



## Activity 106

### Spiritual Development:

**You will need** – A selection of flowers and natural objects.

**Activity** – The mandala has been used in many religious traditions. It represents wholeness, life, our planet, family, friends and community. A mandala is always a circle shape and allows people to express themselves individually. Mandalas can be made out of most things i.e. art & craft materials, drawings, stones and sand. We decided to make our mandala out of flowers and natural materials. We wanted to celebrate nature and put our own interpretation on it. Take your materials and start by creating the



centre of your mandala and then work outwards keeping in the shape of a circle. Once you have finished your mandala sit around it quietly and reflect on your mandala. Does your mandala still your mind and enable you to feel relaxed? Think about the colours and shape of the flowers, how do they make you feel? What thoughts come into your mind?

## Flower Mandala

### To explore unity and wholeness.



Does your mandala still your mind and enable you to feel relaxed? Think about the colours and shape of the flowers, how do they make you feel? What thoughts come into your mind?

