

Lesson Plan

Topic

Cornrows on Natural Hair

Objective

- Students will learn the techniques for creating cornrows on natural hair including proper preparation, sectioning, braiding, and finishing touches.

Evaluation

- Observe students as they perform each step on a mannequin or on each other.
- Provide feedback and correct techniques as necessary.

Review

- Recap the steps for creating cornrows.
- Encourage students to ask questions and share their experiences.

Materials

- Rat-tail comb
- Wide-tooth comb
- Hair clips for sectioning
- Moisturizing leave-in conditioner
- Edge control or gel
- Shine spray or oil
- Spray bottle with water
- Scissors
- Mousse (optional)

Games

Procedure: Cornrows on Natural Hair

1. Introduction

- Explain what cornrows are and their cultural significance.
- Discuss the benefits of cornrows, such as low maintenance and protective styling.
- Start with clean, detangled hair.
- Apply a leave-in conditioner to moisturize the hair.

2. Parting & Sectioning the Hair

- Use a rat-tail comb to create clean, straight parts. The design of the cornrows will determine the parting pattern (straight back, zigzag, curved, etc.).
- From each main part, further divide the hair into smaller sections for the cornrows. The size of the sections will determine the size of the cornrows.
- Use hair clips to secure each section and keep the hair organized.

3. Cornrowing Technique

- Take a small section of hair at the hairline where the cornrow will begin.
- Divide the small section into three equal strands to start the braid.
- Cross the right strand under the middle strand, then the left strand under the new middle strand, incorporating small sections of hair from the scalp as you braid.
- Continue to add small sections of hair from the scalp into the braid as you work your way down the head.
- Once you reach the nape of the neck, continue braiding the hair without adding new sections until you reach the ends.

4. Finishing the Cornrows

- Securing the Ends
- Elastic Bands
- Knotting - Tie a small knot at the end of each braid to secure it.
- Use scissors to trim any excess flyaway hairs for a neat finish.
- Apply mousse to the braids for extra hold and a smooth finish.
- Finish with a shine spray or a light oil to add shine and reduce frizz.

5. Maintenance Tips

- Wrap hair with a silk or satin scarf at night to maintain neatness.
- Apply a light oil or leave-in conditioner to the scalp and braids to keep them moisturized.
- Keep the scalp clean and free from buildup by using a dry shampoo or a light scalp cleanser.

Key Points and Tips

- Clean, straight parts create a neat and professional look.
- Consistently add small sections of hair from the scalp to maintain a tight and uniform braid.
- Maintain even tension throughout the braid to prevent discomfort and ensure a uniform appearance.
- Secure the ends with elastic bands or knots.
- Trim flyaways and apply finishing products for a polished look.
- Protect the braids at night and keep the scalp moisturized and clean.