

nature mandalas

Making a nature mandala is a fun and calming activity that can be done anywhere, and however you like. There are so many options!

getting started:

Go for a walk, either in your own garden, or anywhere you enjoy being outside.

Keep an eye out for any natural items you can use in your mandala (It is better to use objects that are already loose or that are plentiful).

After you've collected your pieces, set aside an area to build your mandala. You can create anything - start with a small circle, and build out in any pattern you like, focusing on the colour and patterns of your choosing!



benefits:

This activity can help give focus to outdoor walks, as you look for items to collect.

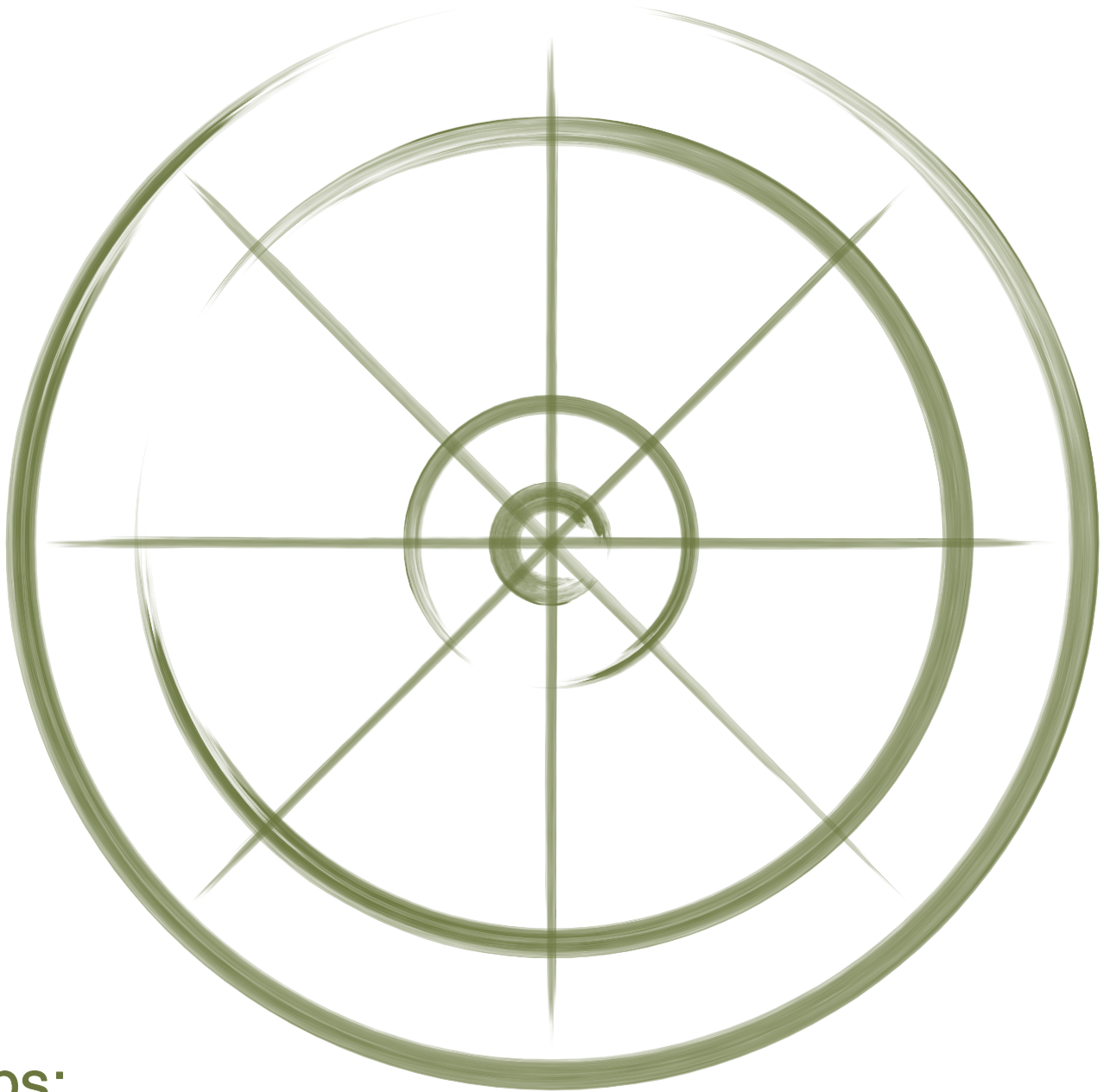
An art form that is 'of the moment' and given back to nature encourages creative freedom (when the outcome of an activity is not permanent, it becomes more fun and experimental)

Building the mandala helps bring attention into the present by focusing on the patterns and colors. It's a calm and quiet activity, but one that has focus and a beautiful outcome!



mandala template

*As long as you start with the circular shape, the mandala pattern is very flexible.
This is a simple template if you need a bit of direction.*



tips:

- If you want to keep a record of your mandalas, you can take a photo.
- You can use absolutely anything for your mandala. Whatever environment you live in can be adapted to this activity. Even if it's snowing or there's not much around, you can make imprints in snow, dirt or sand in a circular pattern and still create something great.



When printing this activity, consider using the reverse side of paper you've already used such as bills or junk mail.

references and further reading

- [Information sourced from the article by Bryon Maxabella "Making Nature Mandalas and Art for Kids" on Mumlyfe blog.](#)
- [Information sourced from the article by Startreat "Mindfulness Activity for Kids: Nature Mandalas" on Steemit blog.](#)
- [Information sourced from the article by Nataly "Nature Mandalas: An Outdoor Craft for Kids" on How WEE Learn blog.](#)