

# Mandalas

## **How does it help students?**

- Allows students to have a mindful art experience
- Mandala making is accessible for everyone, it can be as simple or as complex as they would like.

## **What will we need?**

- Plain pieces of paper (white or colored)
- Round object for tracing
- Pencil
- Coloring materials: Colored pencils, markers, etc

## **How do we do it?**

- Trace a circle in the middle of the page
- From the center of the circle, create a pattern based on simple shapes or lines (example: tiny flower petals or a star)
- Repeat or elaborate on the initial pattern, do until the entire circle is filled.
- Fill in the pattern with color

## **Additional Notes:**

- Show the example from the website below so students have an idea of what they are doing.
- Can start off by explaining a little bit about mandalas: The word Mandala comes from the sanskrit word meaning circle or wholeness.
  - List of different ways mandalas appear in our lives:
    - In the natural world: flowers, shells, fruit, trees
    - In architecture: domed buildings (Capitol Building, Stonehenge, Taj Mahal,
    - In art: Yin-Yang, Celtic Spirals
    - In life: We gather in circles for a variety of things such as music, dancing, prayer or even just for gathering of friends.

**Source:** Mindfulartstudio.com (2014). Can You Meditate Through Art? [Blog post]. Retrieved from <https://mindfulartstudio.com/meditate-through-art/>