



Make a nature mandala

'Mandala' means 'circle' in an old Indian language called Sanskrit. It is said to represent the whole universe.

Mandalas are used by Buddhists for prayer and meditation. Meditation can help the mind to feel calm.

Circular mandala-style patterns can be found all around us, such as in flowers and tree trunks.



You will need:

- a paper plate



- some materials you can find in nature, such as:

- acorns



- leaves



- twigs



- petals



Method:

1

Ask an adult to help you to collect some natural materials from a local green space.



2

Ask an adult what is safe to pick up and only pick up things that have fallen to the ground.



Method:

3

Wash your hands when you come back inside.



4

Take your plate and place the biggest item that you collected in the middle, such as a flower.



5

Now choose your next material and make a circle pattern around the item in the centre.



6

Repeat step 5 until you have made bigger and bigger circles with all your materials.



7

Don't worry if your mandala isn't perfect. It can be big or small and any colours you like.



8

Once you have finished, you could focus on the middle of your mandala and think about something that you feel thankful for.

