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

**Web Sites**

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)
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.