

Mandala 6-8

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Lesson

A mandala is a sacred symbol of Buddhist culture. The term mandala comes from the ancient Sanskrit language & translates to mean "circle" & it symbolizes the idea that life is never ending. Mandalas are symmetrical, geometric designs that are said to represent the universe. Something is symmetrical when it is the same on both sides. It is a balanced circular structure with the design coming out from the center. In traditional Buddhist art, a mandala is designed by monks after many years of study & memorization & in some Eastern religions it is used as a map. A mandala is often a symbol that is used for the purpose of helping people focus & meditate to achieve peace. Some people find it very relaxing to create & to color mandalas as well. They are a great way to express yourself! They are special circles that have unique meanings to each artist. Mandalas can use different colors & shapes, but they all have something in common, they begin with a central point & all other lines/colors/symbols radiate out from that central place. Take in a deep breath, let it out, & begin to focus on your inner thoughts while your patterns emerge.



Questions for Students

Can you think of examples of mandala's in nature?

What are some things you do to help you relax?

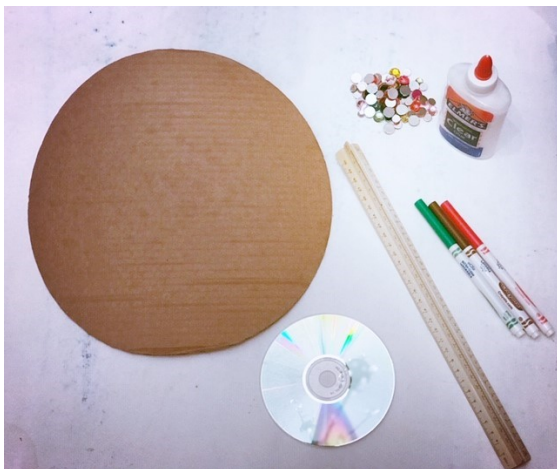
What color makes you feel calm?

Please us the [Other Resources Page](#) before you start the art project

Materials

The things you can use to create your mandala are limitless but today, I'm just going to show you one simple way. Once you get the idea, the possibilities are endless!

- Old CD or Frozen pizza circle cardboard/paper
- Beads, gems, bottle caps or buttons
- Liquid glue
- Markers/Crayons/colored pencil
- Ruler



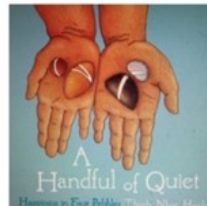
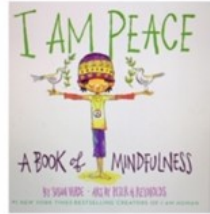
Other Learning Resources

Books To Read

A Ticket Around The World by Natalia Diaz and Melissa Owens

I Am Peace: A Book of Mindfulness by Susan Verde

A Handful of Quiet by Thich Nhat Hanh



PIC-COLLAGE

Videos About Mandalas

What is a Mandala? <https://www.youtube.com/watch?v=3j4a5ijDazE>

Sand Mandala- <https://www.youtube.com/watch?v=WBrYUIOYKOU>

Here's a great video with 4 different kinds of patterns of how to draw your own mandala:
<https://www.youtube.com/watch?v=5gf6wrqT8sl>

Beautiful relaxation video for children: Mandala Dreams

<https://www.youtube.com/watch?v=hv97d5l9SHg>

Websites About Mandalas

<https://kids.kiddle.co/Mandala>

<https://kids.britannica.com/students/article/mandala/604727>

Free printouts of mandalas to color:

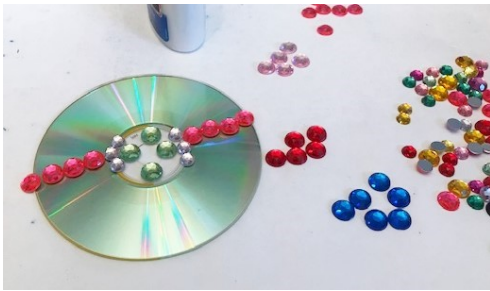
<https://www.bestcoloringpagesforkids.com/free-printable-mandalas-kids.html>



Instructions



1. Gather all your materials.
2. If you don't like the color your base, you can color it.
3. Spread out your beads & sort them by color & size first if you want to make it easier.
4. Arrange your items until you get a pattern you like.
5. Start gluing down your pattern using symmetry (same pattern on all sides)
6. Just keep filling up your circle with patterns until you are finished!
7. Now that you have tried this, you can make them on paper by drawing your own shapes. You can make them on a table with objects you find (but don't glue them down! Maybe you can have someone take a picture of it) and you can make them outside in nature. Just have fun & focus on your patterns.



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