

Nature Mandala



Mandalas

Are geometric designs used as meditation maps. They have a center and reflect north, south, east, and west. Creating a mandala is a focusing, meditative activity.

Supplies

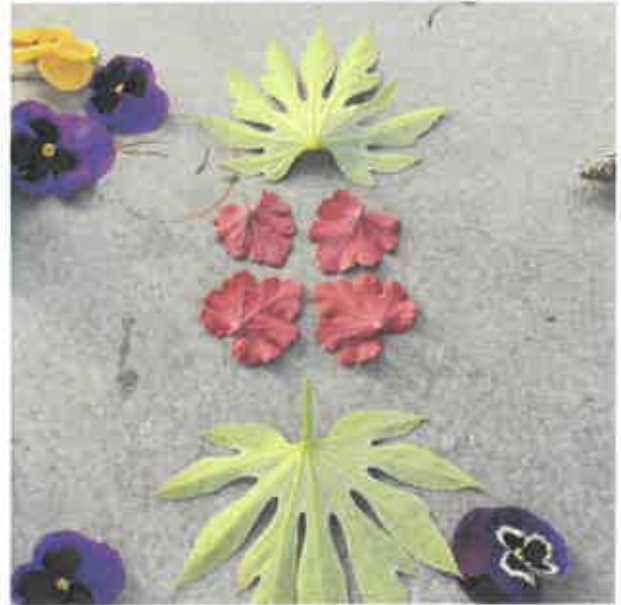
- Scissors
- Plant material, herbs, leaves, flower, grasses, anything you see that you like
- Other natural items, rocks, sticks, cones, seeds, shells, the possibilities are endless
- A camera to take a photo of your creation



Get started

Observe

- This is a good activity to promote centering and observation of what is around us
- As the creator, center yourself in your surroundings, observe interesting patterns in nature and think about how you can use those for your mandala
- Collect plant and other materials for your design



Create

- Layout your materials
- Begin your design process, there is no right or wrong way to do this, it is your creation
- When you are satisfied with what you made, take a picture
- How can you alter your design?
- Can you take elements from your design and a friends and make something new as a team?

