



Making Mandalas

What Participants Do

This activity involves assembling found objects in a radiating pattern to create a beautiful work of art - a 3-dimensional mandala.

Division(s): Intermediate (Grade 7-8), Secondary

Subject: Art, Physical Education, Health

Name & Site: Stefanie Hall, Forest Valley Outdoor Education Centre

Materials

- Found objects in nature.
 - Fallen materials are best, remember we would not want to have a negative impact on the ecosystem.
 - Some suggestions might be flower petals, blades of grass, twigs, pine cones, leaves, pine needles, stones, sticks, shells, acorns; or, really, anything you find.

Location:

Yard, Local Green Space, Inside

Description

The word “mandala” is a Sanskrit term that means “circle”, and, in fact, a mandala is a circular structure with a design that radiates symmetrically from a central point. Making mandalas is beneficial because of their ephemeral nature. The mandala is more than an image seen with our eyes. It is an actual moment in time.

How to make a mandala

1. In a natural area or your home environment, look for examples of mandalas (radiating circles) for inspiration.
2. Gather together materials to make your mandala.
3. Find a clear area to work (inside or out; ground, floor, table, bench, flat rock), or clear one yourself by brushing away any leaf litter, etc.
4. Find the center of your mandala and mark it by placing a special natural object in the center.
5. Select the first material you'll use to create your first layer. Build a circular layer around your center item and radiate your design from the inside, outwards. You can use as many different objects as you like for your layers.
6. Continue to add on as many layers as you would like!
7. Admire your work. Take a photo and share, if you wish. It's beautiful!

Follow up & Things to Think About

You can make a new mandala each day. You can create large group mandalas at parks, beaches, schoolyards, anywhere you want to feel a connection with the universe and nature (at this time, though, stay close to home).

Create a journal entry to describe your experience making a nature mandala. Some ideas to reflect on include:
- what patterns and shapes in nature inspire you;

- what connections do you notice with (or in) nature;
- how did you decide on which materials to use;
- how did you feel while making the mandala;
- think about how others may react when they see your mandala;
- how do you feel now after finishing the mandala

Resources

<https://childhoodbynature.com/mandalas-a-practically-perfect-form-of-nature-art/>

<https://artfulparent.com/mandalas-in-nature-mandala-art/>

Contact toes@tdsb.on.ca for any assistance, to access an expert, and to share your findings!



[@TOES_TDSB](https://twitter.com/TOES_TDSB) Parents post your pictures and tag us on twitter! (Please, no faces)

<https://schoolweb.tdsb.on.ca/toes>

