

Mandala Art

What is a Mandala?

A Mandala is a spiritual symbol that is used in Hinduism and Buddhism. It is a decorative pattern that starts from a central point. The pattern usually contains lots of different geometric shapes and is very colourful!

Lots of people draw and colour Mandalas to help them relax and practice mindfulness.

We're going to create a Mandala from objects that you can find around your home.

Key Words



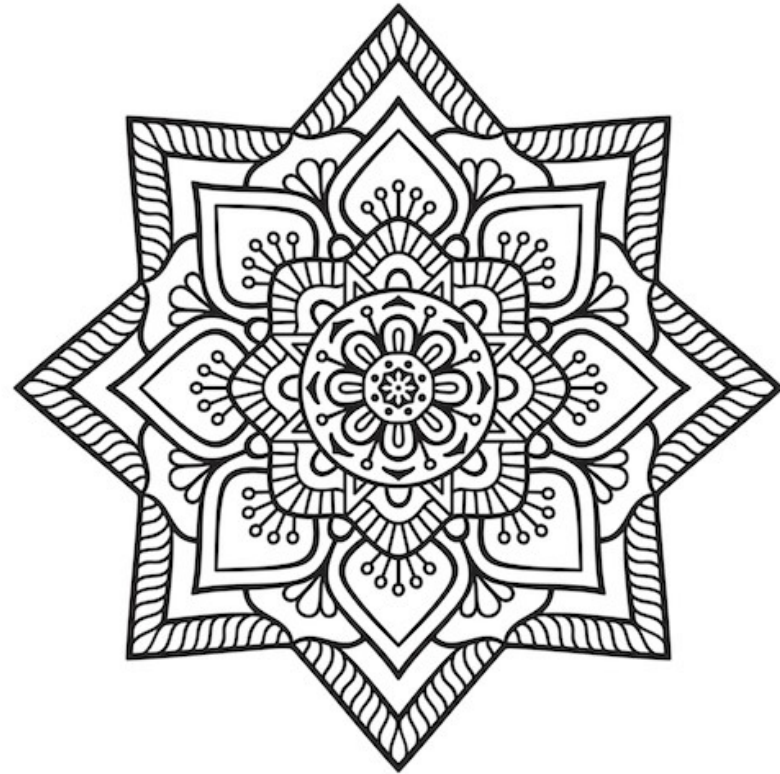
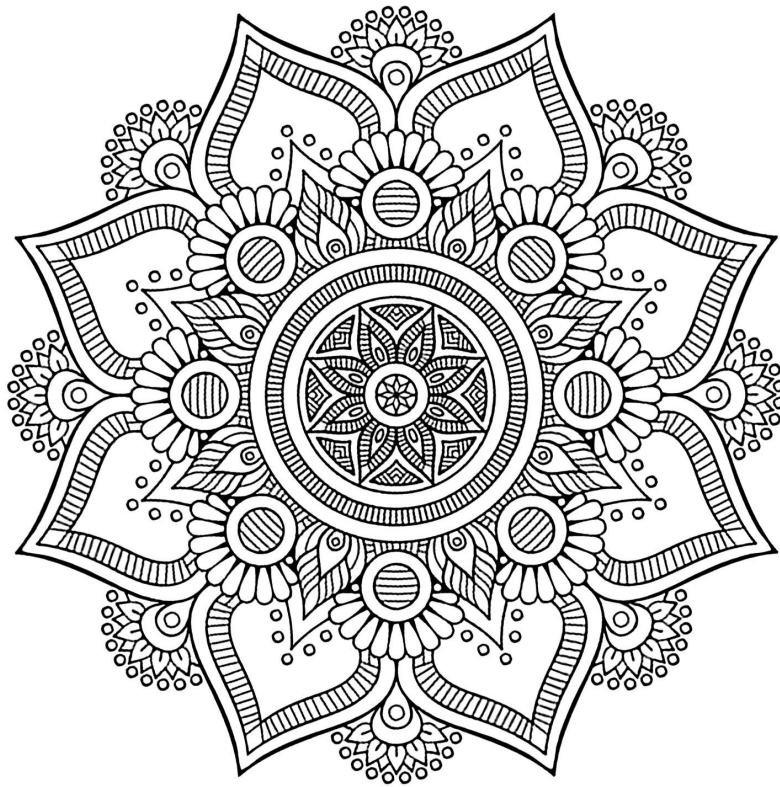
mandala

shapes



mindfulness

Examples of Mandalas

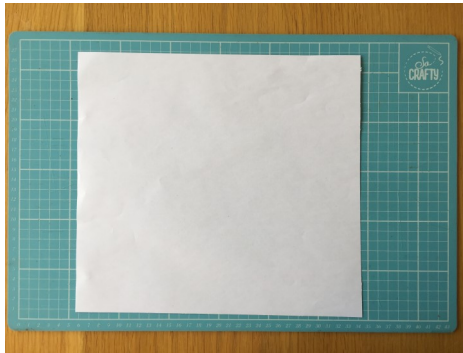


You will need:

