



Open-Sky
School

Category
ART THERAPY



Activity

Mandala in Nature

MATERIALS

Optional: 1 piece of cardboard
per student

DURATION

45 MINUTES

Activity Summary

This activity invites students to gather natural elements and use them artistically to create their own mandalas, using their creativity as their guide.

Preparation

- Find illustrations of mandalas to show as examples to students who are not familiar with this art form.
- Choose a space in nature where students can easily find natural items and will have sufficient space to make their mandalas.
- If you would like to, you can provide a piece of cardboard per student so that students can stick their mandala to the cardboard and bring back to class.



Steps

Say:

The goal of this activity is to make a mandala using elements from nature.

The word Mandala comes from India and means 'circle'. It is a very old art form in which one tries to make a symmetrical work in the shape of a circle (by symmetrical, we mean: balanced, harmonious, similar, regular, proportionate).

A. Find items

Once in the space in nature, tell students:

1. The goal of this activity is to create your own mandala, or a small work of art, directly on the ground, individually or in teams of two.
2. Be careful: you must not damage the environment to make your mandala; do not break branches, do not pull leaves, only take what you find on the ground. Also be careful not to pick up sharp objects.
3. You will have 5-10 minutes to start gathering items, and then we will come back together as a group for the next instructions.
4. Do not walk too far from the group. I should always be able to see you.

Questions

1. What items do you think you'll pick up? For example: stones, small branches, fallen leaves, pebbles, etc.

B. Create a mandala

Once 5-10 minutes have passed, bring students together for the rest of the activity.

Say:

1. Find a small space on the floor to create your mandala. Leave some distance between you or your team and other students so that you have enough space to create your mandala.
2. You can start creating your mandala.
3. If you need more materials, go back and look for some in the space we outlined.
4. There is no right or wrong way to do the activity. The goal is to build a mandala or a work of art to express yourself.
5. You have 15-20 minutes to create your mandala.

1. How will you start building your mandala? It can help to start by putting objects in the center, then adding things in a circle around the center.
2. What will you do if it's windy? Make sure you have small stones to hold things in place.

RETURN TO
GROUP

1. Admire others' artwork.
2. Did you like this activity?
3. What challenges did you face while doing this activity?

REINVESTMENT:

Take a picture of each student's mandala and make a collage to put in your classroom. You can do this activity again in a new environment and during another season.

For reference, here is an example of a mandala created in nature:

