

Mandala Art

A mandala is a circular symbol often seen in Buddhism, it symbolises the universe and can be used as a focus for meditation. Allow children to experiment making mandalas. Show them examples then allow them creative freedom. Explore making indoors and outside. Remember to use repeating patterns, and lots of symmetry!



Use chalks to draw out a simple mandala wheel. Mix up different shades, blend them together using fingers and adding nature. Use play dough, make circle shapes, add flowers, pasta, lentils and herbs. The colours, textures and scents bring lots of sensory elements to the play.