

# VISUAL ARTS – Creating Marvelous Mandalas

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## MANDALA ACTIVITY:

[History of the Mandala](#)

**REQUIREMENT:** 1 detailed mandala

- Explore experimental techniques, radial symmetry, and color while designing your own mandala creation. Students will reflect on the cultural uses and traditions of mandalas and, upon completion, participate in a reflective critique

The word mandala comes from Sanskrit, an ancient Indian language. Literally it means "circle" and can mean anything that is round or circular.

A Mandala is defined as a circular design from the universe and also as a symbol expressing a person's striving for unity of the self.

**CHOICES:** Your mandala can be symbolic or simply geometric patterns. It can be more organic and free formed or symmetrical.

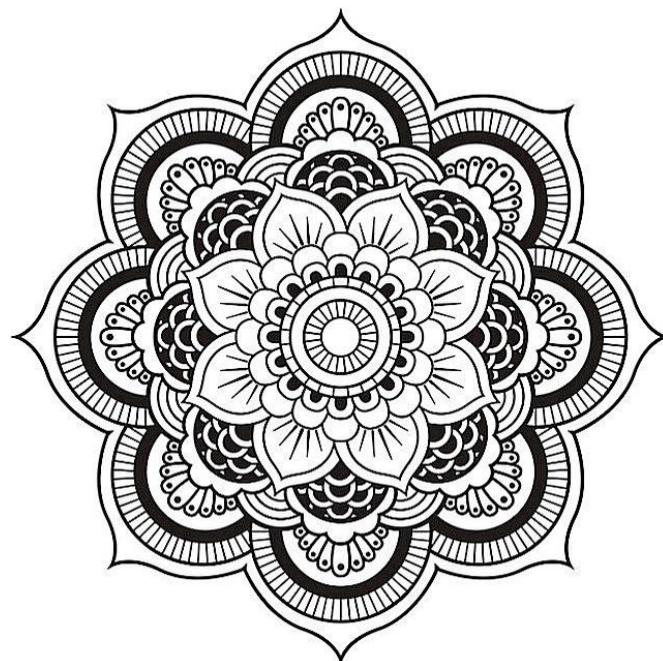
You can use natural materials from inside or outside of your home to make a mandala sculptures. You can paint or draw. Below and on next page are multiple examples along with references to help guide you.

[Video Tutorial: How to Draw a Mandala](#)

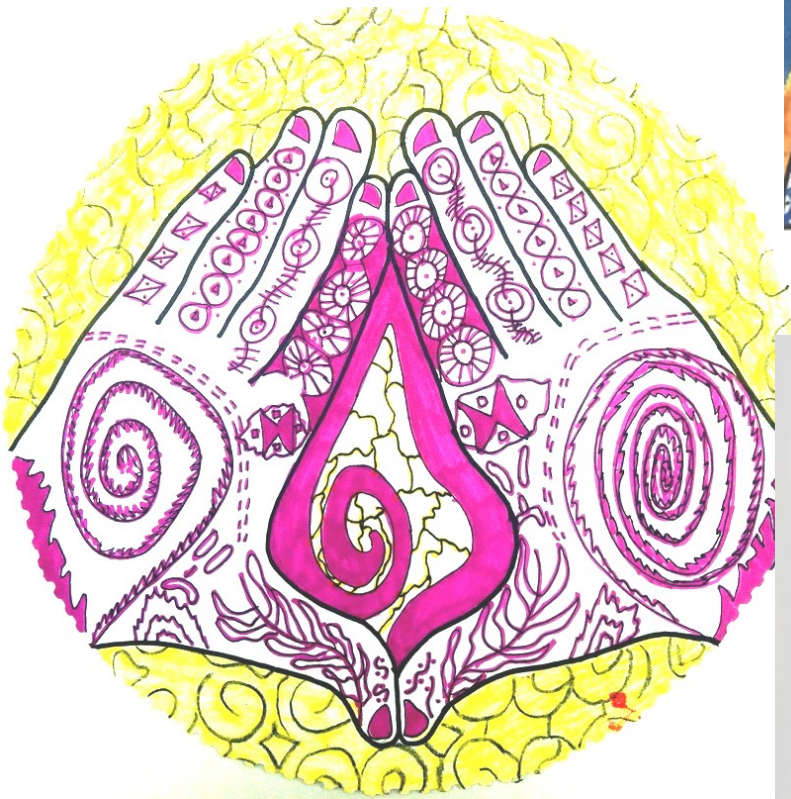
[Step by Step: How to Draw a Mandala](#)

