

Nature Mandalas



The idea of this experience is to invite your child to embrace their relationship with nature and develop their bond with you at the same time. It's a peaceful activity that encourages mindfulness while embracing the beauty of nature.

A mandala is derived from the Sanskrit word meaning "circle." Many people use mandalas in a spiritual practice, while others simply appreciate their artistic and symmetrical beauty. Making nature mandalas is calming and relaxing. It's also great for nurturing your creativity and problem solving skills. This is a simple way to teach your children how to create these beautiful works of art! The idea is that the nature mandala is not permanent, so there's no use of glue or tape.

Materials:

- Scissors
- Muffin Tin - 12 cup or 6 cup
- Print out these pages
- Crayons or markers

Step 1:

Print out pages 2 - 4. Cut out each circle and pick out 12 and put one in the bottom of each cup of your muffin tin.

Step 2:

Collect Pieces of Nature

Once your muffin tin is ready to go, head outdoors to begin your nature scavenger hunt. Try to get at least four of each picture, so the mandalas would be symmetrical and balanced.

Step 3:

Print out the pages 5 and 6. Use either one to start creating your mandala.



Step 4:

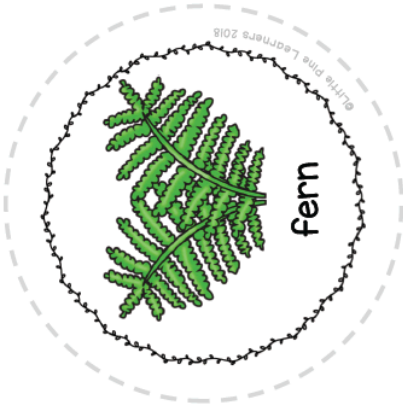
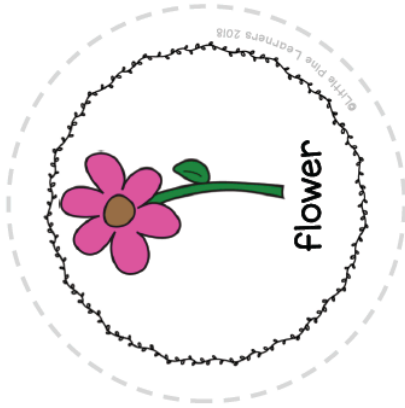
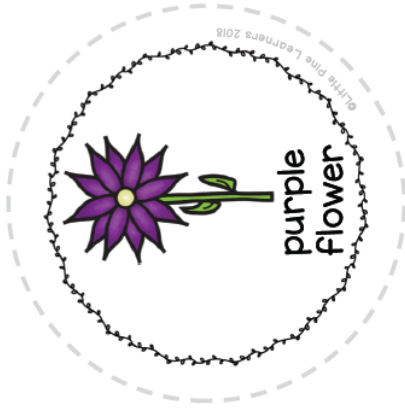
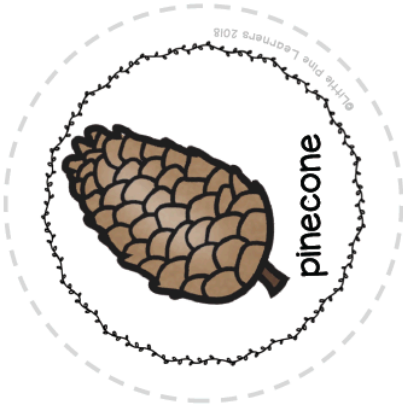
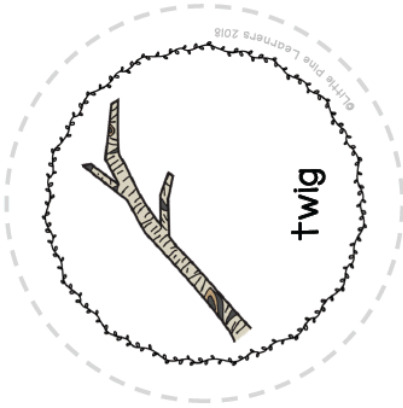
Lay all the materials out and take the time to look at each of them. This is a perfect opportunity to reflect on the walk, talk about where you found each object, or imagine how they could be used in the nature mandala. Small differences in character can be discovered and children are very close observers of these.

