



Mandala Drawing



Age Level: 5 years and up

Time Needed: 15- 20 minutes

Activity Focus

- A fun activity that requires attention and focus for a longer length of time
- Allow for stillness and creativity rather than overstimulation
- Even kids who "can't draw" can participate and see excellent results

WHY? Focus can develop during artistic activities that allow the brain to recharge

Materials

- Mandala Worksheet (optional)
- Blank paper
- Ruler
- Pencils, markers, crayons

Mindful Activity Tips

- Put on some relaxing music while the children draw their mandalas
- Try out different fun art materials (watercolors, paints)

Activity Steps

- Start with a large circle on the page and divide the circle into eight sections using a pencil and a ruler (so it looks like a sliced pizza)
- Start your drawing in the center of the circle, working your way out to the edges
- Whatever you draw in one segment, pay attention and draw the same thing in the other circle segments
- Use any combination of shapes, lines, and patterns that you like
- Spinning the paper around as you draw will help
- Once you have finished drawing the lines inside the mandala, you can erase the pencil lines (optional) and start to color them in

Reflection Questions

- How did you feel while drawing your mandala?
- How does it make you feel looking at your completed mandala?