[Video Tutorial: Easy Dot Art Mandala Rock Painting](#)

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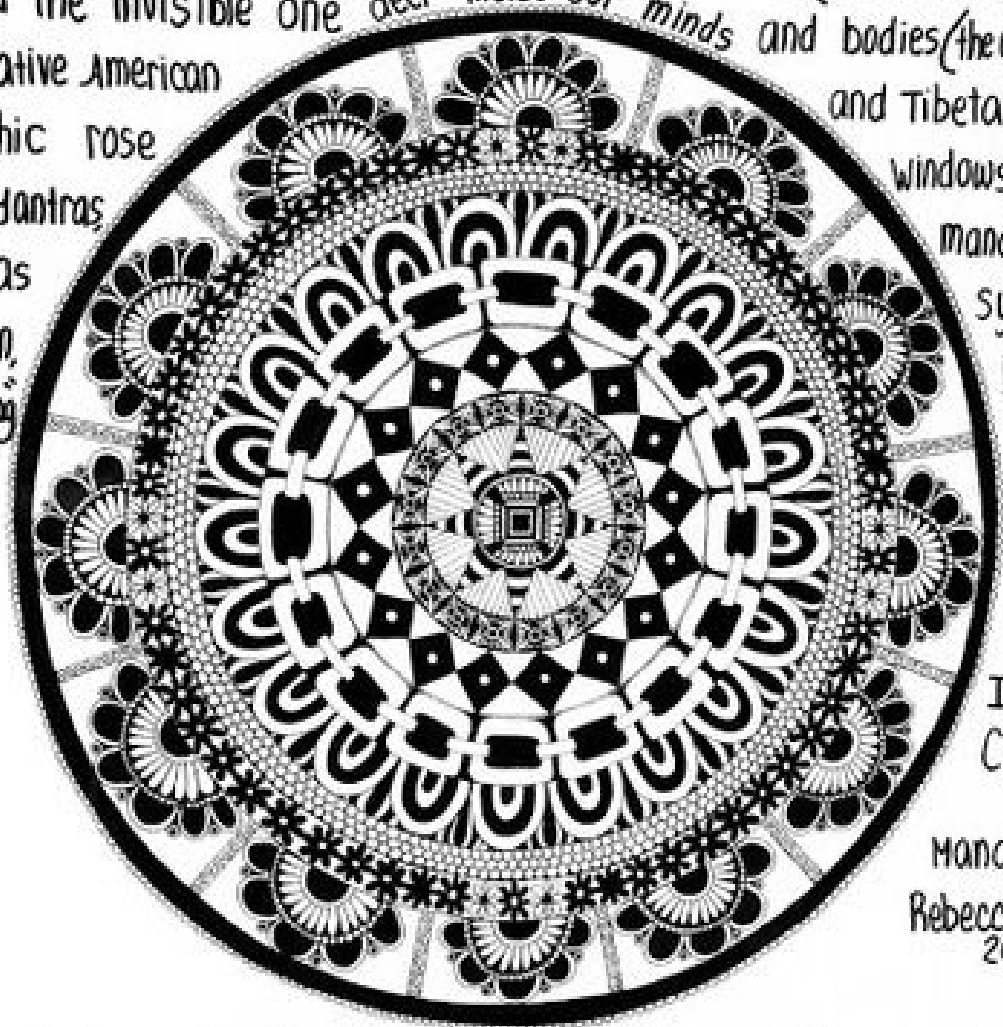




