

EXHALE ART & WELLNESS STUDIO - ART IN ISOLATION

PARENTS INSTRUCTIONS

NATURE MANDALA

Kids will need permission or supervision to go outside for this creative art process. You could take a walk around the neighbourhood, go for a hike or bush walk, take a stroll along the beach or just go into your own garden.

This project can be done alone or collaboratively with a group of children or whole family.

SUPPLIES NEEDED:

A small bucket, basket or bag - to collect items
Camera (Optional)

ABOUT:

This art process is a mindful practice where children are encouraged to become present, calm and connected to their own bodies as well as their environments. Nature is healing and calming in itself. Focusing on small details and individual items is grounding and allows children to be in the here and now and appreciate beauty that may often be overlooked.

Kids stuck at home in isolation are having limited opportunities to practice independence and autonomy. Having choices, as to what item they will choose and where they'll put it gives them a sense of control and builds up their self-esteem.

GO FURTHER (IF YOU'D LIKE TO):

A nature mandala can be created just about anywhere and out of anything. Use what you have access to - let the kids and family get creative!

I would love to see your creations, join our new Facebook group to share or #ExhaleArtStudio on any social media platform.