Step 5:

Just place pieces of nature on the gray lines and dots! The nature bits cover up the markings on the pages, so you barely notice them when the mandalas are complete. They can also be used as a mandala starter if the child wants to extend the pattern off the mat. You can also create your own patterns.

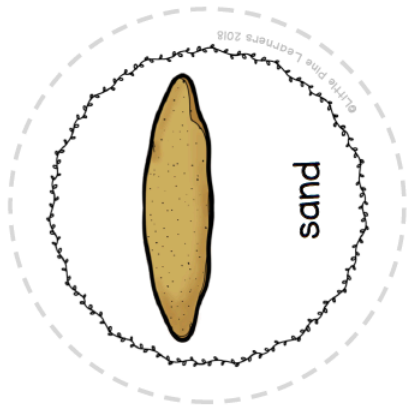
ADDED BONUS:

Print out pages 7 - 10, you can color these mandalas yourself. Use them to inspire more intricate mandala work!

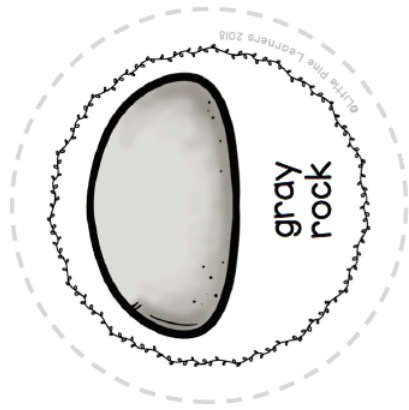




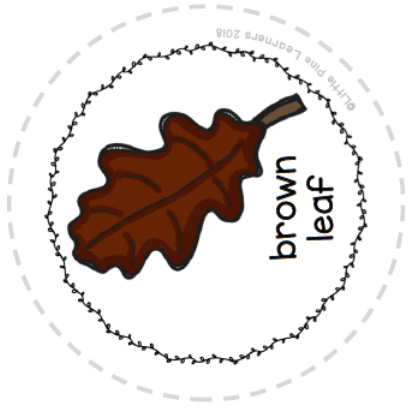
