

Flower Mandalas



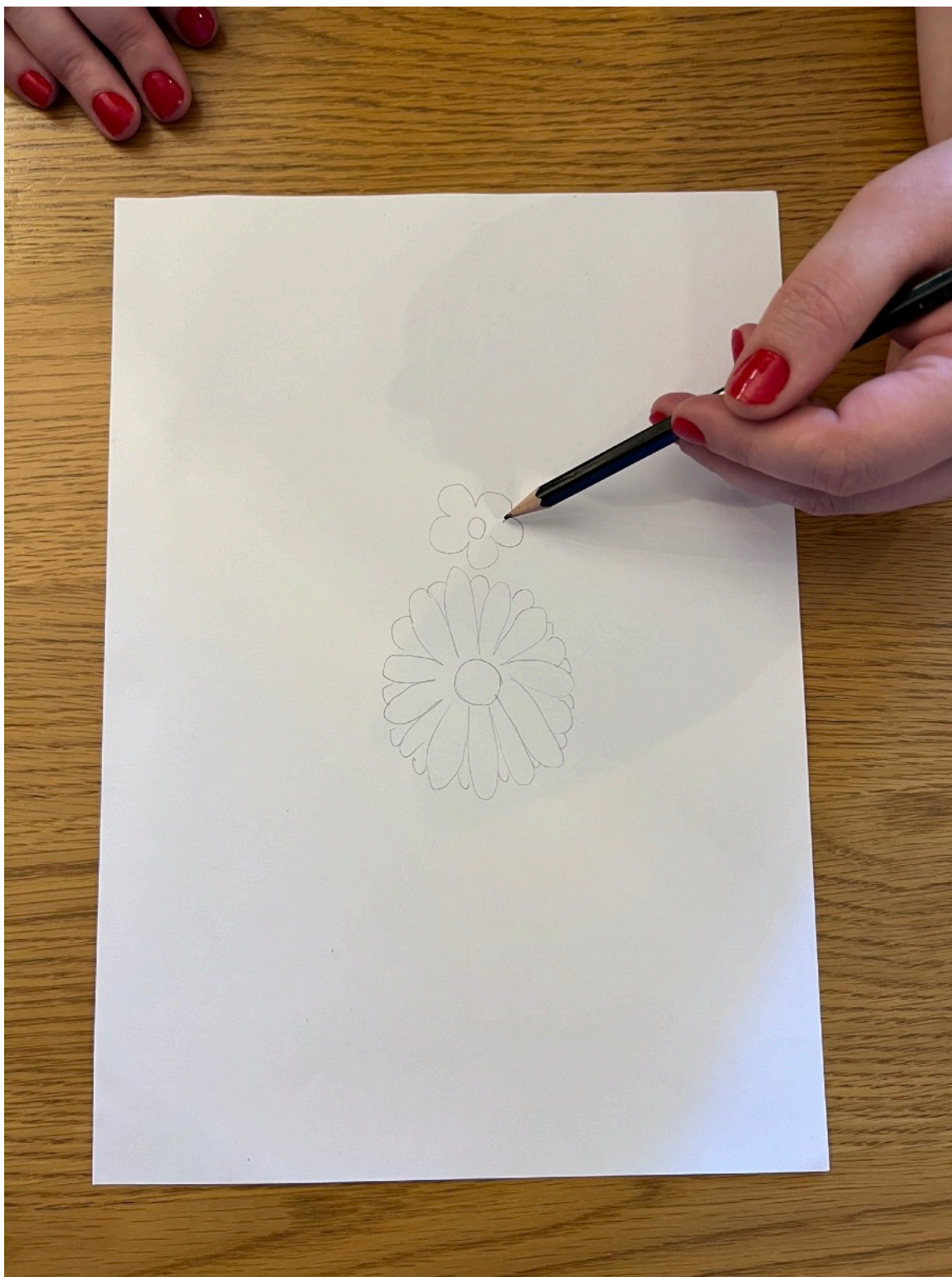
This is a fun way to combine flowers with mandalas - geometric patterns repeated, plus enjoy some mindful colouring in at the same time!

