

# Creating a Mandala

## Information for students

- A mandala is a geometric design meant to symbolize the universe. It is an art form that is found in many cultures, and many forms around the world.
- The word mandala comes from Sanskrit and means “healing circle” or “whole world.”
- Mandalas are usually circular in shape, with designs starting at the center, and working their way outward (or vice versa). They can be seen as a model for the organizational structure of life and the universe.



A Carved Mandala  
By Jamie Locke  
See more at:  
<https://www.jamielockeart.com/>



**Aye Sophia Mandala-alike**  
Photograph of the central dome of the  
Hagia Sophia, Istanbul  
Photo by: Zoya Zoya

## Materials:

- Paper
- Fine tipped marker for drawing/ tracing
- Markers, pencil crayons, or paint for decoration
- Ruler
- Geometry compass (optional; for drawing circles)

**\*\*\*\* If you don't have a compass at home you can trace a circular object, or make your own compass using things you have around the house!**

**See how here: [https://www.youtube.com/watch?v=yqmQESN\\_Oo](https://www.youtube.com/watch?v=yqmQESN_Oo)**

- **Mandala's also look great on round objects like old CDs or Vinyl records!  
Just be sure to use acrylic paint, nail polish or sharpies so your designs don't wipe off!**

## Instructions

Please see Appendix A for visual instructions for this activity.

1. Create a mandala template. Draw a circle on a blank piece of paper with either a geometry compass or something round (like a bowl or glass) as a guide.
2. Find the centre of your mandala. If drawn with a compass, the hole in the paper is the centre. If drawn with a plate, draw a light line in pencil from the top to bottom, and from the left side to the right side. The point where these lines cross is the centre.
3. Keep your mandala symmetrical. Line up your motifs along directional lines. Use a ruler and protractor to mark some lines lightly on your mandala.
4. Draw a small shape in the middle of the circle, with a pencil or a marker.
5. Draw another shape outside this first shape.
6. Repeat it in a ring all around your centre motif.
7. Keep going, drawing new motifs in expanding rings, as you work toward the outside circle of your mandala. Repeat some of your motifs and introduce new ones as you go.
8. Try overlapping some motifs. This creates new and interesting shapes, which still harmonize with what you've drawn so far.
9. You may find yourself wanting to go back and add something to a previous ring. The mandala is finished when it feels finished to you!
10. *Colour in your design keeping your application of colour consistent between the sections. You can apply your colour uniformly, use gradients, or even use patterns to fill the sections!*

- ***In grade 8 we used a fold and trace technique to create our radial name designs, you can use the same technique here if you are making your mandala on paper.***

## Information for parents

- Ask your child to share their mandala with you.
- Ask your child to describe their process of drawing the mandala to you.
- For help understanding the steps for drawing mandalas, encourage your child to visit: <https://www.youtube.com/watch?v=sI0h615w4Nk>

### Elements :

Colour

Line

Shape


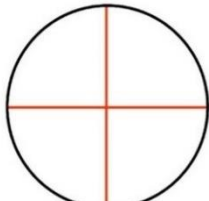
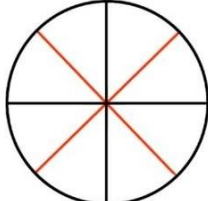
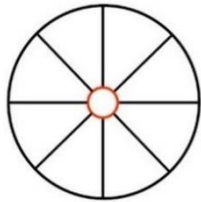
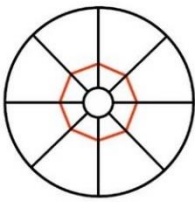
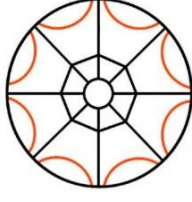



### Principles :

Balance ( Radial, Symmetrical )

Pattern & Repetition

Harmony

# Appendix A: Creating a Mandala

<p><b>STEP 1</b></p> 	<p><b>STEP 2</b></p> 	<p><b>STEP 3</b></p> 
<p><b>STEP 4</b></p> 	<p><b>STEP 5</b></p> 	<p><b>STEP 6</b></p> 
<p><b>STEP 7</b></p> 	<p><b>STEP 8</b></p> 	<p><b>STEP 9</b></p> 

## Finished Project

*\*\*\* This example is quite simple. You can make your Mandala as simple, or as complex as you like !*



If you like, you can upload your finished design to social media using the hashtag **#IBartsHSB** or share your work with me via email at [kvalade@nfsb.qc.ca](mailto:kvalade@nfsb.qc.ca).