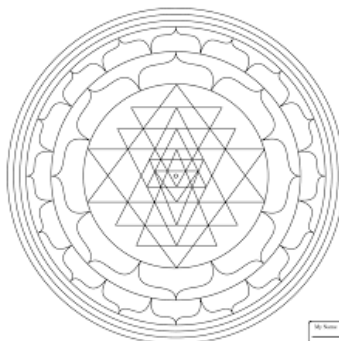


Mandalas:

In keeping with Mental Health Awareness Month, today's project is creating your own mandala. Mandalas can be used as a self-care tool and help to be aware and present.

What is a mandala? : The meaning of mandala comes from the Sanskrit meaning "circle".

Mandalas are used in different traditions for different cultures. We are used to non-traditional mandalas as coloring sheets. Below are some examples.

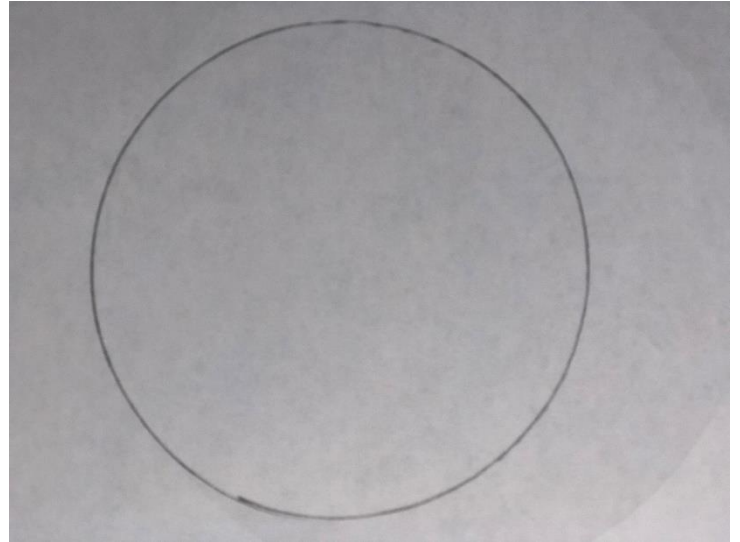
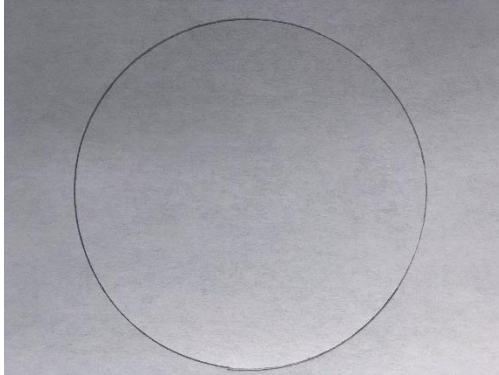


These are just samples. There are endless possibilities; mandalas can be created out of anything. While I am providing a paper and any type of writing utensil, what other materials can you use? (Ex, mini toys, sand, flowers, grass, leaves, clay, etc).

Materials:

- Paper
- Pen/Markers/Colored Pencils/Crayons
- Anything that is a circle to trace

Step 1: Trace your object for your circle. You can also free draw your own circle. You can make any size mandala you want.



Step 2: Mark a dot in the center of your circle. Then you can start to create your mandala. The idea is to work from the middle of the circle to the outside. Don't think about it too much, just start. Make any mark on the page. Draw shapes, patterns, use color.