Tools and Materials:

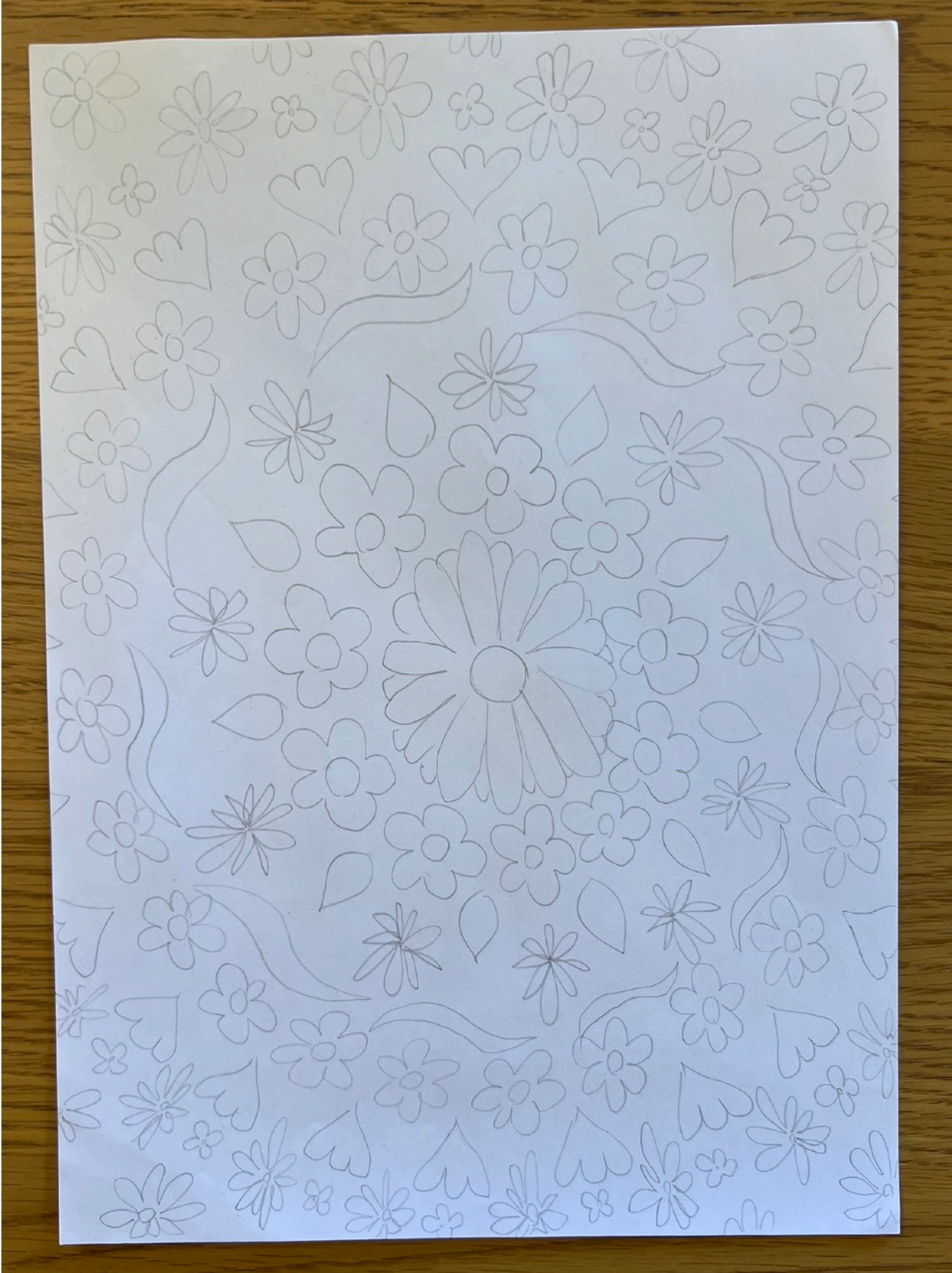
- White Paper
- Pencil
- Coloured Pencils



