

World Day of Prayer 2025 Cook Islands - Hand craft

AN 'EI KATU is a garland of flowers, known sometimes as a flower crown or head garland

It can be worn for celebrations: weddings, birthdays and ceremonies such as hair-cutting. You can even wear them to work. Both men and women can wear them, though women wear more flowers, while men wear more leaves.

All sorts of flowers or leaves are used, depending on what's available: gardenia; frangipani; bougainvillea; hibiscus. They make the wearer look beautiful and they also smell nice.

What you need to make one:

- * Artificial flowers and leaves of your choice
- * Polypropylene strap [flat plastic strapping] or 5/6 pipe cleaners
- * Green florist tape
- * Scissors



Step 1

Carefully clip each stem 3 cm away from each flower and set aside. Separate leaves by pulling them off the stems and cut to 7 cm lengths.

Step 2

Take the poly strap or 2/3 pipe cleaners and measure it/them around your head. Stick tape strap together or bend and connect the pipe cleaners in the correct diameter.

Step 3

Take 2 long leaves and position them along the strap, one pointing left, the other right. Firmly wrap the tape or short pieces of pipe cleaner around the leaves and strapping twice.

Step 4

Take a short piece of pipe cleaner, and insert in the stem of the flower. Wrap the flower between the leaves on the head band.

Step 5

Repeat with two more leaves; then a flower; then two more leaves followed by a flower

Step 6

When you can add no more flowers or leaves, make the garland secure by wrapping raffia in between each flower and leaf again. Tie off. Wear it with a smile!

