

Creating a Mandala

Information for students

- A mandala is a geometric design meant to symbolize the universe. It is an art form that is found in many cultures around the world.
- The word mandala comes from Sanskrit and means “healing circle” or “whole world.”
- Mandalas are usually circular in shape, with designs starting at the center, and working their way outward (or vice versa). They can be seen as a model for the organizational structure of life and the universe.

Materials required

- Paper
- Pencil or fine tipped marker for drawing
- Markers or paint for decoration
- Ruler
- Geometry compass (optional; for drawing circles)

Instructions

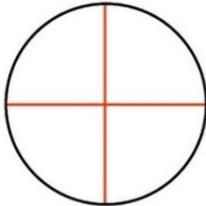
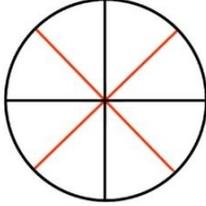
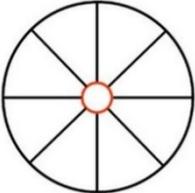
Please see Appendix A for visual instructions for this activity.

1. Create a mandala template. Draw a circle on a blank piece of paper with either a geometry compass or something round (like a bowl or glass) as a guide.
2. Find the centre of your mandala. If drawn with a compass, the hole in the paper is the centre. If drawn with a plate, draw a light line in pencil from the top to bottom, and from the left side to the right side. The point where these lines cross is the centre.
3. Keep your mandala symmetrical. Line up your motifs along directional lines. Use a ruler and protractor to mark some lines lightly on your mandala.
4. Draw a small shape in the middle of the circle, with a pencil or a marker.
5. Draw another shape outside this first shape. (You can change colours at any point.)
6. Repeat it in a ring all around your centre motif.
7. Keep going, drawing new motifs in expanding rings, as you work toward the outside circle of your mandala. Repeat some of your motifs and introduce new ones as you go.
8. Try overlapping some motifs. This creates new and interesting shapes, which still harmonize with what you've drawn so far.
9. You may find yourself wanting to go back and add something to a previous ring. The mandala is finished when it feels finished to you.

Information for parents

- Ask your child to share their mandala with you.
- Ask your child to describe their process of drawing the mandala to you.
- For more ideas on drawing mandalas, encourage your child to visit:
<https://www.youtube.com/watch?v=sIOh615w4Nk>

Appendix A: Creating a Mandala

<p>STEP 1</p> 	<p>STEP 2</p> 	<p>STEP 3</p> 
<p>STEP 4</p> 	<p>STEP 5</p> 	<p>STEP 6</p> 
<p>STEP 7</p> 	<p>STEP 8</p> 	<p>STEP 9</p> 

Finished Project

