

Ei Katu is made by people and worn by both males and females as a symbol of love and belonging. It is a circle, meaning everything is connected. It is an essential piece of traditional Cook Island culture.

What you need to make an Ei Katu

- Ei / Lei
- String
- Head band material
- Greenery
- Scissors



How to make an Ei Katu

1. Place the ei and leaves/greenery in the order you want for your ei katu.



2. Take the ei and place onto headband. Use the string to wrap around ei and headband. Pull string tight to hold the ei in place.



3. Then take a leaf/greenery and place under the ei. Wrap string around leaf/greenery and headband. Pull string tight to hold leaf/greenery in place.



4. Next, take a new flower and repeat above steps. Do this until the headband is fully covered.



5. To finish your ei katu, create a double knot with the string and pull it tight.



