

Make a nature mandala

You will need

- Bags or baskets to collect natural materials
- Natural materials:



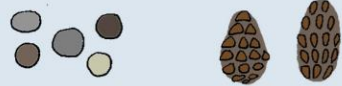
Sticks

Grass



Leaves

Feathers



Pebbles

Pine cones



Flowers

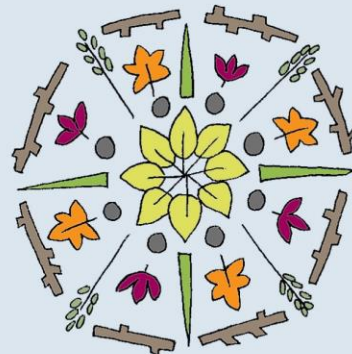
Only pick from your own garden and leave plenty for pollinators!

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!

The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.