

## Today we will be... Exploring ways of making mandalas.



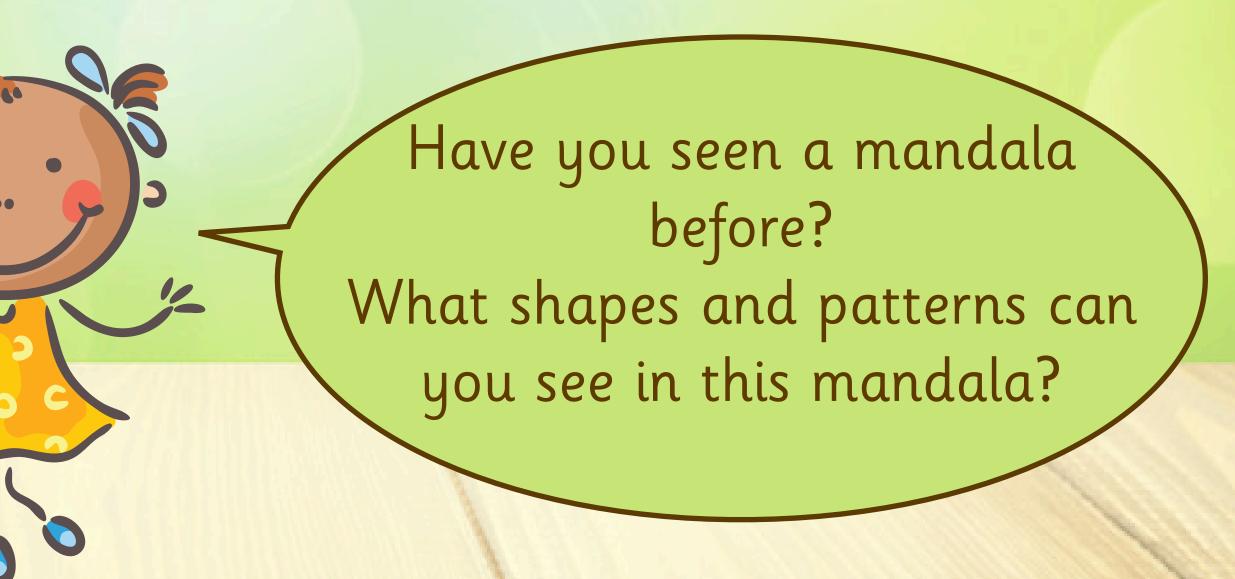


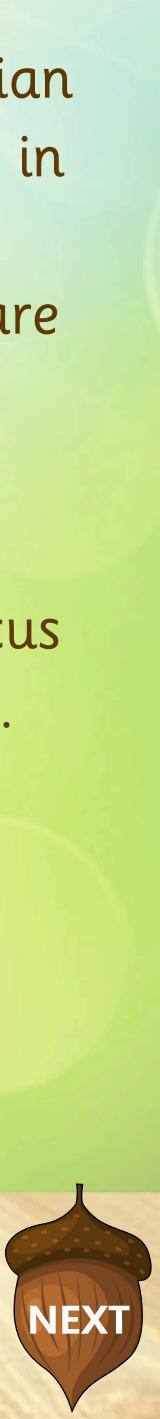
Mandalas are spiritual and ritual symbols in the Indian religions, Hinduism and Buddhism. They are circular in shape to represent the universe.

