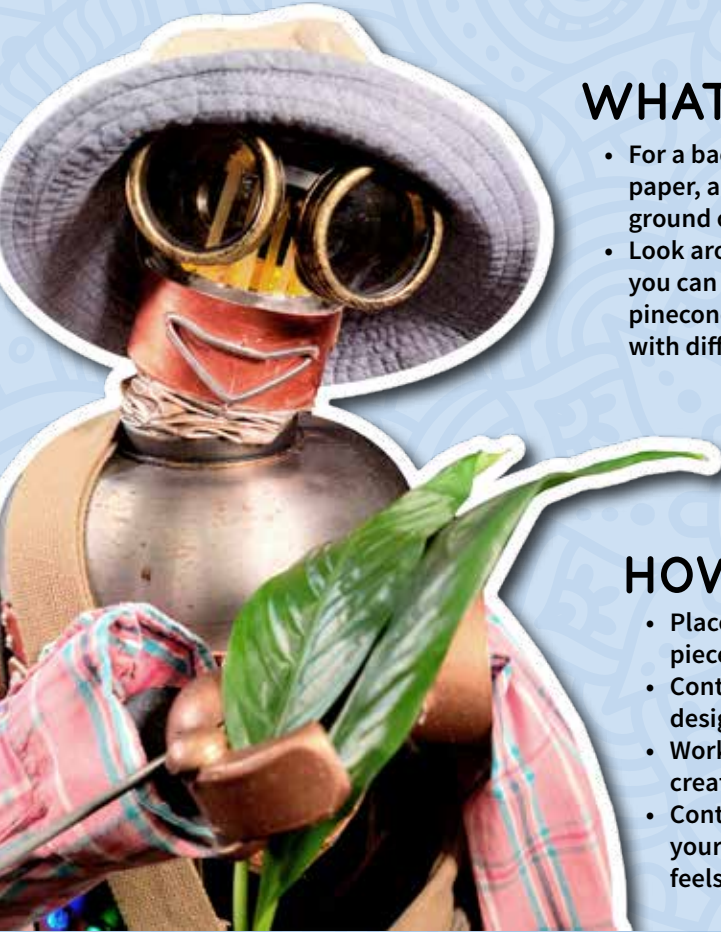




Nature Mandala

The word mandala comes from Sanskrit and means circle. Mandalas can be pleasing to the eye because of their beauty and symmetry. Making a mandala can be calming and relaxing. For this activity, you will use materials from nature to make your own lovely mandala.



WHAT YOU NEED:

- For a background, you can use a plain piece of paper, a paper plate or a cleaned off area on the ground or sidewalk.
- Look around. Pick up items from nature that you can find multiples of. Think flowers, leaves, pinecones, sticks and rocks. Try to pick things with different sizes, colors and textures.

HOW TO:

- Place one special item as your center piece. This can be a large item.
- Continue placing items in a circular design around the center piece.
- Work from the center going further out, creating rings around the center piece.
- Continue creating your design until your various items are used up and it feels complete.

Fun Fact

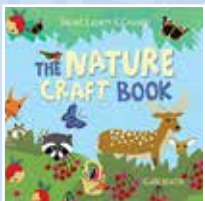


Designing mandalas can help improve your concentration and lower your stress!

WHAT'S HAPPENING?



A mandala is a circular structure with radial symmetry, meaning that the design radiates out symmetrically from the center. The human eye finds things that are symmetrical pleasing and beautiful.



Related Books:

- *Read, Learn & Create: The Nature Craft Book* by Clare Beaton
- *Gardening for Kids: Learn, Grow, and Get Messy with Fun STEAM Projects* by Brandy Stone
- *The Organic Artist For Kids: A DIY Guide To Making Your Own Eco-Friendly Art Supplies From Nature* by Nick Neddo