# What is a Mandala?

"In Sanskrit mandala means both circle and center, implying that it represents both the visible world around us (the circle-the whole world) and the invisible one <sup>deep inside our</sup> minds and bodies (the center healing circle) and Tibetan sand-paintings

from Native American  
to Gothic rose  
Hindu Yantras  
used as  
meditation,  
and healing



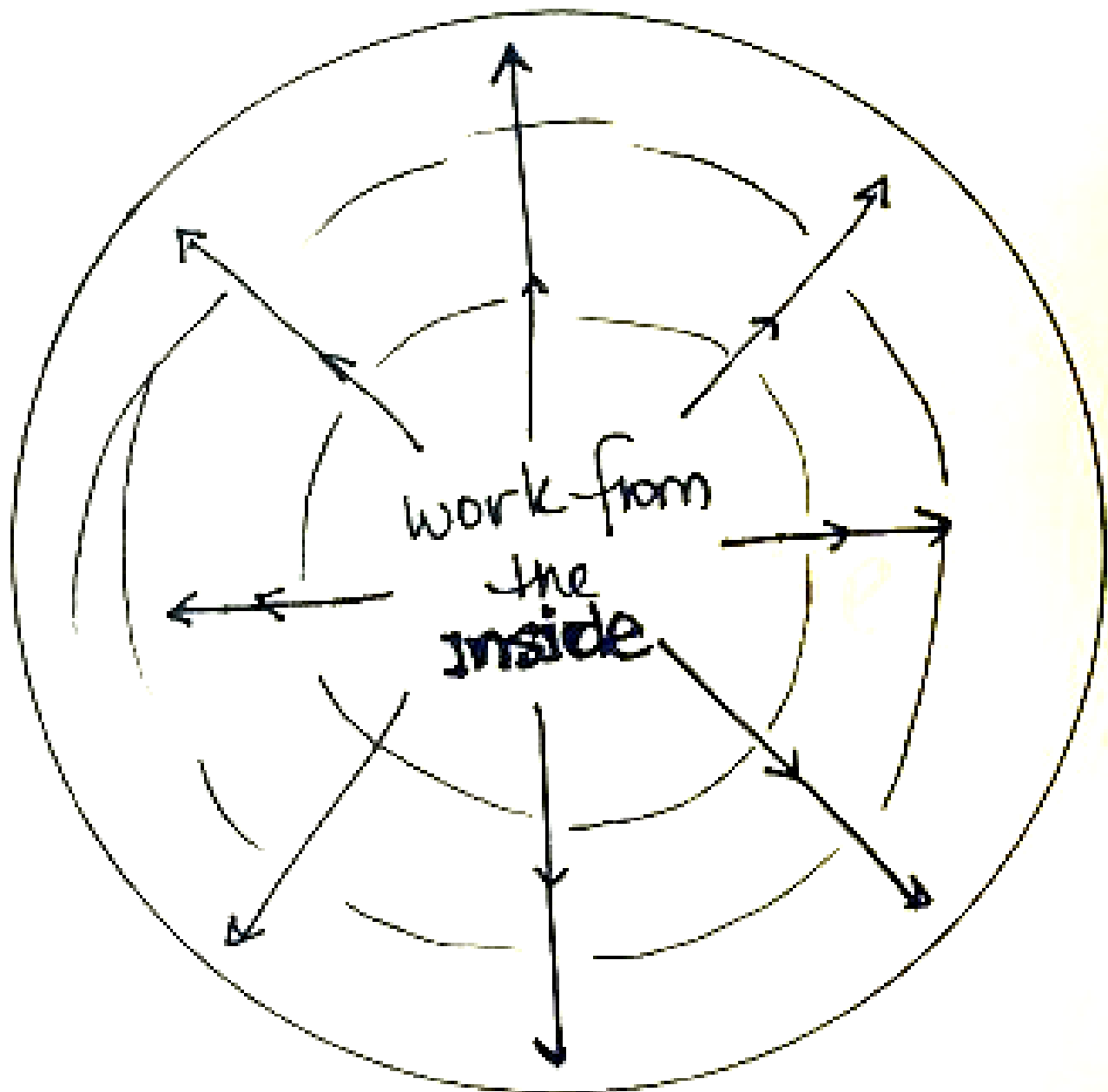
windows and  
mandalas are  
symbols for  
protection

Information by:  
Clare Goodwin  
1996

Mandala by:  
Rebecca Anthony  
2011

"A Mandala is a sacred space,  
often a circle, which reveals inner truth  
about you and the world around you."

