



NATURE ACTIVITIES

NATURE MANDALA

Connect to nature through a creating a nature mandala. A mandala is derived from the Sanskrit word meaning "circle" The mandala is symmetrical in nature and can be a relaxing, meditative practice focusing on the impermanence in nature and life.

Resources/materials needed: Outdoor space, bag/basket/muffin tin, natural materials like pebbles, sticks, leaves, acorns, feathers, flower petals, etc.

Skills: Cognitive, Motor Skills, Environmental Appreciation, Hand-Eye Coordination, Technical Skills, Creative Problem Solving, Meditation, Wellness.



Photo Credit: Donna Lee

DIRECTIONS:

Step 1: Go out in nature and explore! You can gather all sorts of objects that you can include in your mandala. These include twigs, pebbles, acorns, flower petals and leaves. Have at least 4 pieces of each object but more is welcome based on your design. What have you observed in nature?

Step 2: When you have your natural objects, take a break to look at the sky. Are there clouds? Watch them as they move and drift away and morph into other shapes. Think about the impermanence of pieces of life. Feel a breeze as it passes. Observe the moment.

Step 3: Start your mandala! It is a circular shape that is symmetrical. That means it would look the same on each side of which ever way you would cut it in half. The general practice is to start in the center, the seed, and work your way out. In the same way a ripple works. Place your center object in a space where you have room to grow the mandala in an outdoor space. This can even be around a tree and the tree would be the center piece.



Photo Credit: Canva



Photo Credit Art Dahlia Journal

Step 4: Start making decisions about what your pattern will look like based on how much of each natural material you have. You can start making rings, or placing objects in sunburst type arrangements.



Photo Credit: Childhood by Nature

Step 5: You can also make 6 pointed stars or any shape that is symmetrical that fits in a circle. Each ring can have its own color or it can have a pattern of flower petal, acorn, leaf, and repeat for example. Get creative and see what happens. You can always change it or make more!



Photo Credit: Little Pines

Step 6: When done, stand in front of it and admire the beauty and feel the grounding energies of the earth. The experience of nature and meditate on the impermanence of moments and experiences. Savor each moment with all of your senses!

References:

<https://childhoodbynature.com/mandalas-a-practically-perfect-form-of-nature-art/>

<https://runwildmychild.com/making-mandalas/>

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