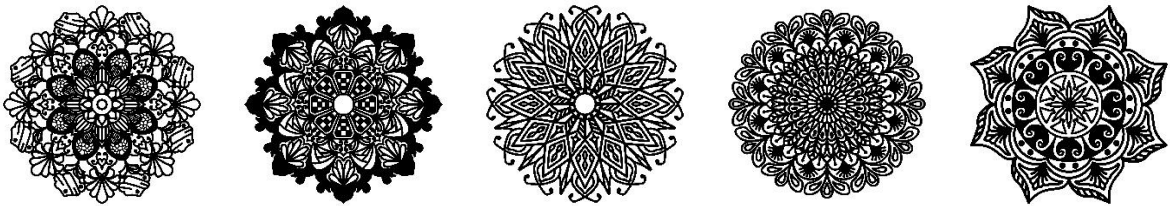


Nature Mandalas

An activity of "Tee and Boba".

Read "Tee and Boba" (page 28, *What's Up* June 2024). Like Boba, let's immerse ourselves in mandala art for this activity. What are mandalas? Mandalas are intricate, circular designs that have been used in various cultures for thousands of years. The word "mandala" comes from the ancient Indian language of Sanskrit and means "circle". Here are some examples:



Mandalas are found in many different cultures around the world. These designs are often created in sand, painted on cloth, or drawn on paper, and they help people focus their minds and gain a sense of inner peace.

A mandala usually starts with a central point and radiates outwards with a series of patterns and shapes. These patterns often include geometric shapes like circles, squares, and triangles, as well as more organic forms like flowers and leaves. The repeating patterns create a sense of balance and symmetry, which can be very calming and pleasing to look at.

1. Complete the unfinished half of the mandala below.

A circular mandala design is shown. The left half is a detailed, intricate pattern of lines and shapes, including spirals, leaves, and geometric forms. The right half is a blank template consisting of concentric circles and radial lines, intended for the student to complete the design.	<p><i>When you create a mandala, start from the center and work your way outwards. This process can be very meditative, as you focus on the shapes and patterns you are making.</i></p> <p><i>It can help you practice mindfulness (which means paying full attention to what you are doing in the present moment).</i></p> <p><i>When you focus on creating your mandala, you let go of other thoughts and worries. This can help you feel more relaxed.</i></p>
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2. Watch this video to see how you can create a mandala using objects from nature.

Nature Mandala: an autumn/fall creative practice for Mandala Magic

➤ https://youtu.be/SsNSQBYtkQg?si=xzTdTN7Vlnz_TEdh

(Julie Gibbons Creative, Sep 30, 2020)

a) What did you notice about the mandalas in the video?

b) How can creating nature mandalas help us connect mindfully with nature?

3. Work in small groups. Create a nature mandala using materials you find from outside. For instance, you may collect leaves, flowers, seeds, pebbles, sticks, and so on. (As you collect the materials, be mindful of nature. Do not harm plants or disturb wildlife.) Find a spot to create your mandala on the ground. Use your collected materials to form patterns and designs, focusing on symmetry and balance, as you have practised earlier. Work quietly and mindfully, paying attention to your breathing and the patterns you are creating.

a) What did you enjoy most about creating your nature mandala?

b) How did you feel while collecting materials and arranging them into a mandala?

c) How did working with natural materials influence your design choice?

d) What was your mood as you were making your mandala?

4. Present your mandala to the class. Explain your designs. Share your reflections above.