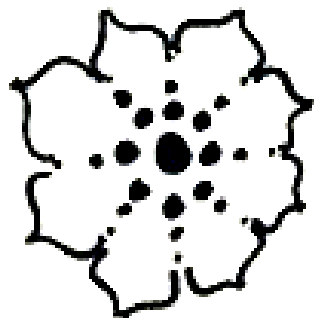
A mandala is a meditation  
that you build up  
in layers.



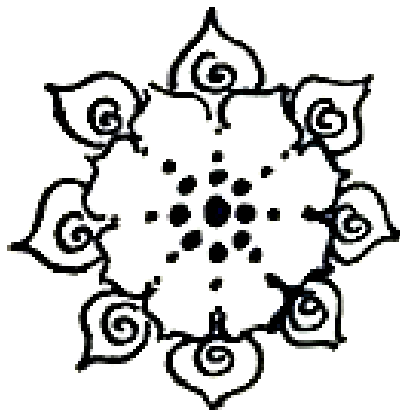
to the  
**OUTSIDE**

Start with a dot.  
or, a circle, a square,  
a spiral...

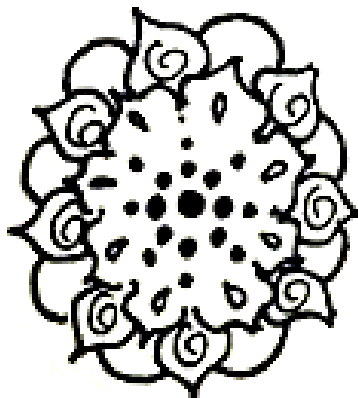
← Put stuff around it.  
(like more dots.)



← add more stuff.  
petals are nice.



← look! more petals  
and some spirals.



← fill in empty  
spaces.



