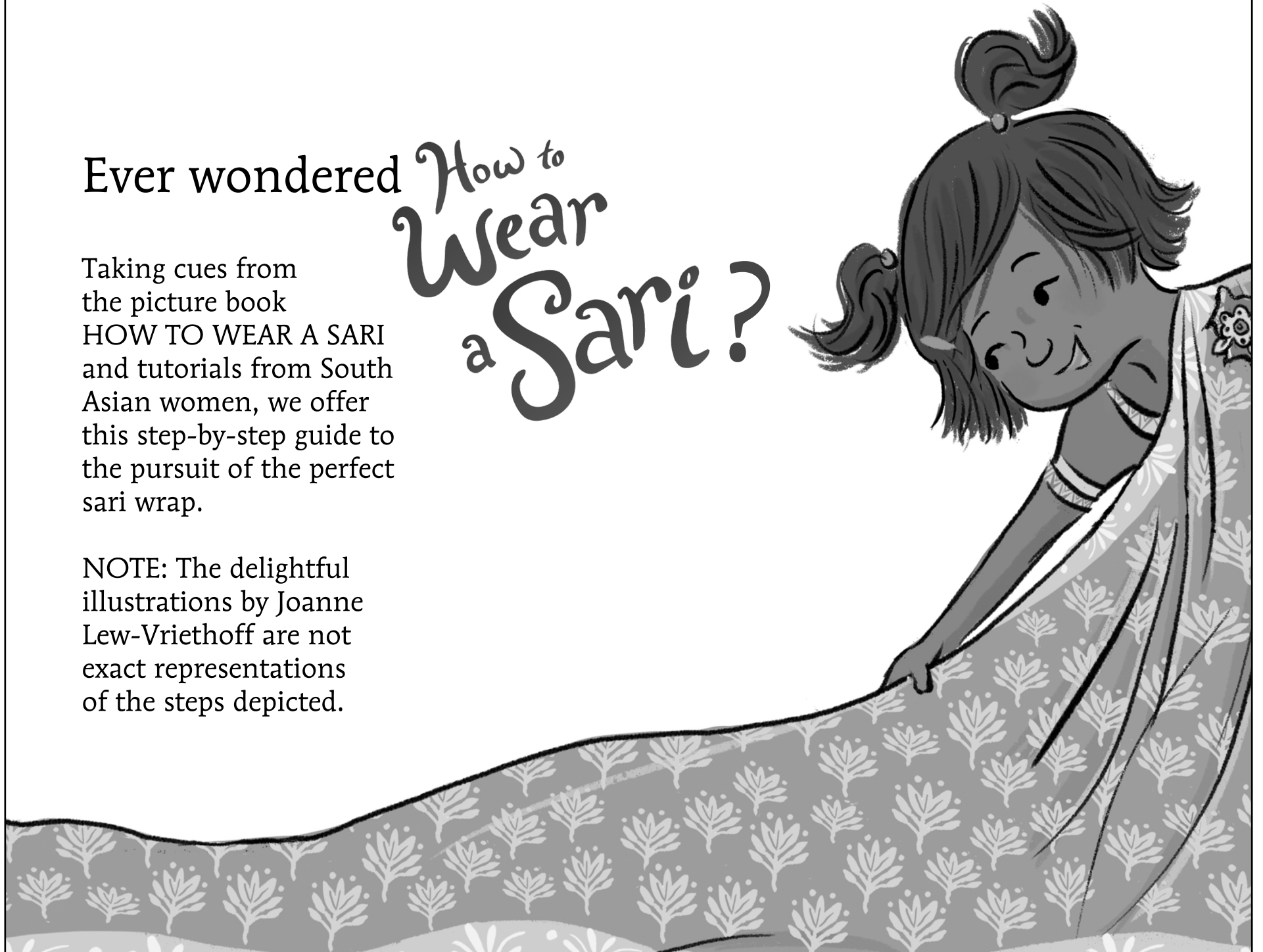


Ever wondered *How to Wear a Sari?*

Taking cues from the picture book *HOW TO WEAR A SARI* and tutorials from South Asian women, we offer this step-by-step guide to the pursuit of the perfect sari wrap.

NOTE: The delightful illustrations by Joanne Lew-Vriethoff are not exact representations of the steps depicted.



How to Wear a Sari



"First, you need to find the perfect sari."
—HOW TO WEAR A SARI

Your sari can be plain or fancy—it can even have sparkle. If you don't have a sari, four yards of cloth (144" x 45") can work for practice and play.



"Put the sari blouse and petticoat on first." —HOW TO WEAR A SARI

A sari blouse (choli) or crop top will provide coverage on top. The petticoat will give you something to tuck the sari into. The best petticoats have a drawstring that is tied snug.

If you do not have a petticoat, try wearing your sari with pants or skirt with a drawstring or tight elastic. Big safety pins are useful too, but do not use them without an adult helping out.



"Let's get started."
—HOW TO WEAR A SARI

Your sari may have a more decorated end or pallu. Put the pallu to your left side. Gather the plainer end in your right hand.

This activity is based on
HOW TO WEAR A SARI
by Darshana Khiani and
illustrated by Joanne Lew-Vriethoff
(Versify). Images © Joanne Lew-Vriethoff.

How to Wear a Sari



"Take one end of the sari and start tucking it in." —HOW TO WEAR A SARI

Hold the end of the plainer side of your sari at your right hip. Pull the sari up so it is just brushing the floor. Now it's time to tuck. Tuck the sari in the petticoat at the front of your right hip. Continue tucking towards your belly button. Go on to your left hip and around your back, tucking all the time. Keep going until you reach your belly button again. If you have adult help, you might pin your sari under your belly button to hold it in place.



"Next the hardest part—the PLEATS..."
—HOW TO WEAR A SARI

It takes sari-wearers years to master this, so be patient! Starting with the loose end in front of your belly button, start to fold the sari into pleats. This is a great time to watch an online tutorial. We like these videos step-by-steps:

<https://bit.ly/htwearsari1>
<https://bit.ly/htwearsari2>
<https://bit.ly/htwearsari3>

(Many of these tutorials drape their pallu before they pleat. There is no right or wrong order.)

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(Versify). Images © Joanne Lew-Vriethoff.



"Hold the sari and fold it back and forth, back and forth..."
—HOW TO WEAR A SARI

Pleat until there is about 2-3 feet of pallu of your left. If you have adult help, you may want to pin your pleats together.

How to Wear a Sari



"Suck your belly in and tuck."
—HOW TO WEAR A SARI

Tuck your pleats into your petticoat at your belly button. Did not get it right? No worries! It can take many tries!



"Toss the extra sari over your shoulder and pin it to your blouse."
—HOW TO WEAR A SARI

Take the pallu end and make big pleats in it. Holding the pleated end, wrap it around your body counter-clockwise. When your wrap makes it to your front, place the pallu end over your left shoulder.

The traditional length has the pallu hanging to the back of your left knee. With help, you may want to pin it in place.

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"Good job!...You're almost done."
—HOW TO WEAR A SARI

If there is any extra sari, pull it around to your right and tuck it into your petticoat. The traditional placement is tucked in the front near your stomach. Magnificent!