red
leaf



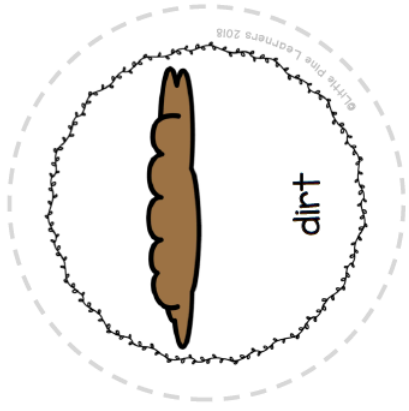
sand



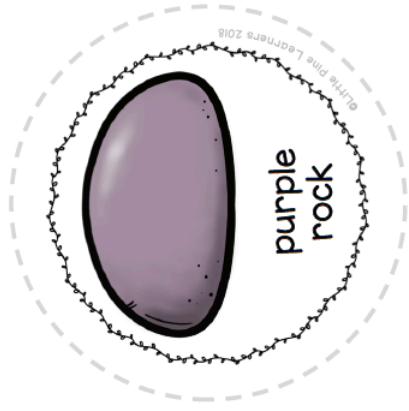
gray
rock



brown
leaf



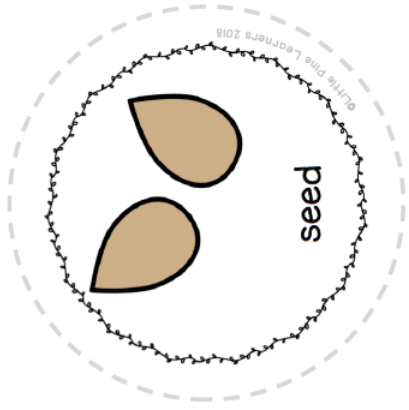
dirt



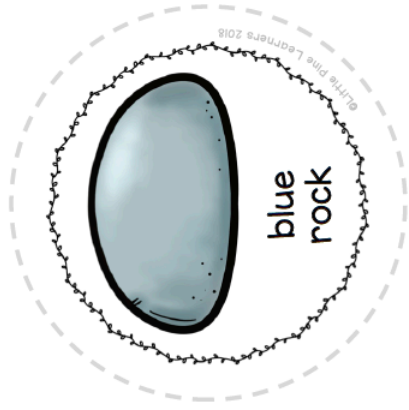
purple
rock



orange
leaf



seed



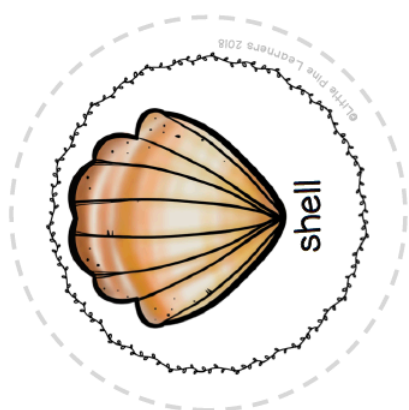
blue
rock



green
leaf



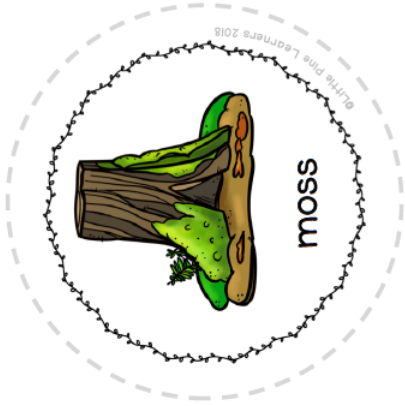
clover



shell



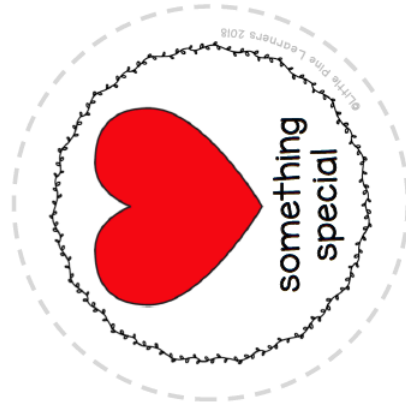
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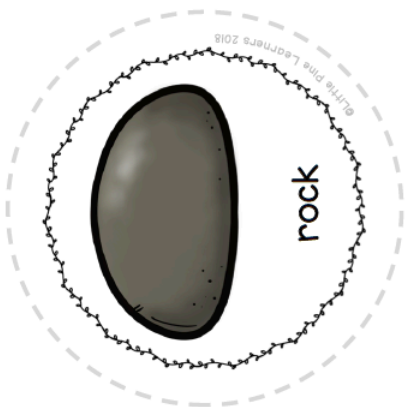
moss



