

Nature Mandala

What is it? A nature mandala is a mindfulness activity enabling you to embrace your relationship with nature. It is peaceful and gentle encouraging you to be fully present and appreciative of the awe and wonder of the world.

What can I Use? Use lots of different natural materials collected from your nature walk, including shells, rocks, pebbles, vibrant flowers, leaves, seaweed and anything else your child finds on their time outside.

How:

- 1.** Go outside - this could take place in your garden at home, at the beach, around the local park or while out on a nature walk. Look around you, collect and carry different materials that catch your eye or maybe you like the colour of them, or you could be attracted to their shape, smell or texture.
- 2.** Lay all the materials out and take the time to look at each of them. This is a perfect opportunity to reflect on the walk, talk about where you found each object, or imagine how they could be used in the nature mandala.
- 3.** Sort the materials by size, shape, colour etc. Involve a family member or friend if you want. Discuss your ideas, what you see or what you would like to see happen in the mandala.
- 4.** Find a place to create your nature mandala. You can do this inside or outside. Either find a flat surface or work on it at home, or you could use the sand at the beach or another outside surface. Nature Mandala's are not permanent so you might want to grab your camera!!



5. Start to create a simple pattern or shape by placing the objects wherever you'd like. Let the shape expand outwards rings or layers. Nature mandala art emerges and grows through the process. Enjoy the process!!! Notice the size, texture and colours of your artwork.

6. Keep adding until you decide that the mandala is finished. Feel free to take a photo of it as a keepsake. If you've made a mandala outside, revisit it over a few days and document the changes that wind, rain and sun can make to the formation.

******Remember look for items that are lying loose on the ground, we want to enjoy Nature but we also want to protect it, by not pulling out, digging up or disturbing little crawlies homes******