

## Activity: Mandalas

- **Author** - Custom Resource by the Eluna Team

**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 on your grief journey. The mandala represents a snapshot of you and your memories, feelings, thoughts, and emotions through the colors and symbols you choose.

### Supplies:

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

### Instructions:

- Introduce the activity and explore 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 you mandala into sections
- Begin by drawing symbols onto the paper
- Connect the symbols with colors and shapes to fill the circle

### 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.

Thank you [Camp Erin Lincoln](#)

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