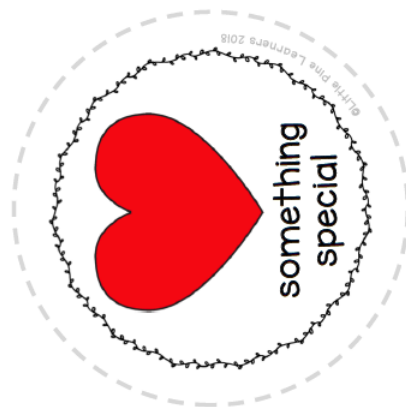
dandelion



something
special

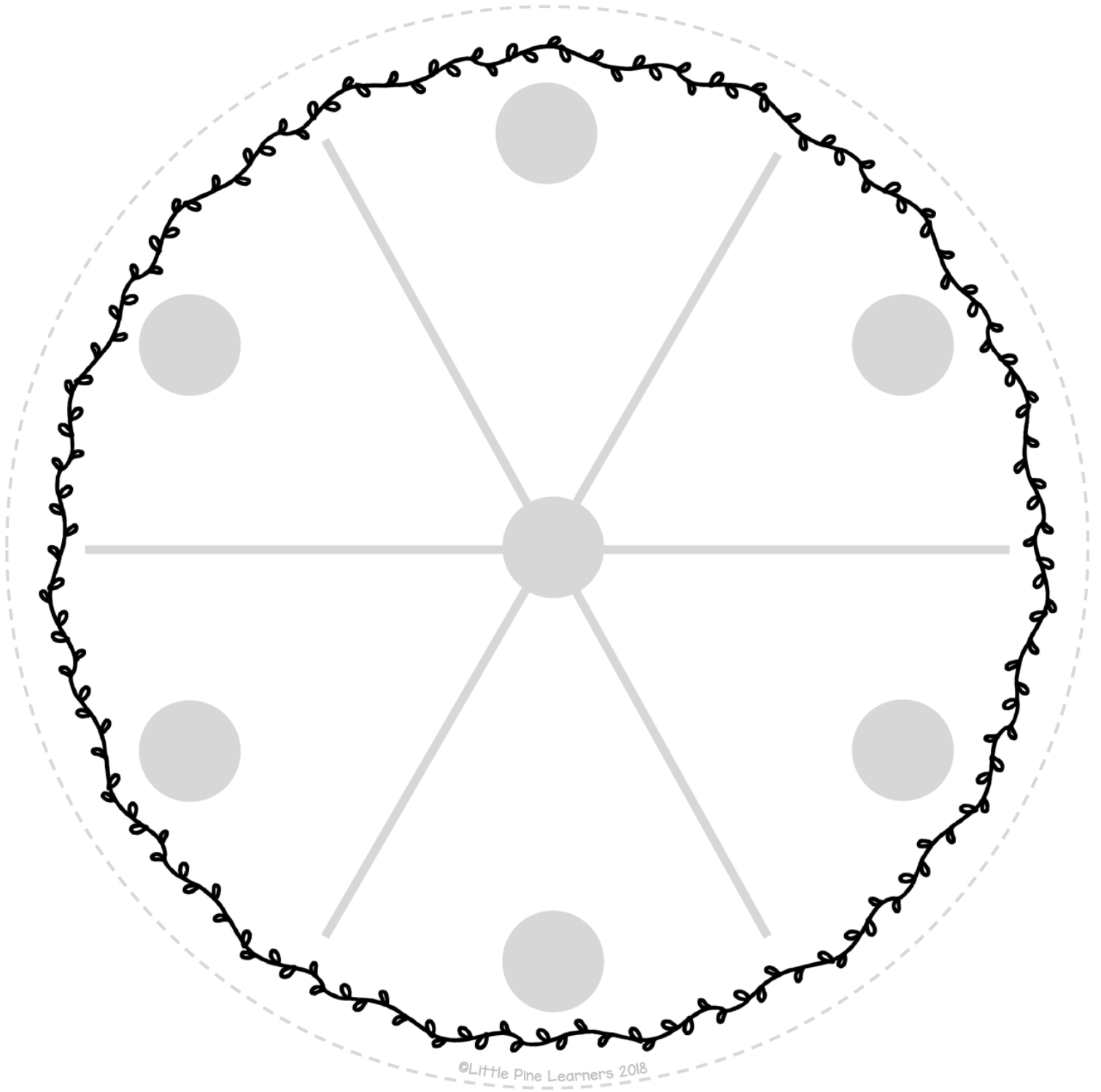