# RADIAL SYMMETRY

BY LOST SOCK ART

## RADIAL:

PARTS OF THE OBJECT OR PICTURE RADIATE FROM A CENTRAL POINT

## SYMMETRY:



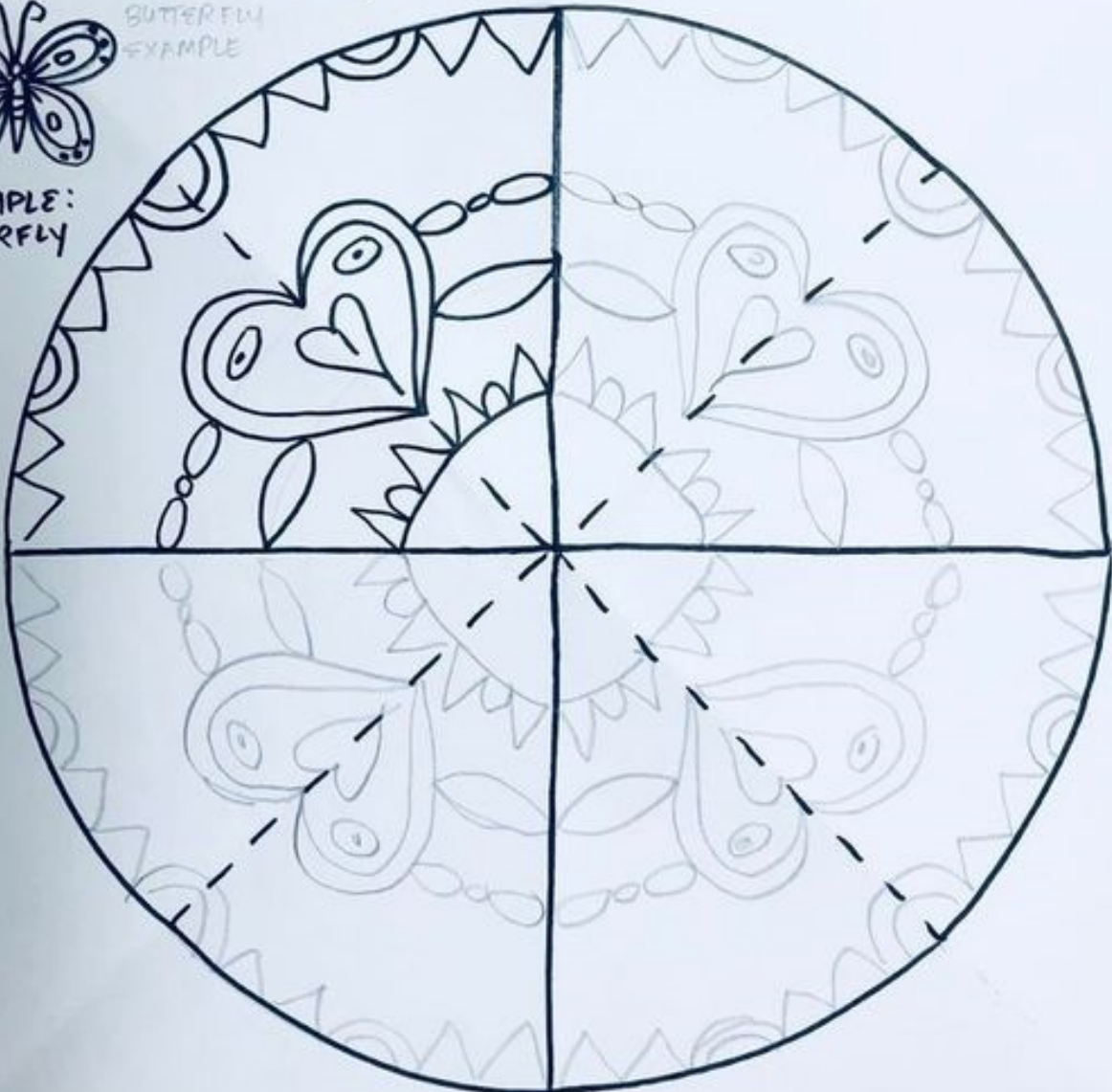
EXAMPLE:  
ORANGE SLICE

CREATING BALANCE BY ARRANGING ELEMENTS ON EITHER SIDE OF THE CENTER OF THE OBJECT OR PICTURE IN AN EQUALLY WEIGHTED MANNER.



BUTTERFLY  
EXAMPLE

EXAMPLE:  
BUTTERFLY

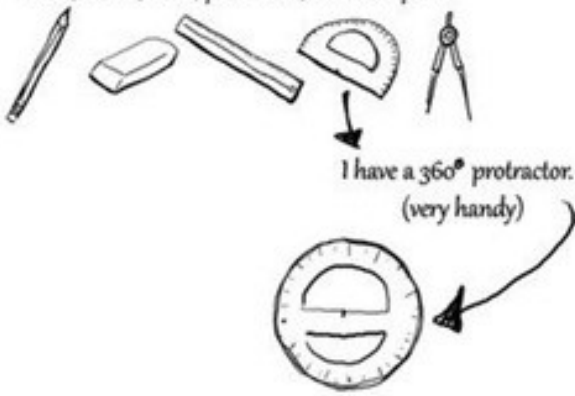


# Create a unique mandala.

Find at least 3 facts about the mandala and take notes!

