



littleSeed

Making a Nature Mandala

Materials

You will need to collect a selection of natural materials, for example;

- Stones and pebbles
- Sticks and twigs
- Seeds, acorns or conkers
- Shells
- Leaves
- Pine cones
- Flower heads

What is a mandala?

Mandala is a Sanskrit word that means circle. In various spiritual traditions, mandalas are circular designs that may be employed for focusing attention, aiding concentration and meditation.

Why not...

Create some nature mandalas whilst out on a walk in the countryside or in your local woods or park. Leave them behind as a surprise for other walkers to discover.

How to create a mandala

Start by making a ring of stones.



Next add another ring made from a different material. You can add this ring to either the inside or the outside of your ring of stones.



Keep repeating the step above until you are happy with your mandala design. Try using a wide variety of materials to make your design really interesting.