

# Mandala Daily Challenge!

Mandalas are a great way to relax and practice mindfulness. Many people believe that Mandalas represent the universe and can be self centring. A Mandala is simply a circle.

Here are some ideas to help you create a mandala every day.



## A simple Mandala

Mandalas, in their simplest form, could just mean drawing a circle and decorating the inside. Can you decorate/colour in your own Mandala? You could use different sized paper and/or different materials.

## A themed Mandala.

Why not choose a theme to decorate your Mandala? For example, Easter/ Animals / Football / Nature.



## A Mandala in nature.

Why not create a mandala outside, if you have an outside space? You could use stones/ leaves/pebbles. Inside the house, you could make one using items around the house.



## Create a Mandala sketch book

Create your own sketch book to keep your daily Mandala. Google different designs and make jottings of your favourite ones.

## Explore Mandalas

Research Mandala designs and think about what you notice about the patterns and shapes.