

KIDS INSTRUCTIONS

NATURE MANDALA

Step 1:

Go outside. *Remember to ask permission first.*

You may go for a walk - the beach, the bush, the neighbourhood or you can even just wonder around in your own garden.

Bring a small bucket, bag or basket with you.

Step 2:

Walking meditation.

This means we want to try to be quiet so that we can focus on our senses - what can you hear? Smell? What does our body feel like - can you feel the wind or sun?

What can you see?

Start looking around for anything interesting.

Step 3:

Start collecting!

Try not to disturb nature too much but we want to start to gather interesting looking leaves, gumnuts, seeds, feathers, twigs, maybe a couple of little flowers.

Step 4:

Clear a space.

You could do this on the grass, sand or driveway or if you like you could lay down a piece of paper or card as a background.

Step 5:

Look through your treasures.

Choose a centrepiece, place it in the middle. Starting here, we want to build outwards, forming a circular shape.

Try to do things symmetrically - so if you do something on one side, just like a mirror we want to reflect it on the other side and keep things balanced

Play with the design and try to get it just the way you like it.

Step 6:

This artwork is only temporary so if you love it take a photo.

When finished pack or sweep away or if it's okay where it is you could leave it for others to discover, you might even make someone smile.