



3 Visit Asia

Mandala

From Bhutan

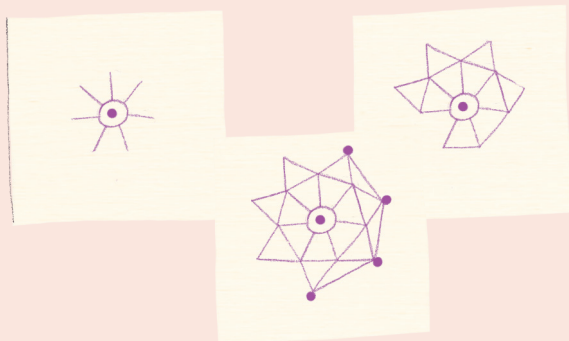
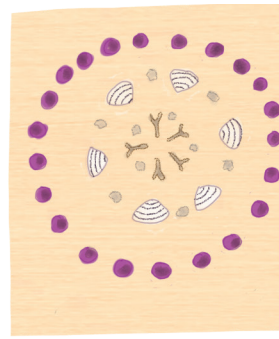
Mandala (*man-DAH-lah*) means “circle” in the ancient language Sanskrit. Artists from Bhutan, Tibet, Nepal and beyond create mandalas and then destroy them to represent letting go of something special — something we all have to do sometimes. This tradition, inspired by Buddhist teachings, is meant to represent the universe: beautiful and always changing.

You'll Need:

- natural materials like sticks, shells, leaves, etc.

- 1 Find a flat, clear area outside to make your mandala, like a patch of green grass, a sandy beach or a safe paved area.
- 2 Collect any natural objects that you like — sticks, shells, leaves, stones and flowers work well.

- 3 Place the objects you've collected in a pattern that starts in the middle and grows outward. Be inspired by nature's mandalas like tree rings, spiderwebs and flowers.
- 4 Remember that your work of art is only there for a little while. If you're at the beach, you could let the tide wash it away. The fun is in creating it, letting go and making more!



Draw It! If you can't go outside to make a mandala, you can draw one inside. Start with a dot in the middle of the page, then draw circles and patterns around it to create your own **mandala**. Want to make it temporary like a real mandala? Use chalk, dry-erase markers or tinted sand, then erase it when you're ready.