

# Make a Nature Mandala

Creating a nature mandala is a creative way of exploring outdoors, observing the rhythms of the seasons and our place in nature. You can use anything you find in nature - flowers, seeds and seed pods, leaves, twigs, stems, rocks...the list goes on! Read on to find out how to make yours!



## WHAT IS A NATURE MANDALA?

- **Mandala.** A mandala is a geometric shape that means “circle” in Sanskrit. It is a common design found in many cultures, often appearing as the sun, moon, and earth. The circular design is meant to express how everything is connected in life. Learn more about mandalas by visiting the [Mandala Project](#).
- **Nature mandala.** Similar to a mandala symbol, a nature mandala is also an “integrated structure organized around a unifying center.” Simply put, this means we start with an object in the center and create circular patterns around it to represent the circle of life. We use objects found in nature to create these patterns.

## WHY IS CREATING A NATURE MANDALA SPECIAL?

- **A meaningful activity.** When a mandala symbol is created with things found in nature it is meaningful, because it recognizes our connection to the earth and all its living things.
- **A way to express gratitude.** Creating a nature mandala helps us slow down and think about how we are grateful for our planet and all its living things.
- **A reminder of the connections in life.** The circular shape of a nature mandala reminds us that life goes on. The pattern helps us remember that everything is connected.
- **A time to observe natural patterns.** The patterns of a nature mandala represent the cycles and rhythms we find in nature, like seasons, moon phases, the tides, and life and death.
- **A fun opportunity to learn in nature.** What are you waiting for? Let’s make one! (and ask your family if they want to make one too!) Scroll down to the next page....

## HOW DO YOU MAKE A NATURE MANDALA?

- **Gather your materials.** Pick a peaceful place out in nature to create your nature mandala. Then, you will need to gather some organic materials around you to use. Things like twigs, leaves, grasses, flowers, berries, pinecones, and acorns work really well.
- **Create your mandala.** First, place a meaningful item in the center. Use something that is significant to you, because it will be your “unifying center.” After that is in place, use other items you gathered to form the rest of your mandala. Place items near the center first and then continue moving outward from the center until you’ve created a circular design.
- **Complete your mandala.** Continue making patterns until your items are used up and your nature mandala looks complete. And remember, you can create it however you like! You could use bright colors or muted earth tones. Make it big or small. Make it as simple or complex as you want. Your mandala will not be a permanent work of art. Wind, rain & sun will change it over time, and that’s ok. It’s part of the circle of life.