

Mano Fica Amulets

(Recommended for grades K-5)

Mano Fica amulets, used as protective amulets in Etruscan Italy, arrived in the Americas with Christianity. Spanish culture viewed ficas as a symbol of protection against “ojo” otherwise known as the evil eye. The symbol is a fist with a thumb between the index and middle finger. The hand gesture has many meanings and dates back nearly 8,000 years ago. It means the number 5 to the Maasai of Africa, the letter ‘T’ in American sign language and ‘got your nose’ to every grade school kid out there.

Use what you have learned about the mano fica amulets and design and color your own using the picture below.