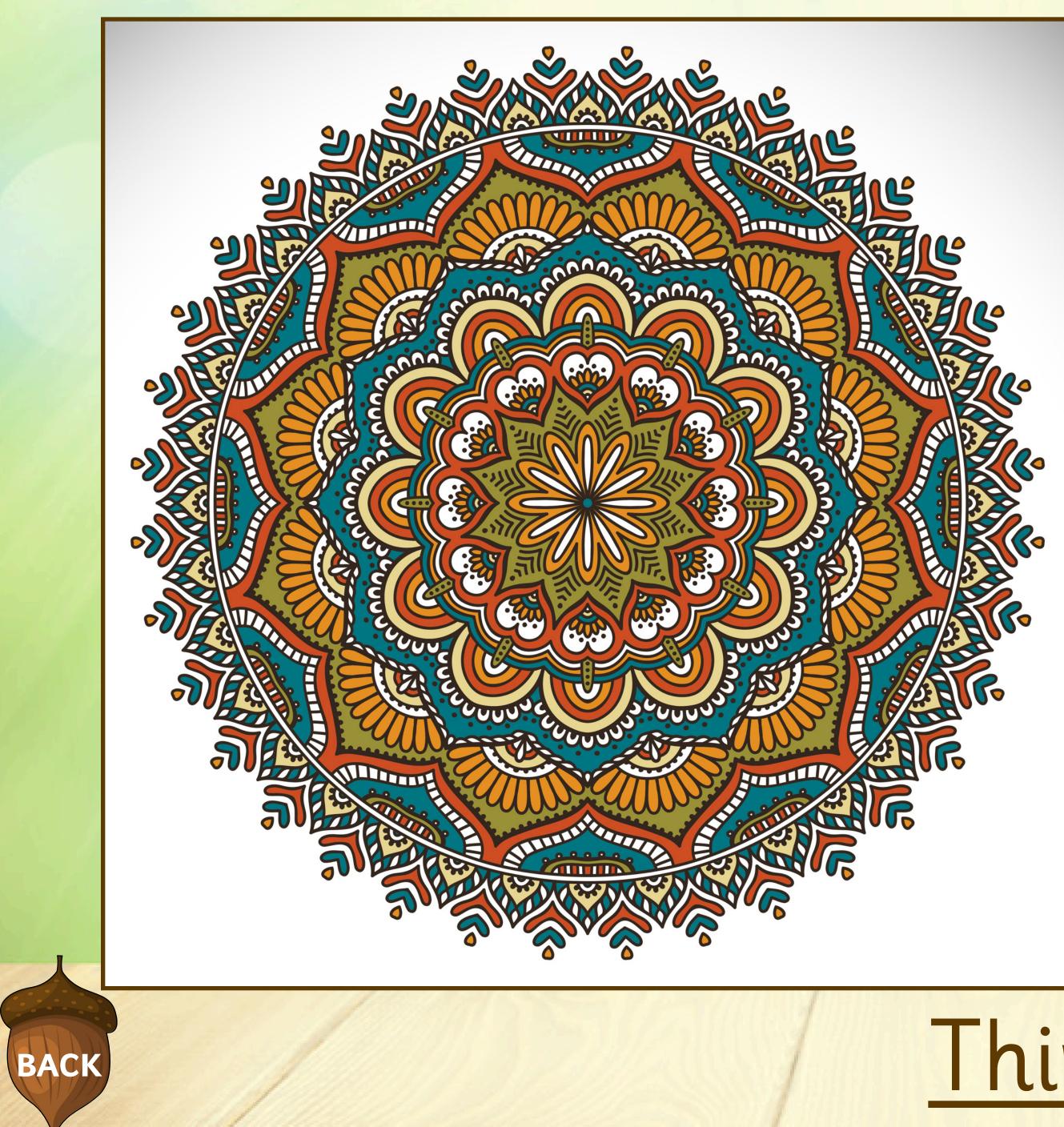
Traditional mandalas were formed with a large square that had a circle in the middle. The patterns were designed in the four quarters.

Mandalas are a spiritual guidance tool that help focus attention and provide calm feelings for meditation.









Here is a more modern mandala. What is special about it? What can you see?

## Think, pair, share



There are only four main colours used in this mandala: blue, red, green and yellow.

This mandala is symmetrical. It is the same on both sides.

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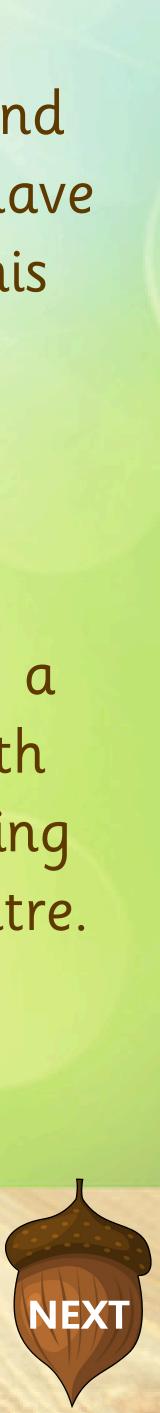
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Heart, curved and pointed shapes have been used in this mandala.

