

NATURE MANDALAS

A mandala is a collection of geometric patterns that repeat. Historically, they are important in Hinduism and Buddhism as representations of the universe. Many of the shapes and patterns that are found in mandalas are also found in nature. This activity involves decorating a mandala pattern with found objects or items from around the home. At the Conservatory we use mandalas as a way to creatively interact with nature. On your next nature adventure you can collect leaves, sticks, rocks, and more to add to your mandala when you're ready to get creative.



**GARFIELD PARK
CONSERVATORY
ALLIANCE** 

SUPPLIES

- Items from nature, including leaves, flowers, seeds, twigs, stones and more
- Dried beans or lentils
- Rice
- Spices like cinnamon sticks, star of anise, or cloves
- Bird seeds
- Beads, buttons, or sequins
- Pipe cleaners
- Tissue paper
- Ribbon

MAKING MANDALAS

To get started, you can search online for mandala patterns to print or use them as inspiration to create your own. Add your materials to your mandala in any way you would like. The same base mandala pattern can look completely different depending on who made it.

GOING FURTHER

- Tape down large pieces of butcher or easel paper to create a large workspace. This is great for making mandalas as a group.
- If you have access to sidewalk chalk you can draw your mandala on the ground in chalk. Using birdseed on this you can observe wildlife come to visit the mandalas!
- If you have sticky contact paper or packing tape you can enclose your mandala to create a suncatcher.

SHARE YOUR EXPERIENCE!

Post about your adventures and tag us at @gpconservatory or use the hashtag "#gpcathome"!



PNC

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