

Flower Mandalas

Mandalas are a beautiful way for you to bring mindfulness into your classroom. This visual meditation has roots in Buddhist, Hindu and Jain belief systems, including Tibetan sand mandalas. They are made then tipped into river systems by monks to symbolise impermanence, attention to the present moment and the connected nature of spiritual practice.

You Will Need:

- Flowers of different colours, shapes and sizes
- Paper (white or coloured)
- Calming music really sets the mood with this activity



Instructions:

1. Choose a small flower to be in the centre of your design.
2. Surround your centre flower with a pattern of petals. You could stick to the same type for each ring, alternate colours or create a more intricate pattern, it's up to you!
3. Continue building ripples of patterns and watch your artwork slowly grow across the page.
4. Be sure to wander around and see what different artists have created. The beautiful thing about this activity is that it is impossible to copy each other and each mandala reflects their creator's individual personality.
5. You could also sketch your flower mandalas to preserve the design before tossing the petals to catch the wind and spread feelings of wellbeing that you have cultivated!