

RPE WELLBEING TASK

NATURE MANDALA

Pillar: Pay attention to the present moment

- 1. Gather your materials.** Find a peaceful place outdoors to collect your materials and create your mandala: garden, local walk or woods. Now, gather some organic materials around you to use like *twigs, leaves, grasses, flowers, feathers, pebbles, berries, pinecones, and acorns*. Try to find groups of items of a similar size to help with symmetry.
- 2. Create your mandala.** First, choose your favourite item for the central 'unifying' piece, it might be something that is meaningful to you. After that is in place, use other items you gathered to form the rest of your mandala. Place items near the centre first and then continue moving outward from the centre until you've created a circular design.
- 3. 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 colours or muted earth tones. Make it big or small. Make it as simple or complex as you want.

Evidence: Take a picture of your completed mandala. You might choose to describe your thoughts behind your chosen design. Why did you choose the materials you did? Why did you choose the design you did? Why did you choose those colours? Do they represent or symbolise something for you?

A **mandala** is a geometric shape that means "circle" in Sanskrit, an ancient Indian language. In Hinduism and Buddhism, the circular design represents the concept that everything is connected in life. The non-permanent symbol also represents the circle of life, death and rebirth as the mandala will naturally fade or blow away in the wind.



Time
1hr+