

TURNING INSIDE OUT!

Ideas from the team at Stubbington Study Centre for you to try when not at school.

Natural Mandalas

A mandala, which means circle, is a geometric design that holds special meaning in Hindu and Buddhist cultures. Natural Mandalas is a great way to explore colours and patterns in nature as you create your own geometric patterns from the things you can find around you.

<p>Things you will need: Absolutely no resources required, just your own imagination and an eye for colour and pattern. To help you recognise all of the different colours and shades of colour around you it might be useful to have a go at the 'Nature's Rainbow' activity.</p> <p>Being safe: Check with an adult about which plants are safe to touch. Keep your hands away from your face Make sure you wash your hands when you have finished!</p>	
<p>Step 1 Hunt around your home for materials you can use to create your mandala: pebbles, leaves, flowers, sticks and grass, can all be used. Think about how different shapes and colours will work together as you create your repeating circular pattern. Look at the examples in the photograph to help you.</p>	<p>Step 2 Carefully pick up the materials you want to use. Check with an adult before you do this, they might not want their best flowers picked! Materials you find on the ground might be the best ones to choose.</p>
<p>Step 3 Sort through your materials so that you can see what shapes and colours you have more clearly, and how many you have of each. This can be useful to help you work out which materials you might use in which part of your mandala. It also lets you see which colours or shapes work well together and what patterns you might be able to create</p>	<p>Step 4 Now to start creating your mandala. Choose a type of material or colour to be the centre point of your mandala, and then continue to build out patterns from here. Remember that mandalas are all about repeating geometric patterns. The great thing about using natural materials is that if you think you might be able to improve a part, just remove the material and have another go.</p>
<p>What could you do next? When you have finished, step back, admire your mandala and maybe take a photo so you have a record of it or so you can share it with others. You could sketch your mandala or use it as inspiration to draw your own. Try creating another mandala with the same patterns and shapes but contrasting colours. Look very closely at the living things around you, can you see any natural mandala patterns within them, flower heads might be a good place to try looking. If you have paper and paint at home, try creating a leaf print mandala. Choose 3 or 4 different leaf shapes and 3 or 4 colour paints. Paint one side of a leaf, place it paint side down on the paper, then peel the leaf away, leaving the print behind. Keep doing this with different leaves and colours to create a mandala you can keep.</p>	

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