

Making Daruma Lucky Charm

- ※Zine available for this topic.
- ※Use in conjunction with Daruma Meaning of Words”.

Tools/Materials:

- Paper Clay
- Painting Brushes
- Paint(or markers)
- *Washable Paint / Tempera Paint



Instruction:

1. Shape the clay into an **egg-like** shape.
2. Using the pad of your thumb, gently press in the front area to create a shallow indentation for the face.
3. Dry the clay, then paint, draw his face and write a letter on his tummy. *Refer to the Daruma Meaning of Words.

Overview

In this activity, participants will create and paint their own **Daruma doll**, a traditional Japanese symbol of perseverance, good luck, and goal-setting.

Participants will begin by learning what a Daruma is and how it has been used in Japan for centuries. They will then paint a Daruma, choosing colors and facial expressions that reflect their personal goals or wishes.

Traditionally, one eye of the Daruma is painted when a goal is set, and the second eye is filled in once the goal is achieved.

This hands-on activity encourages creativity, reflection, and cultural understanding. No prior knowledge of Japanese culture or art is required.

Cultural Background

A **Daruma doll** is a traditional Japanese talisman inspired by **Bodhidharma**, a Buddhist monk who is considered the founder of Zen Buddhism.

Daruma dolls are round, weighted figures designed to return to an upright position when knocked over. This shape represents the Japanese proverb:

“Nanakorobi yaoki” (Meaning: *Fall down seven times, get up eight.*)

Because of this meaning, Daruma dolls are commonly associated with:

- Perseverance
- Resilience
- Good luck

- Achieving goals

In Japan, Daruma dolls are often used at the beginning of a new year, when starting a new project, or when making an important wish. They are popular with students, business owners, politicians, and anyone working toward a goal.

The bold facial features and simple design also make Daruma an accessible and expressive form of folk art, allowing each person to create a unique version while connecting to a shared cultural tradition.

Note:

- Paint only **one eye** on the face. The second eye will be added after your goal is achieved.
- The color of the Daruma and the characters on its body each have meanings in Japanese culture, so participants are welcome to choose what they like.
- If the participants are young children, they do not need to worry too much about the characters on the body. The face can also be drawn later with markers.

red



福

Family safety
Good luck in general
Prayers for victory

black



繁荣

Business prosperity
Warding off misfortune
Protection from
disasters

white



達成

Progress in reforms
Fulfillment of wishes
Change of character

gold



成功

Rising fortune
Success and victory

blue



合格

Passing exams

Longevity
Safe childbirth

light blue



仕事

Success in career

Independence
Employment

yellow



金

Fame

Reputation
Prosperity
Beauty
Money

green



健康

Health

Athletic success

pink



愛

Love
Marriage
Diet

orange



成長

Self-improvement
Family prosperity

purple



ご縁

Strong individuality
Good human relationships
Mental stability

brown



信頼

Human relationships
Trust