



MANDALA DRAWING

Mandalas are images within a circle, and in Sanskrit, mandala means “sacred circle.” In nature, circles are everywhere – in the spiral of the Milky Way, the sun and moon, and in the center of a flower. They symbolize harmony and wholeness. This exercise is an effective way to access creative energy, and to have a relaxing and meditative experience while making art.

Materials needed: 12” x 18” white and black construction paper, oil pastels and colored chalks, a round plate about 10” in diameter, or a compass, pencils and rulers.

Procedure:

1. On a sheet of white or black paper, use a pencil to trace the plate to make a circle, or draw one freehand if you wish. The circle can be placed in the center of the paper, or to one side.
2. Using the drawing materials you have selected, fill in the circle in any way you want, using colors, lines, and forms. You can start in the center or the edges of the circle. You may want to divide up the space within the circle in some way. You may want to create a pattern or fill the space with a variety of shapes and colors. You may also want to go outside the confines of the circle. There is no right or wrong way to draw your mandala, so add to your drawing until you feel that it is complete.
3. When you have finished your drawing, hang it up, and see if a title comes to mind. You may want to write it on the front or back of the drawing. You may also want to write a short description of the colors, shapes, patterns, or themes you see in your drawing.

Possible learning areas:

Two-dimensional art making, composition, symmetry, pattern, repetition and variety