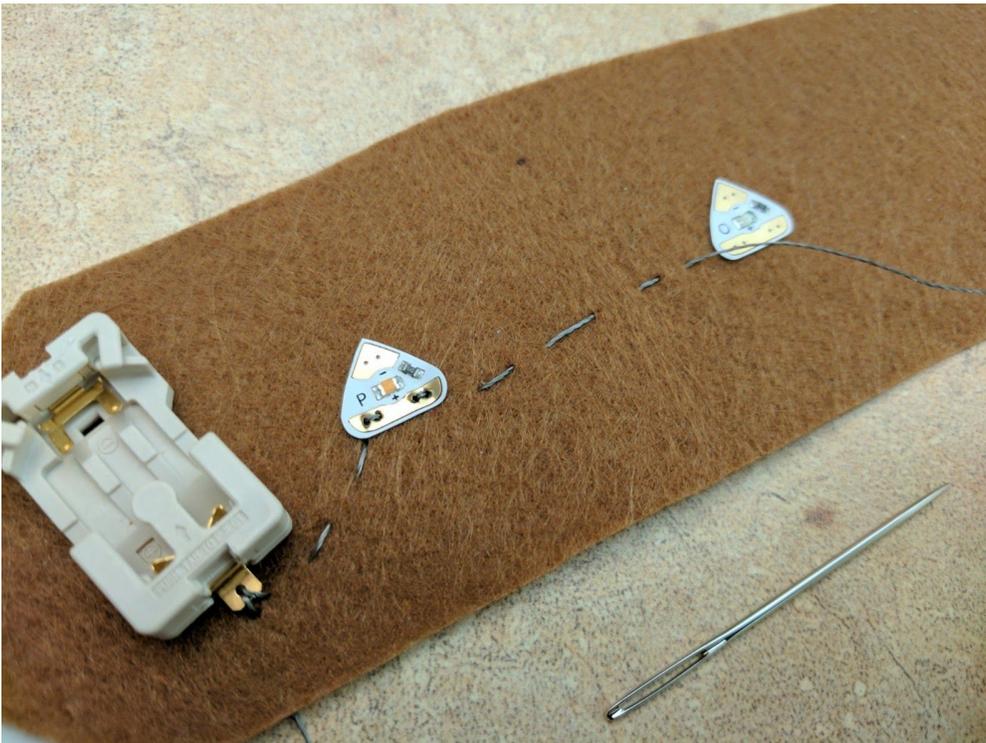
1. Cut out a felt band. Mark where you want your lights to go.



