



## HISPANIC HERITAGE MONTH

# Panamanian Molas

Molas are a traditional textile craft originating from the San Blas islands in Panama. The word "Mola" means "blouse" or "shirt" in the Kuna Tribe's language. Panamanian Mola designs reflect the Kuna's beliefs, daily life, and nature. These molas are made from layers of colored fabric that are stitched and cut to create patterns and pictures.

# 1



### Gather materials:

- Black Construction Paper
- Colored Construction Paper
- Scissors
- Glue
- Pencil
- *Optional: Mixed Media (like felt, pom poms, yarn, foam shapes, etc.)*

# 2



On a black piece of construction paper, trace the outline of your mola design. It could be an animal, plant, or person – anything you can imagine.

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3



Cut out your figure.

4



Trace the figure onto another colored construction paper sheet. Try to make it slightly bigger and cut out the bigger figure.

5



Glue the smaller figure on top of the bigger figure.

6



Choose different colored sheets of construction paper and cut out different small geometric shapes.



7



Layer those shapes onto your figure securing them with glue.

8



Choose another sheet of construction paper to be your background and glue the figure onto it.

9



Decorate the background with geometric shapes. Allow your shape to dry, and show off your Panamanian Mola.