

## Learn More! Dressing Up Culture: *Molas* from Kuna Yala

### Web Sites

[http://www.nmai.si.edu/exhibitions/the\\_art\\_of\\_being\\_kuna/](http://www.nmai.si.edu/exhibitions/the_art_of_being_kuna/)

This site by the National Museum of the American Indian shows pictures of what Kuna Yala looks like, people in traditional dress wearing *molas*, and close-up views and information about thirty-two *molas*. This is related to a large touring exhibition, *The Art of Being Kuna: Layers of Meaning among the Kuna of Panama*, which was organized by the UCLA Fowler Museum of Cultural History.

[http://en.wikipedia.org/wiki/Mola\\_\(art\\_form\)](http://en.wikipedia.org/wiki/Mola_(art_form))

This Wikipedia site offers a basic introduction and has some links for more Web sites and books.

<http://www.princetonol.com/groups/iad/lessons/middle/molas.htm>

This site, titled Princeton Online, offers information about *molas*, links to other sites, and includes several art project lesson plans.

<http://www.dickblick.com/multicultural/mola/>

This site provides easy to follow instructions on how to make a paper *mola* for children in grades 4 through 6.

### Books

*Mola: Cuna Life Stories and Art* by Maricel E. Presilla is a kid-friendly introduction to *molas*.

*The Art of Being Kuna: Layers of Meaning Among the Kuna of Panama*, edited by Mari Lyn Salvador. This exhibition catalogue is written for adults, but it has terrific illustrations and the writing is clear and accessible.