

ACTIVITY

Create a Floating Mandala

Consisting of nested geometric shapes, a mandala is a symbolic map of the universe that serves as a meditation tool for Buddhists. The meditator focuses on the mandala and then visualizes entering it, taking a mental journey to the center. The act of creating a mandala can be a meditative experience, as well. Making repeating patterns can be a calming practice that keeps the artist focused and centered.

DURATION

30–60 minutes

DIRECTIONS



Collect flowers, leaves, and grasses of different sizes and colors.



Fill a large bowl or plant pot with water, stopping right before the rim.

③



Begin to arrange the mandala, start by placing the largest flower in the middle.

④



Use the other flowers, leaves, and grasses to create concentric circles around that central flower.

⑤



Keep adding materials until the water's surface is covered.



⑥ Look closely at your resulting mandala—what new details do you discover?

Try meditating with your mandala—how does focusing on its shapes, colors, and patterns make you feel?