

0-5 Activity Sheet



Nature Mandalas

It is a beautiful time of year to be out in the garden, so we thought nature Mandalas would be the perfect way to start our holidays. It is a lovely way to slow down and really look at the beauty around you.

What is a Mandala?

The mandala is an ancient meditative symbol that reveals the underlying connectedness of nature.

As circles appear in nature, the mandala is believed to connect us to the natural world, representing unity and the cycle of life.

How to:

1. Collect flowers, leaves, spikes of grass, twigs, seeds or nuts from your surroundings.
2. Choose a nice spot to make your Mandala on the ground or floor - outside or in.
3. Start from the middle, making a circular centre, and then building outwards with your materials.

Take it further

- Why not make many Mandalas - a Mandala garden.
- Make faces, birds, animals and other 'nature paintings'.
- Inside, make Mandalas on dinner plates.
- Build a design between two pieces of clear contact to make a sun catcher.

