

30 - 45  
Minute  
Activity  
For  
Everyone

## Nature Mandala

Mandalas are geometric creations that have been used for thousands of years throughout various cultures. Their look and designs vary diversely, but their intention is the same. Ancient scriptures and writings illustrate mandalas as a symbol of deeper connection with one's self and the universe at large. They also represent a period of reflection, restoring inner peace and wisdom with one's self. You can create your own mandala using items found in your backyard or local green space. This activity offers a creative way to find peace and relaxation, in addition to radiating good energy.



### Activity:

- To start, take time to gather natural materials available to you.

*Materials can be anything found in nature, some are suggested below.*

- Begin by crafting your first inner ring, choose a material which is soft and colourful, such as flower petals or tree leaves.

*Symmetry is very important when creating a mandala, try to use materials similar in proportion and appearance to each other.*

- After you've created your first ring, continue to build outwards adding more rings and designs as you see fit.

*Get creative, use different materials that you're drawn to in order to shape unique designs.*

- Continue to add materials evenly until you are satisfied with the size.
- Finish by crafting a strong and firm outer ring.
- Mandalas do not always need to be made of circular rings, they can also be squares and diamonds as well.

### Reflection Questions:

- How did creating your own natural mandala make you feel? Why?
- What drew you to choosing the natural materials you used?
- Was the symmetry easier or harder than you expected?
- Did you leave your mandala for others to be able to view? Why or Why not?

**Tip:** Add symmetrical lines with sticks or rocks starting from the center and ending at the outer ring.

### Materials Suggested:

- Sticks, Flowers, Flower Petals, Rocks, Pinecones, Leaves, Stones, Berries, etc.