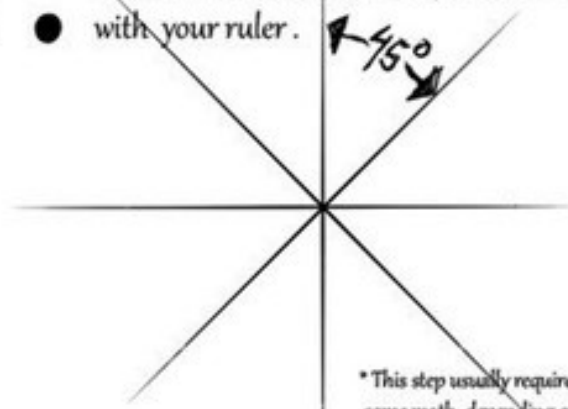
## MAPPING OUT MANDALAS

First thing you need are the right tools for the job:  
Pencil, eraser, ruler, protractor, and compass.



# 1.

Choose a center point, use your protractor to map out evenly spaced points around it. \*  
Connect these points through the center with your ruler.



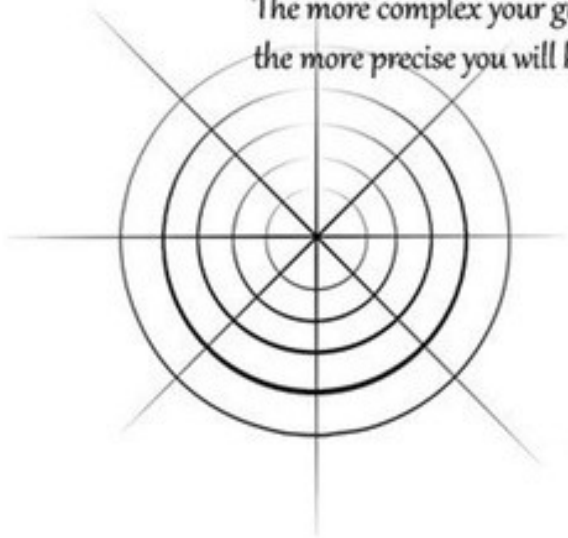
\* This step usually requires some math, depending on how many repetitions you want. I kept it simple with 8 sections, meaning a line every 45 degrees.

$$\begin{array}{r} 45 \\ 8 \overline{) 360} \end{array}$$

# 2.

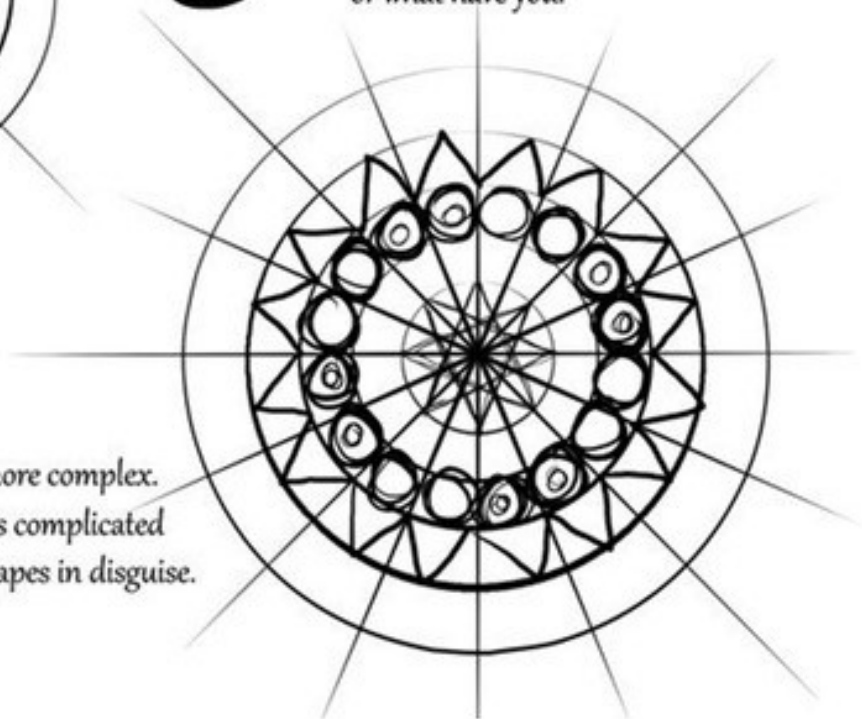
Use your compass to map circles emanating from the center. This creates a radial grid.