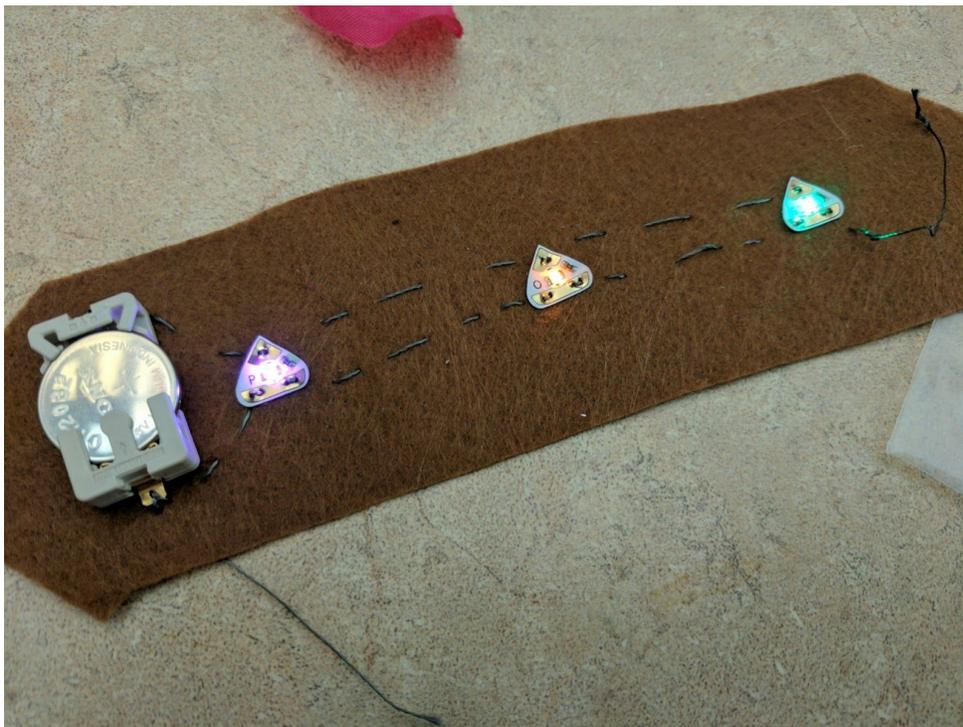
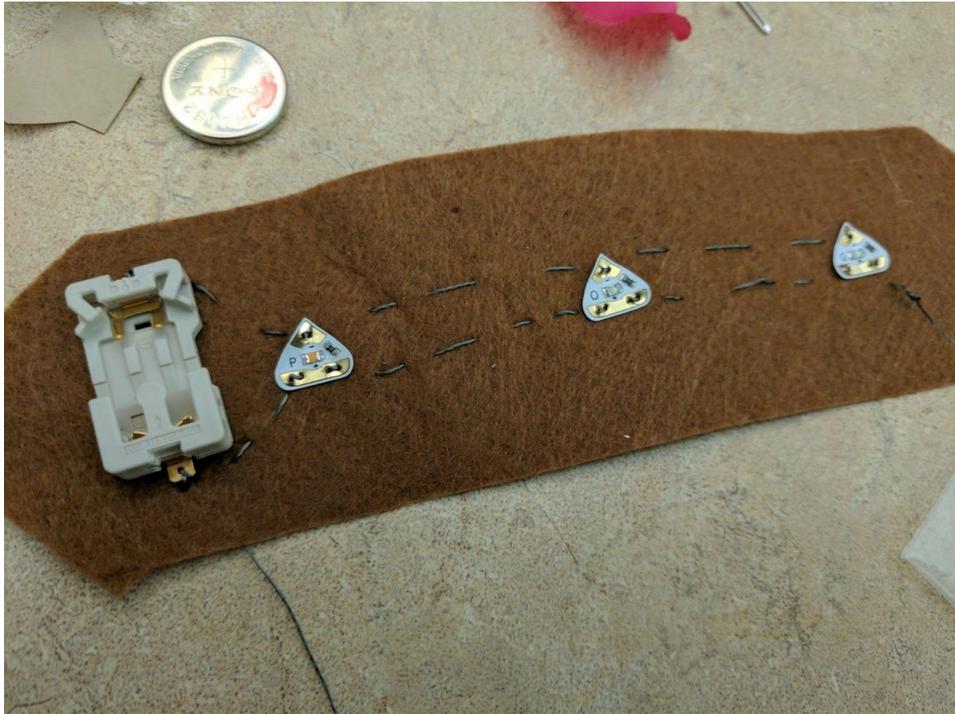
2. Place your battery holder and light stickers (AKA Chibitronic LEDs) on the felt.



3. Use conductive thread and a needle to connect all the positive connections. Then sew a connection between the negative connections with a different piece of thread. Make sure the two threads don't cross or the circuit will short.



4. Tie off the ends of the threads and then place your battery in the holder to see your LEDs light up. If they don't light up make sure all your connections are solid and that the positive and negative threads aren't touching each other.



5. Hot glue your fake flowers on top of the LEDs. Make sure the LED shines through the hole in the flower.



6. Finally hot glue the felt to the headband and rock your crown!

From “Life in Full Bloom: Frida Kahlo and Her Garden” on biography.com

Admirers of Frida Kahlo can immediately identify the artist’s signature style: her dark brows, her colorful dresses, and the ribbons and flowers in her hair. Just like the embroidered dresses, which were a nod to Mexico’s past, the flowers had a deeper personal meaning: they were often picked from Kahlo’s own garden. Kahlo possessed a strong love for the natural world throughout her life. She also took pride in her homeland’s culture and history, from its ancient civilizations to the Mexican Revolution that began in 1910 (just three years after she was born). Her garden was one of the ways she expressed these values.

Many of Kahlo’s iconic self-portraits include imagery of foliage and flowers from her garden. In addition to her traditional Mexican clothing and jewelry made from shells, stones or bones, as well as her pet birds and monkeys, she frequently incorporated plants like “elephant-ear” leaves from the aroid (Araceae) family and white-haired “old-man cactus” (viejo), or other cacti and an assortment of flowers. By combining her own likeness and these additional details, she stressed the close links between humans, animals, and the natural landscape.

Symbolism and inspiration:

Mexican heritage, indigenous plants

Connections between humans and nature

Her own garden

Sexuality

Color







Self-Portrait Dedicated to Dr. Eloesser – Frida Kahlo, 1940



Self Portrait with Thorn Necklace and Hummingbird – Frida Kahlo, 1940