

Extended Playlist

“Draw and Design Your Own Mandalas”

Grades K-2

Teaching Artist Ali LaRock

Lesson Focus:

Students will learn how to use symmetry, pattern, and repetition to create unique and beautiful mandalas of their own. Mandalas may look complicated but with some easy tips they are easy and fun to create! There are lots of variations so even just googling “drawing mandalas” comes up with lots of results and great links.

Extended Playlist

- ***Make Connections***
Investigate how cultures throughout the world have used mandala-like designs and the materials that have been used to create them. Here are some links to videos to get you started. They vary in which age level they may fit best for so please watch ahead of time to make sure they will be a good fit for your students.

<https://www.youtube.com/watch?v=NpLnnQpYdyk>

<https://www.youtube.com/watch?v=venhj7KjMGs>

<https://www.youtube.com/watch?v=yHcntfFN9FY>

<https://www.youtube.com/watch?v=WNCFi5ss7Zl&t=197s>
- ***Make It Personal***
Invite students to create a mandala with personal symbols or imagery that reflects them. For example, maybe someone really likes nature and wishes to make theirs look like flower petals or maybe someone who is into basketball uses lots of round shapes which are turned into basketballs or has their team's favorite colors. I've seen a student include repeated ice cream cone shapes on a mandala before because they loved ice cream. They even put a cherry in the middle of the mandala! Or perhaps students want to create a mandala as a gift for someone. They can think about what that person might like as far as colors, images, designs, or symbols that might be meaningful to them.
- ***Look for Radial Symmetry***
Mandalas have radial symmetry which means they are the same on every side. The design radiates out from the center. Have students look for things in nature outside or online and find examples of things that naturally have radial symmetry (like a sunflower or starfish). Have students find examples of things people have made that have radial symmetry (like a star quilt or stained-glass windows).
- ***Get Relaxed***
Mandalas were originally created by different religions (such as Buddhism and Hinduism) and were used for prayer, meditation, and healing. We too can use mandalas to relax our minds and lose ourselves in the moment. Put on some relaxing music and invite students to whisper only or refrain as much as possible from speaking so they can become relaxed with the repetitive nature of drawing a mandala.