rock

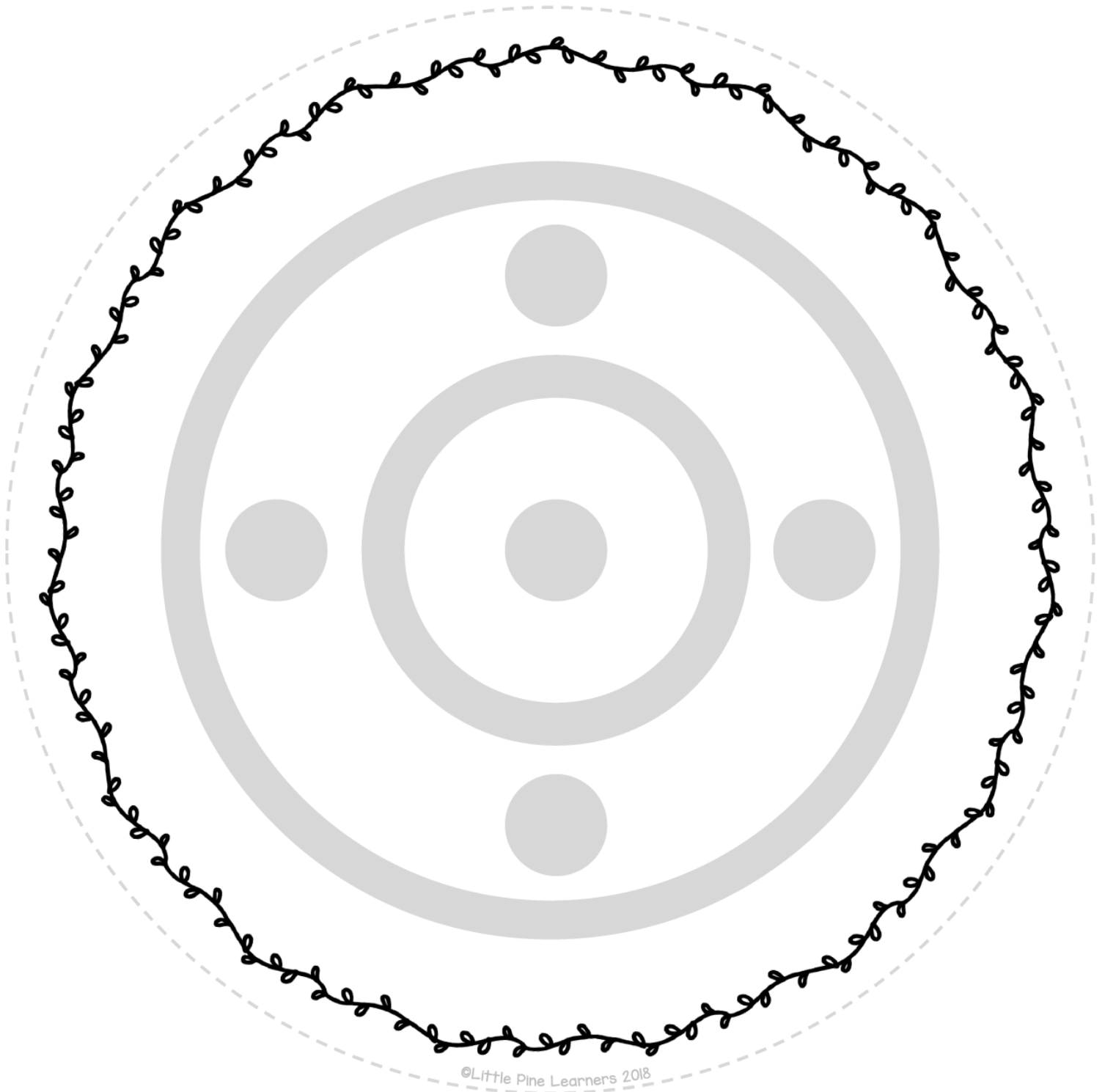


something
special

I love and take care
of my earth home!