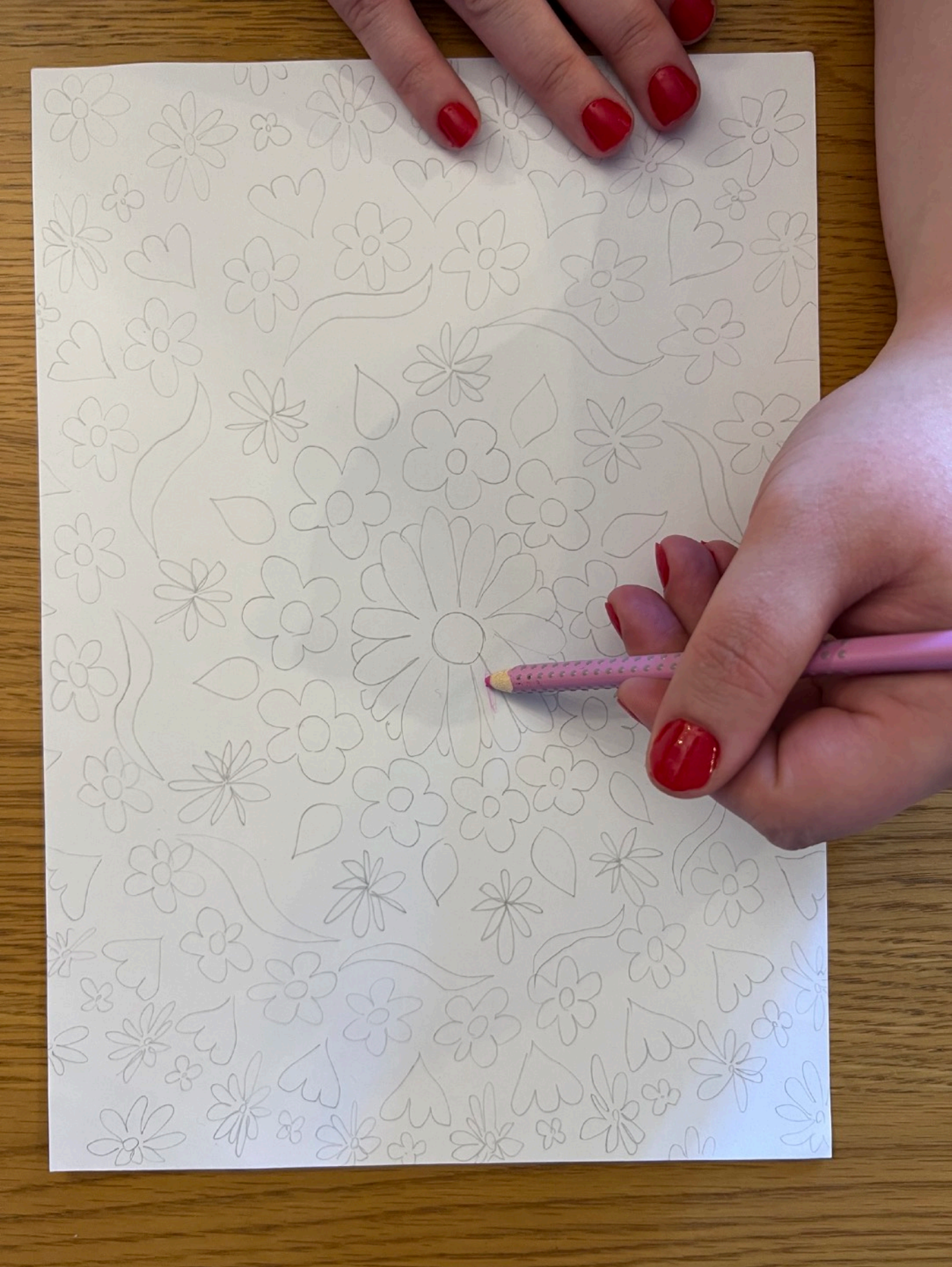
A mandala is a geometric configuration of symbols. In various spiritual traditions, mandalas may be used as an aid to meditation, taking inspiration from that we thought it would be fun to create a floral one. Start by thinking what you want as your central shape and then what shaped you have coming out of it to make the pattern, sketch it out



You should end up with something like so - using different shapes to create your pattern



Start colouring your mandala in - thinking about how colours can compliment and contrast when doing so



There you have it your very own “Flower Mandala”!



Here is another we created to inspire you!

