

# LESSON ONE

## Traditional Chinese Clothing



### Dai Ethnic Group

The Dai ethnic group is one of the 56 ethnic minorities in China. Dai people mainly live in the Xishuangbanna Dai, Autonomous Prefecture of Yunan Province. Due to living in tropical and subtropical areas, Dai people have access to many agricultural products, forest resources, and unique scenery. Representing their living conditions very well, their costumes are typically made in bright colors to replicate the many colors in nature and reflect their love of and respect for Mother Nature.

Dai women all prefer to grow their hair long, so it is very rare to find a woman with short hair in this region. The reason you'll find most women with long hair is because they are very serious about decorating their hair. Women often put their hair up on top of or behind their head and decorate it with combs. If the weather gets cold, they wear colorful scarfs to bring both warmth and beauty. Dai women have a unique sense of aesthetics, with their hair often appearing like a botanical garden. During festivals, you can find flowers of all types and colors blooming in their hair. In both towns and farm lands, you will find women wearing bamboo hats in different shapes. These hats are both practical (to shield you from sun and rain) and pretty.

### Student Activity:

Over the course of these lessons, you will learn about six different Chinese ethnic groups. Choose an ethnic group from those we have briefly described. Research and learn more about your chosen group's clothing, style and traditions.

Recreate OR design your own clothing or accessory (hat, shoes, jewelry, etc.) using the information you have learned.

Submissions can include entire outfits to elaborate hair pins and may be submitted in any of the following forms:

- Doll-sized clothing
- Accessories
- Full sized garments
- Sketches/hand drawn designs

You can submit a photo or document of your traditional Chinese clothing here:

<https://bit.ly/2Zv6D1g>

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