

MAKE YOUR OWN MANDALA

The Mandala is a geometric pattern representing the universe in Hindu and Buddhist symbolism.

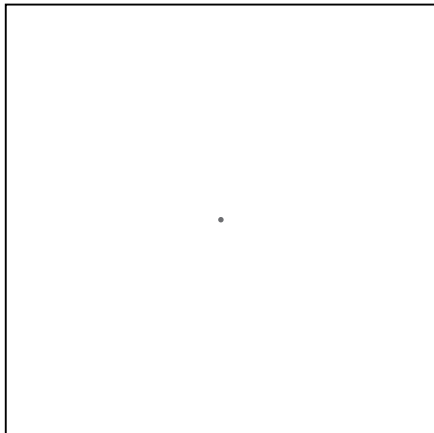
The geometry is precise, the designs beautiful and the spiritual meaning profound. Designing mandalas in the classroom can help you to explore visual arts, design and mathematics with your students. The beauty of the mandala is that it can be of any scale, using any materials. This makes it ideal to be worked on by individuals, small groups, or even to create large-scale kaleidoscopic versions of your designs as a whole class. You could even consider taking your designs outside to decorate your playground or garden using chalk or natural materials.

Mandalas have historically been used as a tool for meditation – you could try this with your students, asking them how they felt working through the process of creating their own mandala.

This resource has been created by Southbank Centre, inspired by Alchemy Festival: our annual festival exploring the contemporary cultural connections between the UK and the Indian subcontinent.

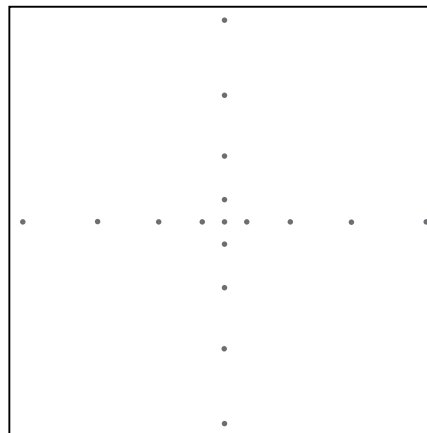
HOW TO DO IT:

1.



Measure a square of any size on your paper or floor. Mark the centre point with a dot.

2.



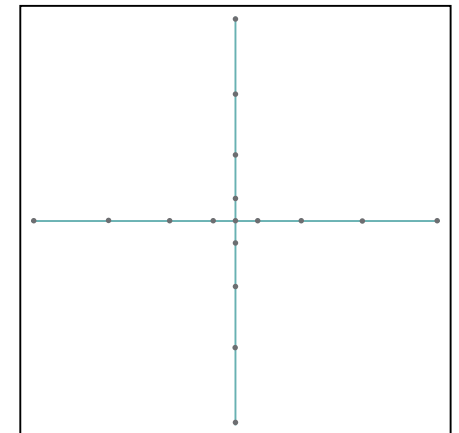
The next step is to draw a series of circles around the centre, increasing in size each time. You can do this easily by marking a series of dots around your centre point working outwards in the form of a cross.

For example: measure 4 dots each 1cm away from your centre point. These will make your first circle when joined. Now measure another 1.5cm away in each direction and create your second set of dots. Then measure 2cm on from that round of dots. Each time the distance between the dots increases allowing for a beautiful expanding pattern when you start to add your detail.

YOU WILL NEED:

- paper
- pencil
- ruler
- eraser
- colourful pens, pencils, collage materials or paint to decorate

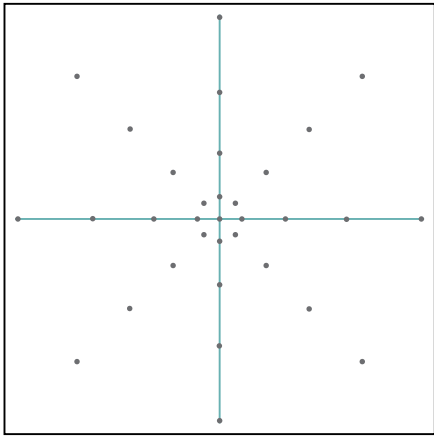
3.