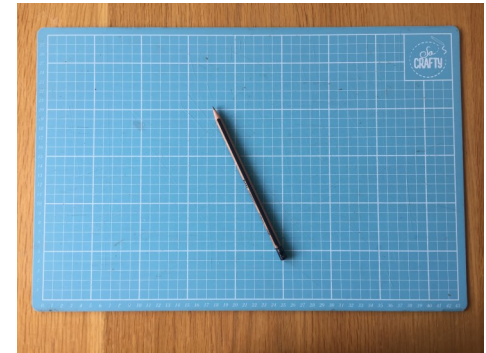
A plate or bowl



Paper



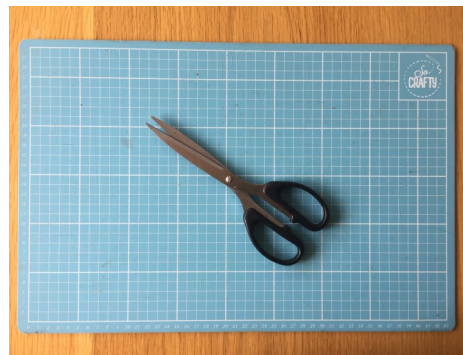
Pencil



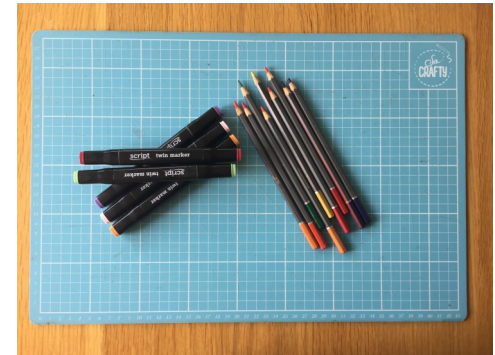
Lots of objects



Scissors



Crayons or felt tips



Step 1 : Find your objects

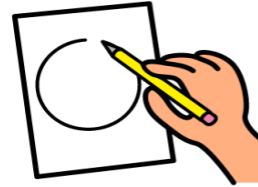


Hunt around your house for objects of different shapes and sizes. You can use anything!

Things I found:

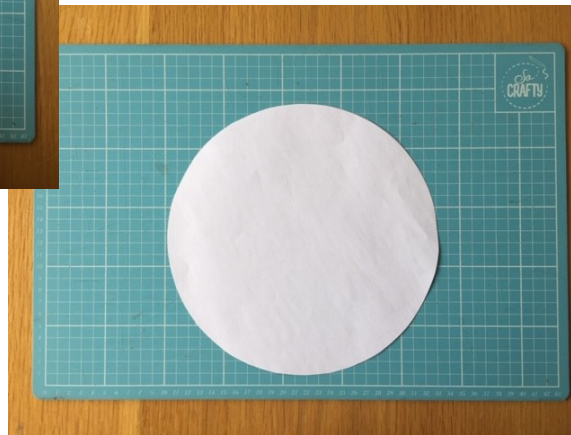
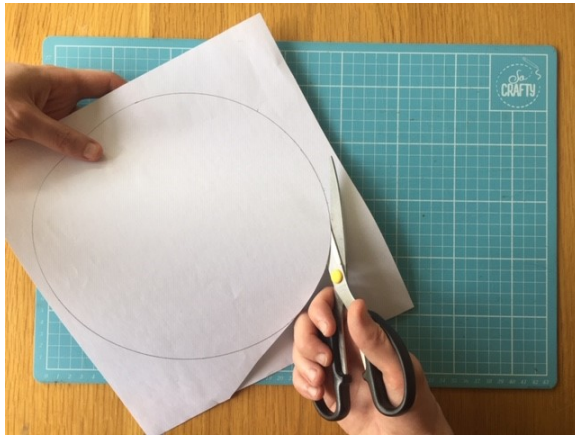
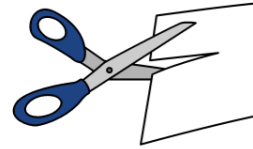
- A Tupperware lid
- A perfume bottle
- Playing cards
- A fork
- A measuring spoon

Step 2 : Draw around your bowl



Put your plate or bowl onto the paper. Using a pencil, draw around your bowl.

