



Activity

# Mandala

*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.*

## MATERIALS

- Pine cones, twigs, dead leaves, pebbles, etc.
- A container to collect your materials



1. The goal of this activity is to create your own mandala, or a small art piece, directly on the ground.
2. **Gather items in nature** to create your mandala. Keep symmetry in mind and look for similar items (for example, 4 flowers) to create the shape of the mandala.

\* Be careful: do not damage the surrounding 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. **Choose a flat surface** to create your mandala. You can start your piece by putting items in the center and working your way outward. Let your creativity be your guide!