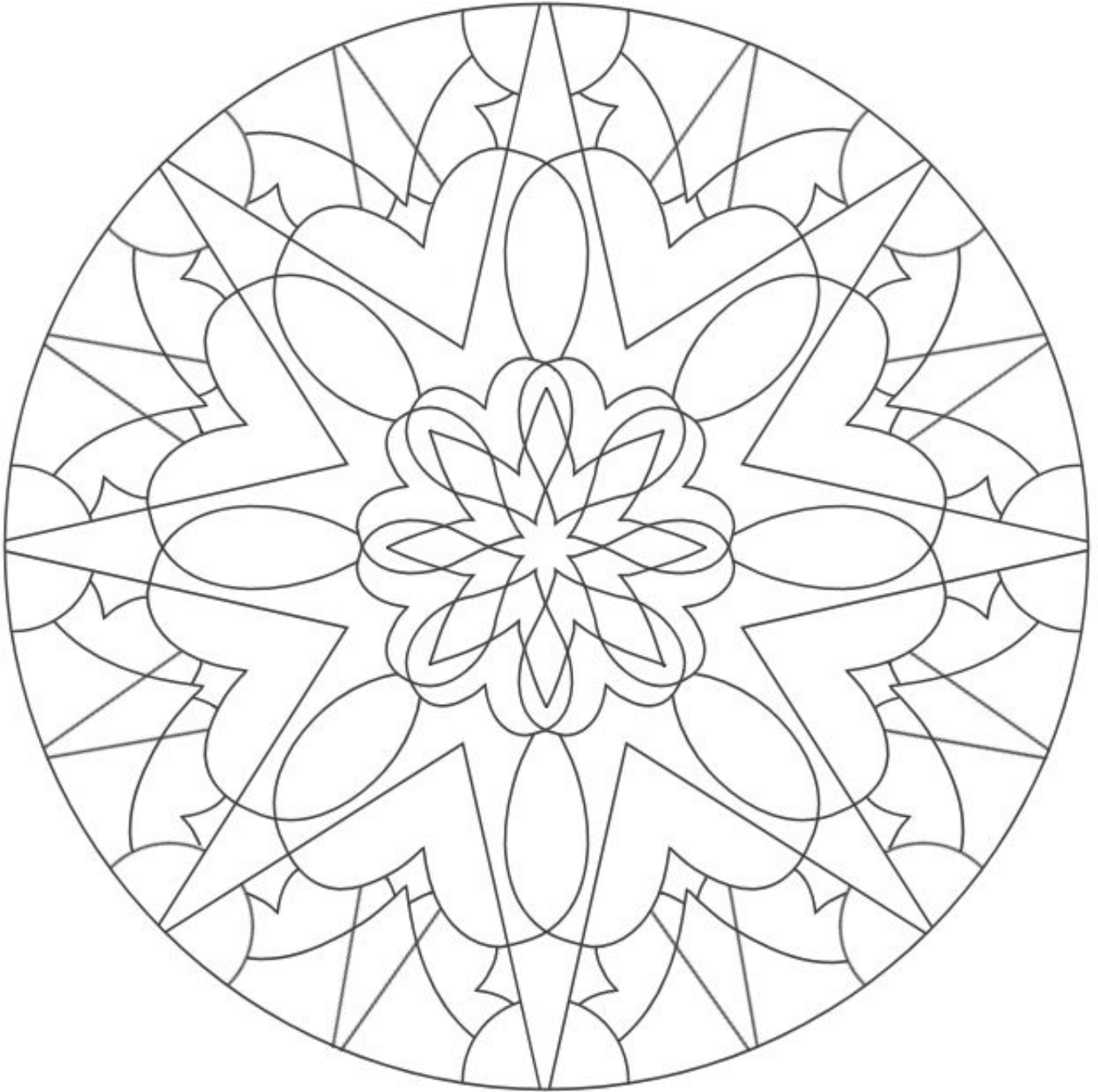


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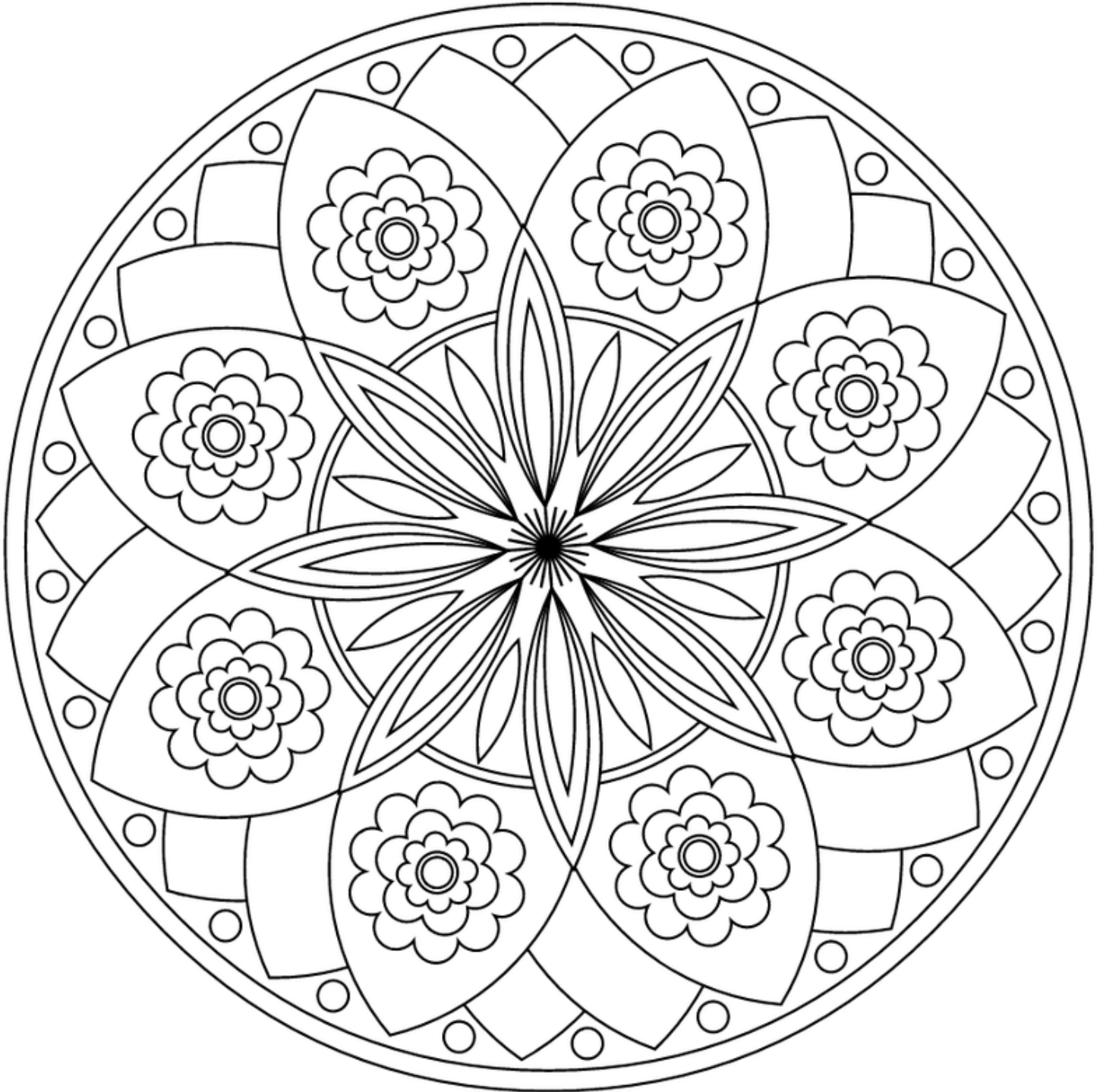


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of my earth home!*



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