

Nature Mandala

In this activity you will create a Nature Mandala 'circle' which is a geometric, temporary design made from found natural materials. The making of Mandala are rooted in the Buddhist and Hindu religion practice, creating focus of attention.

This activity could be completed solo, in pairs, or small groups

30mins

Aims

- Focus attention
- To find beauty in nature
- Work collaboratively with peers if building as a group

Materials needed

- Seasonal natural materials eg. leaves, petals
- Work directly on the clear ground, or a large white sheet

Instructions

1. Find your materials, on a nature walk or exploration of a natural space.
2. Search for different sizes, colour, textures and shapes
3. Pick a central special object eg. Largest leaf, beautiful stone
4. Place objects around the central object in a circular pattern
5. Be playful and explore, take a photo of what you make.

Extension

1. Can you find/explore how mandalas are used in contemporary art 'land art': Andy Goldsworthy
2. Can you identify the species of plants, seeds and flowers that you've used in your Mandala?
3. Can you find other patterns in nature?
4. What other art work can you make from the objects you found- nature rubbings, collages, masks etc.

Holly's participatory arts practice is child led, She loves giving participants choice, letting them know there is no-fixed way to be creative. The journey to make art work is just as important as the final piece! Holly's job is to help facilitate the ideas of the learner and help them reflect on their own development. They introduce specific skills, tools, and knowledge as they become appropriate and meaningful to the child's play and creative development. As an artist, making visual art is central to her work with young people.

Find more about Holly's work and request a workshop in your school.

Foxglove Forest School

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