

MANDALAS

Recommended for grades 3-5

Materials:

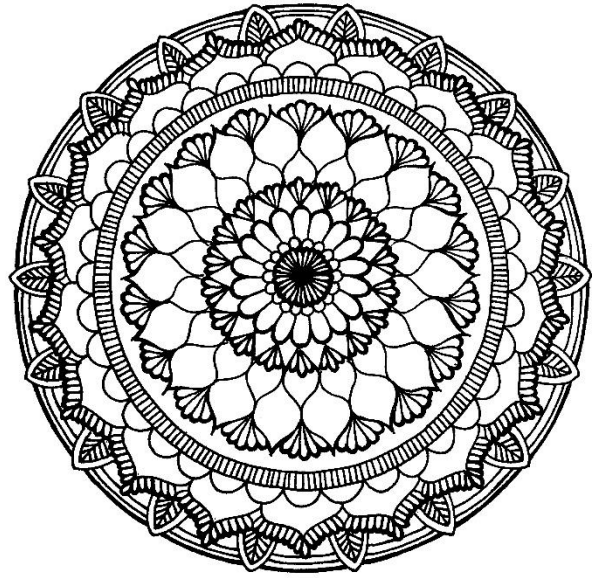
Project A

Pencil

Sharpie or marker

Colored pencil(optional)

Compass or circular objects to trace- cup, masking tape, plate (optional)



Project B

Household objects such as Legos, shoes, small toys, books, or whatever you choose

The word Mandala (pronunciation *mon- dah- lah*) means "circle". A Mandala represents wholeness, a cosmic diagram reminding us of our relation to infinity, extending beyond and within our bodies and minds.

The mandala appears to us in all aspects of life, the Earth, the Sun, the Moon and more obviously the circles of life encompassing friends, family and communities.

Mandalas are circular designs symbolizing the notion that life is never ending. Many mandalas have spiritual significance to an individual or group of individuals. The Hindus were one of the first people to use a mandala as a spiritual tool, but the mandalas most individuals are familiar with, are ones made by Buddhists.

Choose project A or project B to complete.

Project A

Step 1: Place a dot in the center of your paper

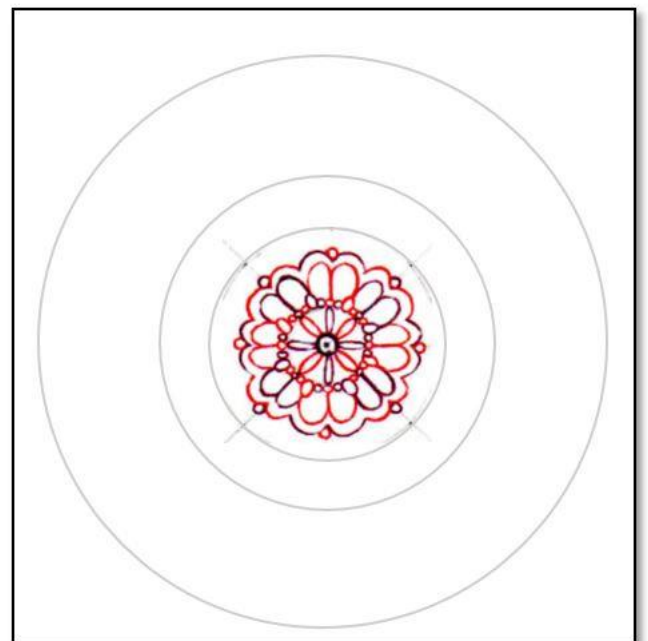
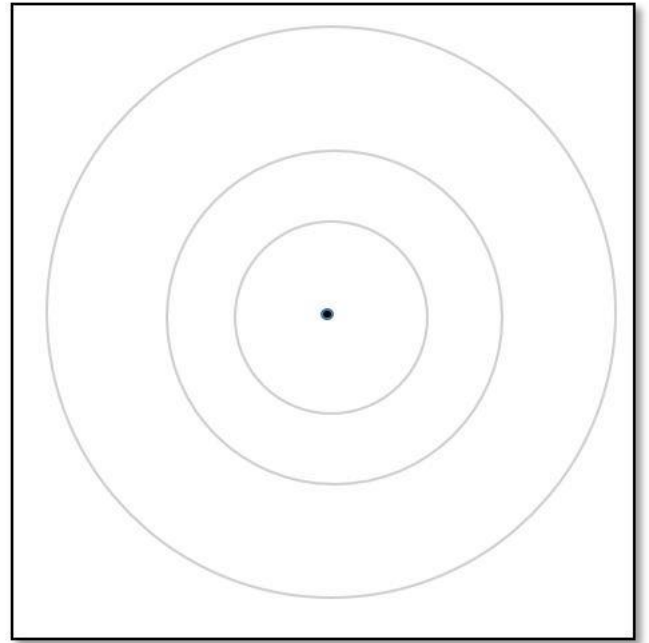
Step 2: Use a compass or trace circular objects to draw a few concentric circles.

You can skip this step if you don't have those items around.

Step 3: Choose a shape such as a circle, triangle, loop, raindrop, petal, leaf, heart, etc. to draw several times around the center point.

Step 4: Continue to build your design, repeating shapes all the way around the circle. REPETITION is the key to a great mandala design. If you have drawn bigger circles they serve as a guide to keep your design even.

Step 5: Finish your design by tracing with marker or sharpie And/or coloring in shapes with colored pencil or marker. Remember to repeat colors too.



Project B

Find objects around the house such as Legos, shoes, small toys, books, or whatever you choose!

Be creative!

Place them in rows RADIATING around a center point to make a mandala design. Don't forget to take a picture before cleaning up!

Take a look at some examples:

