



Activity: Mandalas

eluna

RESOURCE CENTER

Objective

Mandalas are symbolic circles that have been used by people of many cultures to reflect personal experiences. They are a creative way that you can express your own story. As you create your personal mandala, use colors, symbolic shapes, and designs that are meaningful to you. The mandala represents a snapshot of you and your memories, feelings, thoughts, and emotions through the colors and symbols you choose.



Instructions

- Introduce the activity and show some sample hand-made mandalas with a quick online image search.
- Brainstorm various shapes, symbols, and colors that are meaningful.
- Cut the piece of paper into a circle
- If you would like, you can divide your mandala into sections
- Begin by drawing symbols onto the paper
- Connect the symbols with colors and shapes to fill the circle

Supplies

- Tar paper or black paper
- Scissors
- Cray-pas, crayons, or colored pencils

Additional Ideas

- Use old magazines to cut out symbols or shapes to add to your mandala.
- Create a large community mandala on a piece of butcher paper or using chalk outside. Each person can decorate a designated section of the large mandala.