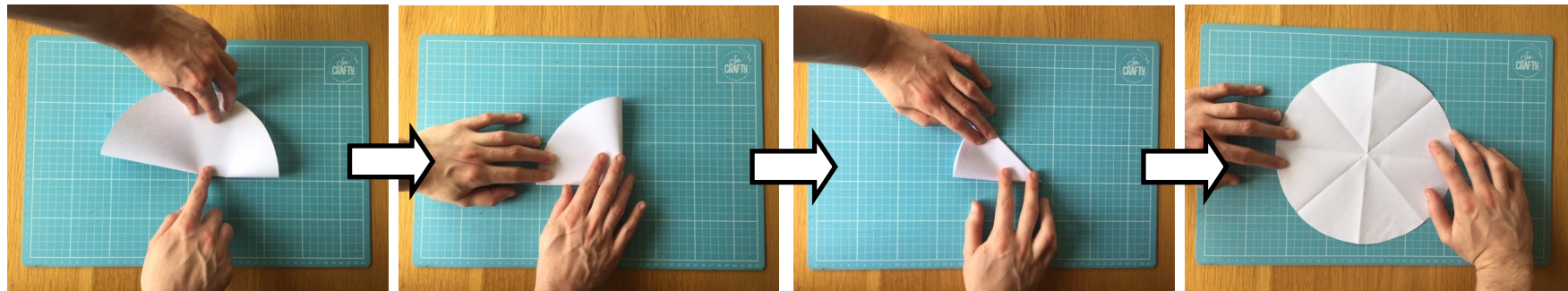
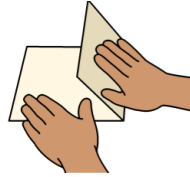
Step 3 : Cut around the circle



Using scissors, cut around your circle.

You might want to ask an adult for help as it is important to stay safe when using sharp equipment.

Step 4 : Fold the circle



Fold the circle in half.

Fold in half again.

Fold in half again.

Open up the paper.

Folding the paper will give you a template to work from. This will help your Mandala have a pattern.

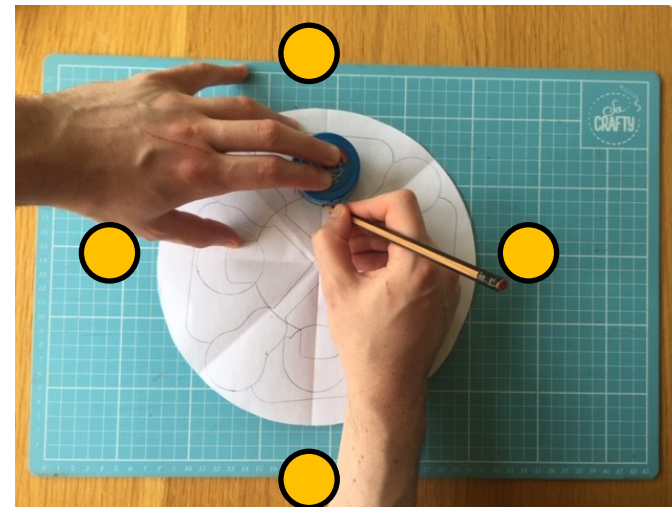
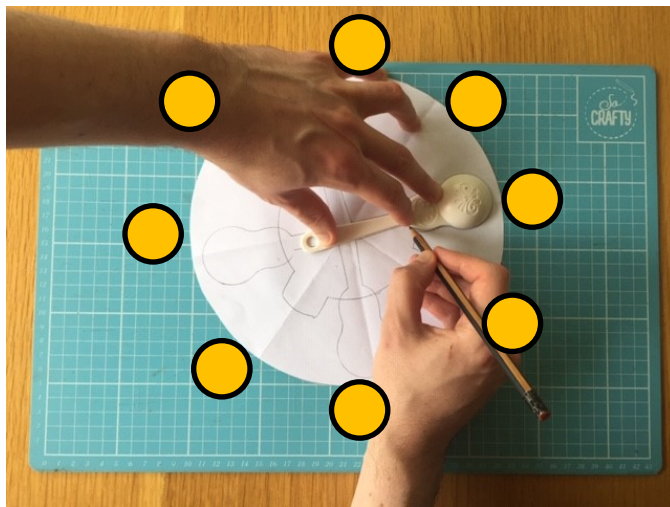
Step 5 : Draw around your objects



Using a pencil, draw around the outside of your objects.