Very lightly in pencil connect the dots that form a vertical line down the middle, then do the same for the dots that create a horizontal line.

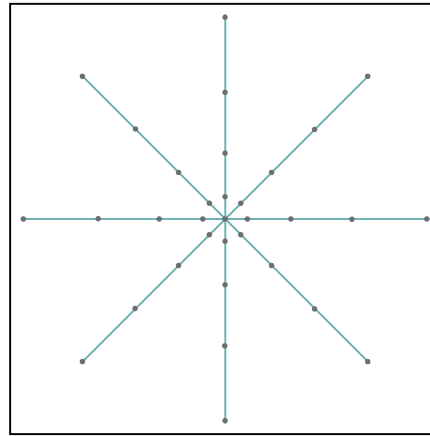
You should now have a cross.

4.



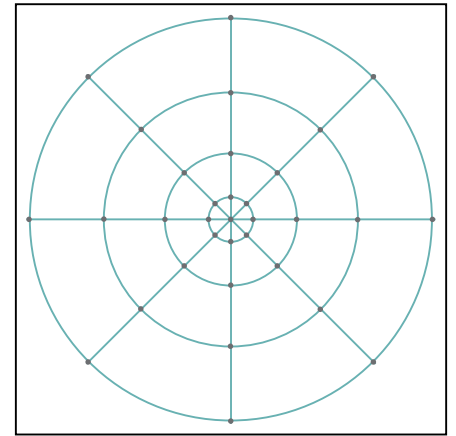
Now draw another series of dots, but this time moving out diagonally from the centre.

5.



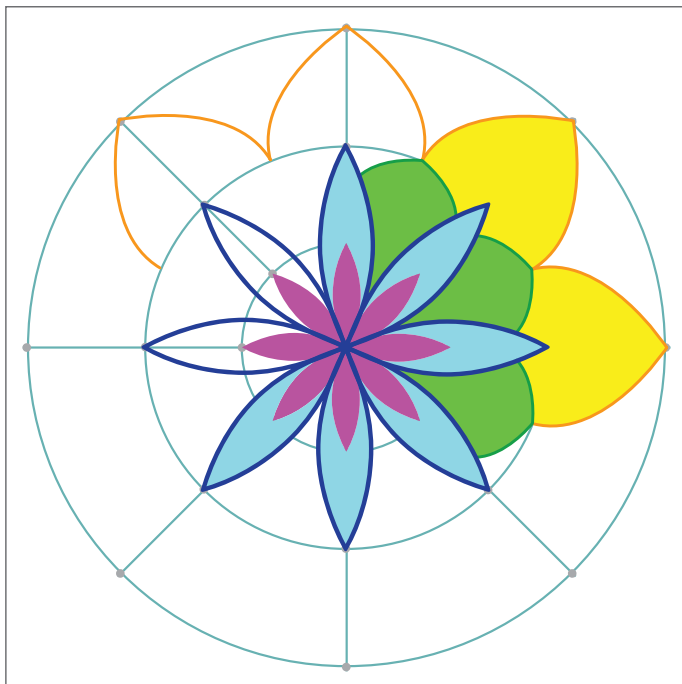
Repeat the steps above and finish by drawing a large X shape on your paper. Your drawing should look like this.

6.



Join each layer of dots to create a series of expanding circles.

7.



Now it's time to start designing. Start from the centre, working in each circle, one at a time. Your marks, colours and patterns are completely up to you but the important thing is to repeat your pattern: if you draw a design on one of the lines make sure you repeat it on all the other ones in that circle.

Working slowly, one shape at a time, you'll be able to build up your design into a beautiful complicated, kaleidoscopic pattern. You can add more colour and more layers, making sure you always repeat.



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