Make your grid as complex as desired. The more complex your grid is- the more precise you will be.



# 3.

Experiment by filling the grid with repeating shapes: spirals, triangles, ziz-zags, etc. Pencil first, then ink, paint, or what have you.

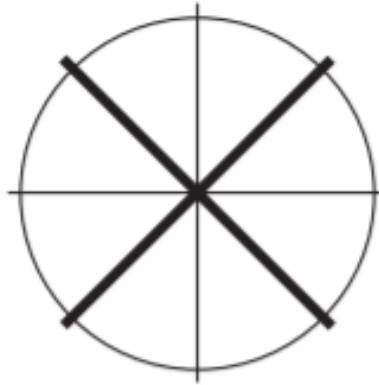


Start with basic shapes and get more complex.  
Remember: any figure that seems complicated is, in truth, just a lot of simple shapes in disguise.

Draw all lines **lightly** and use them as guidelines. Repeat geometric and organic shapes to complete your design.



1. Draw a circle with a diameter of about 19 cm (7.5"). Use the tracer, a compass, or something round.
2. Divide the circle into 4 quadrants.



3. Divide each quadrant in half.



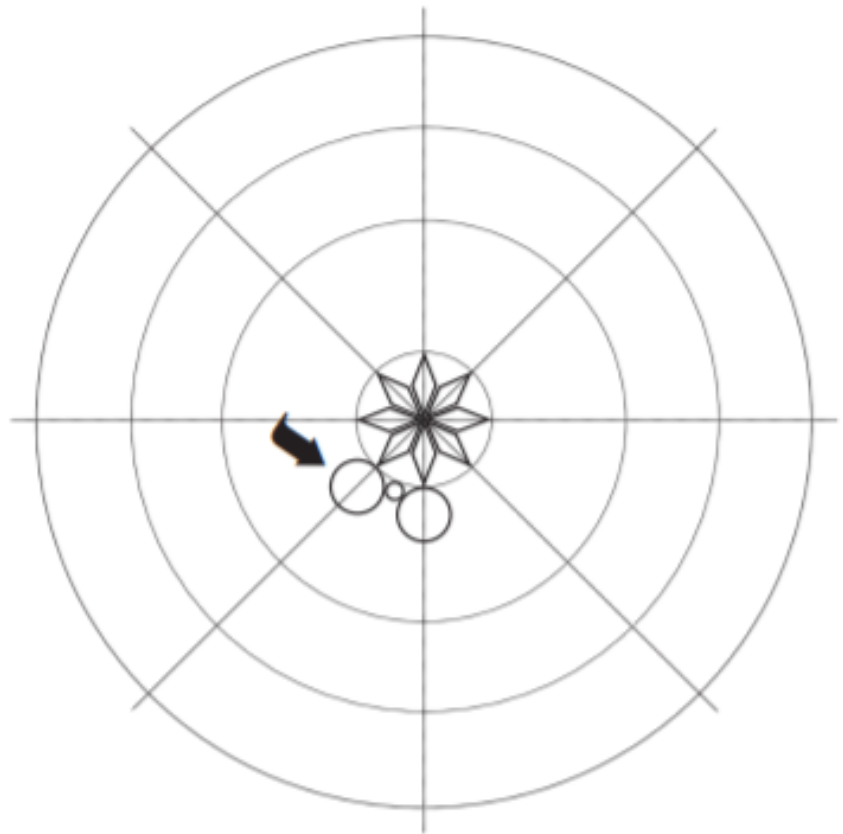
4. Draw a smaller circle inside the 1st circle. Make sure the centres line up.



5. Draw a smaller circle inside the 2nd circle. Make sure the centres line up.



6. Draw a very small circle inside the 3rd circle. Make sure the centres line up.



7. Mandala's are made of **repeated patterns**.

Use the guidelines to place organic and geometric shapes around the circle. Draw a shape on a guideline. Then repeat it in the same spot on each of the guidelines in that circle. Add other shapes around the circle until it is full. Erase the guidelines. Colour it with markers, watercolour pencils, or coloured pencils.