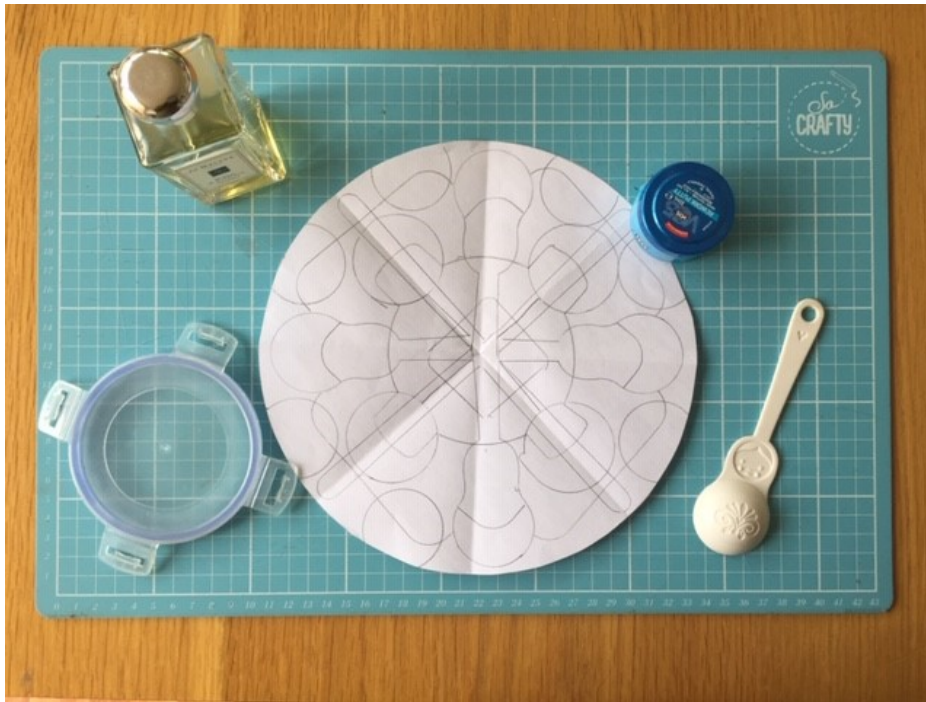
It helps to start with a round object in the middle of your circle.

Step 6 : Keep drawing around your objects



Using the folded guidelines, keep drawing around your objects.
Try to draw around the object 4 or 8 times, this will help create a pattern.

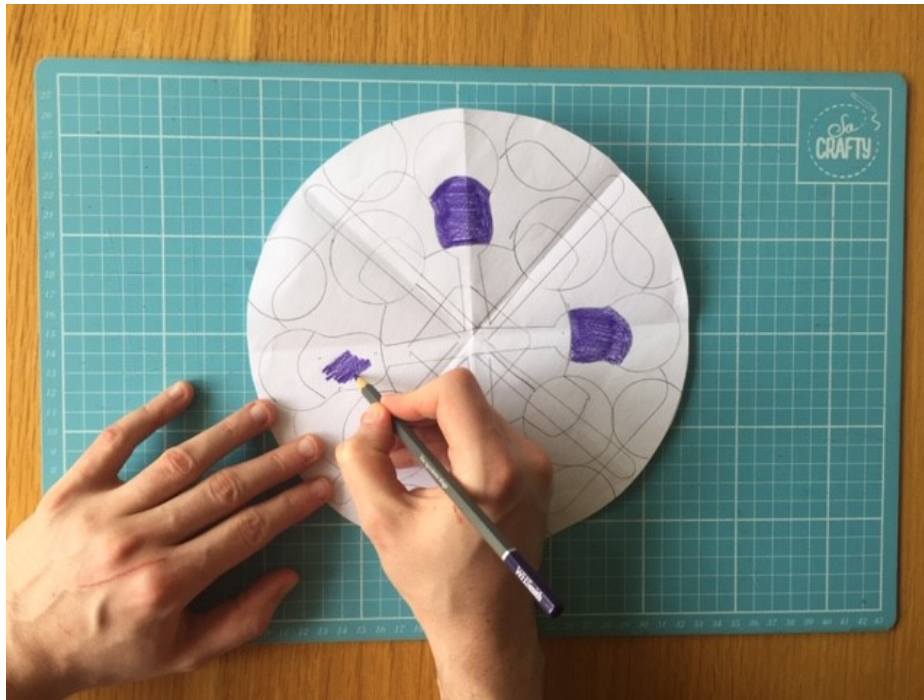
Step 7 : You now have a Mandala



Draw around your objects until your circle has lots of different shapes on it.

How many different shapes can you see?

Step 8 : Time to colour in!



Now it's time to use your felt tips or crayons to colour in.

Top tips :

- Don't use the same colours next to each other.
- Match the shape to a colour.

Step 9 : Your completed Mandala



Well done on finishing your Mandala! I hope you have found it as relaxing as I did.

We would love to see some of your artwork. You can share it on twitter, or e-mail it to:

homelearning@
northridge.manchester.sch.uk