The mandala is a circle shape with patterns spreading out from the centre.

Can you see these things in the mandala?



Some artists create mandalas using natural materials and coloured sand. Let's have a look at some mandalas that have been made using flowers, leaves, berries and other natural materials.

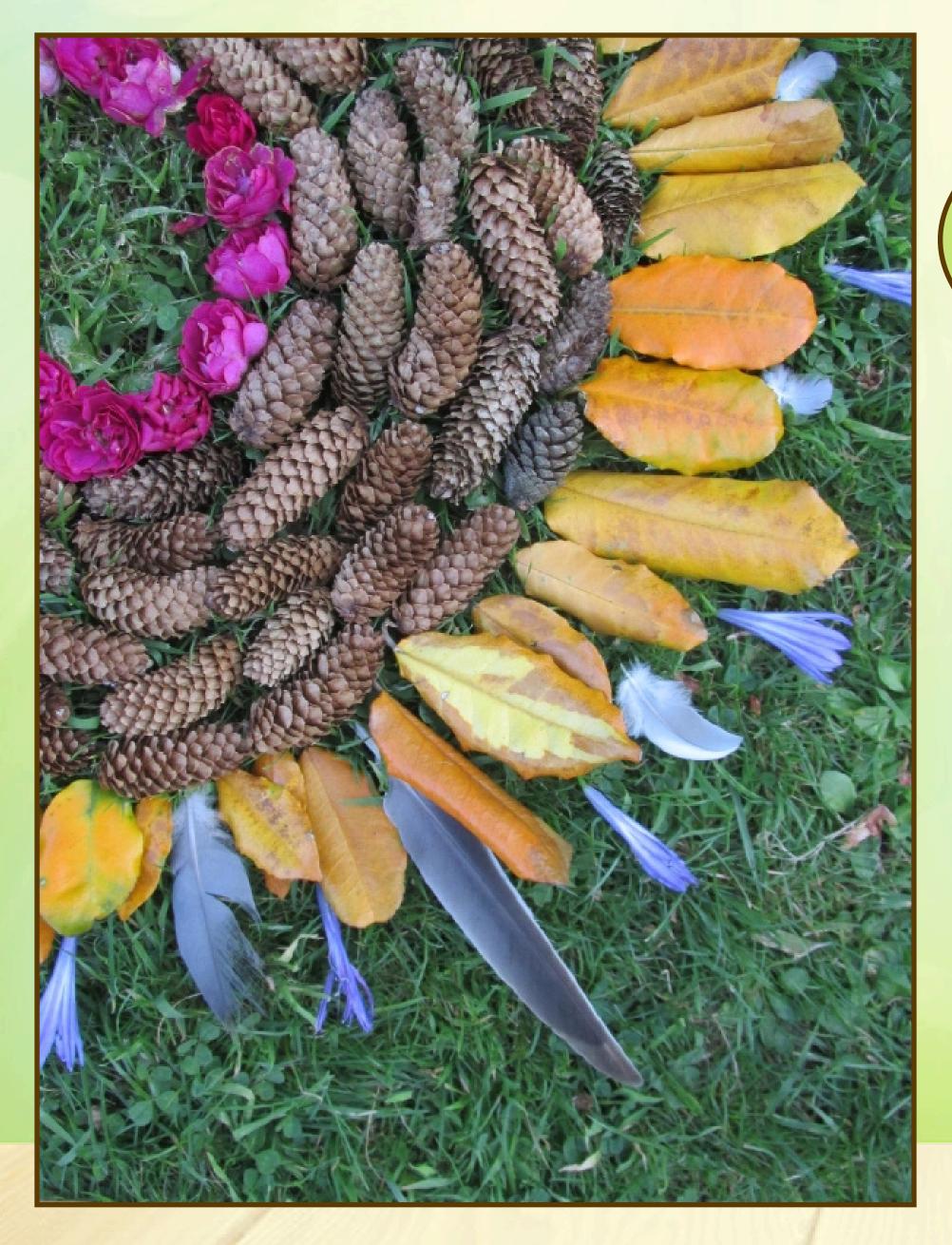






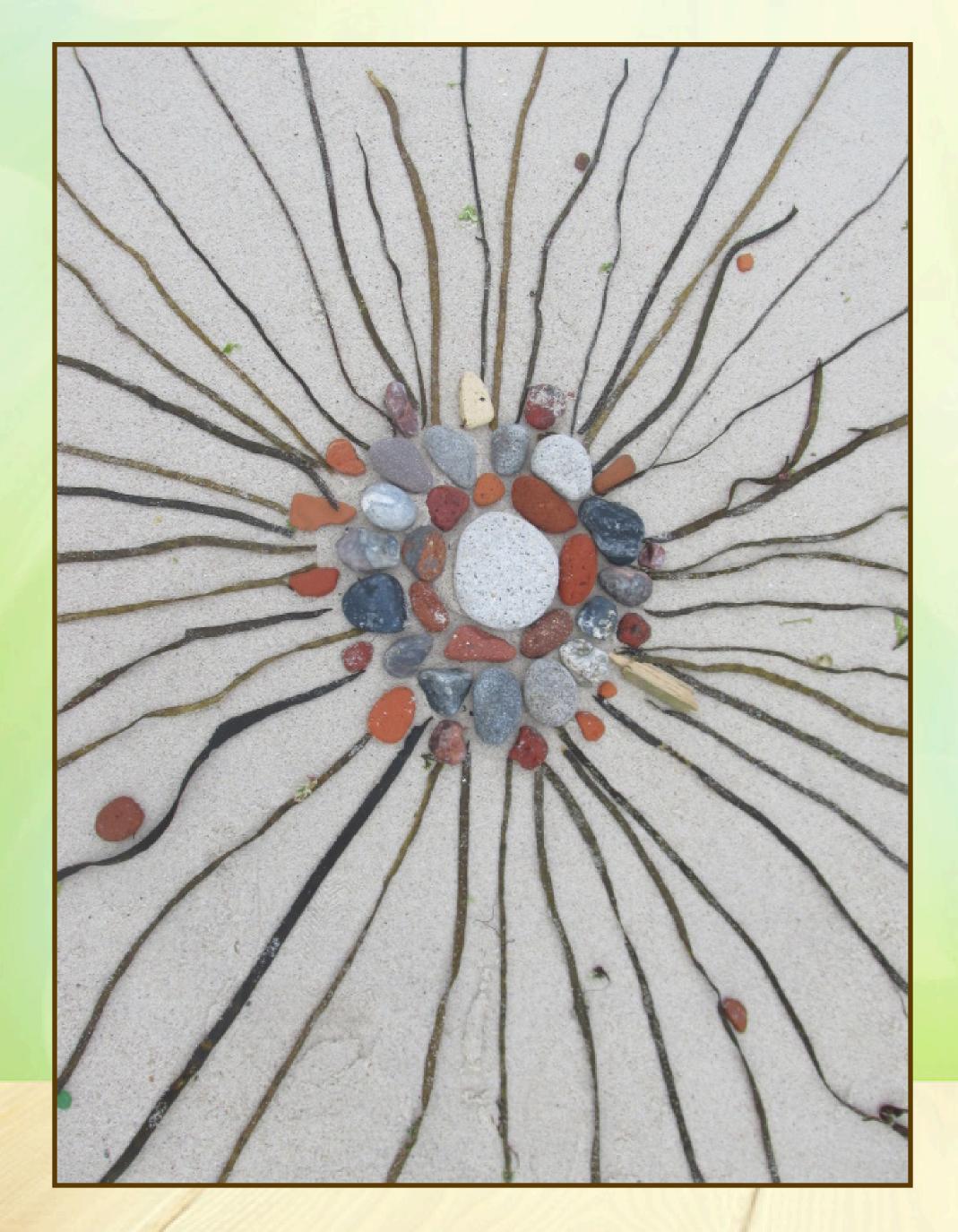
















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These men are using coloured sand and special tools to make a mandala.

BACK



WOW,

this looks complicated! How long do you think it would take to make one of these mandalas? What do you think would be hard about completing these mandalas?



Can you make a class list of materials you could use to make mandalas. How else could you create a mandala if you weren't allowed to use natural materials. Could you use a computer?



