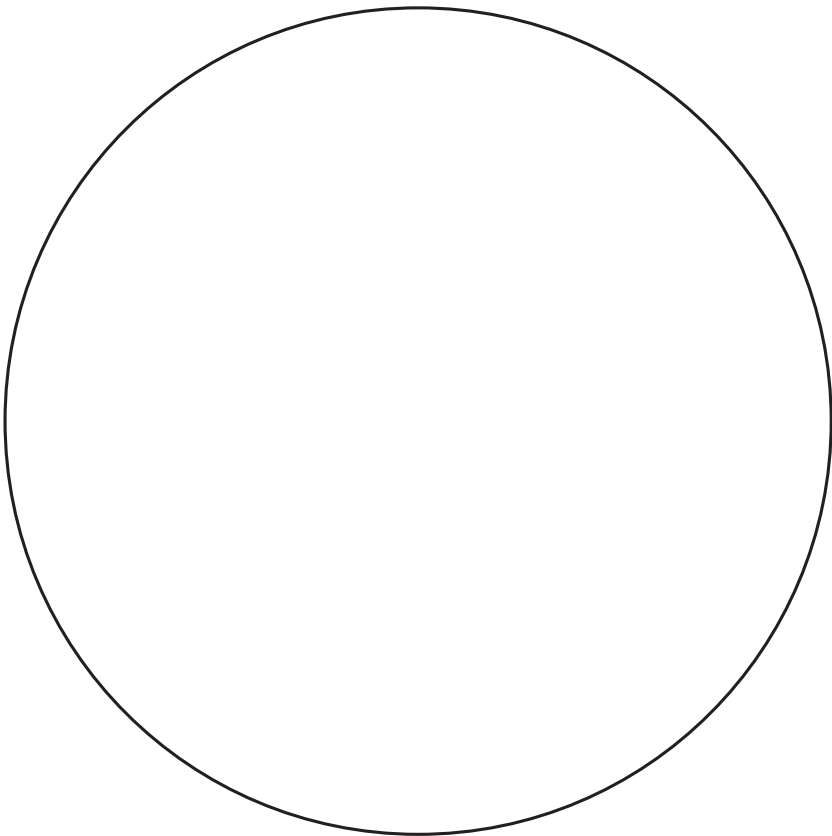


Name_____ Date_____

MANDALA HISTORY

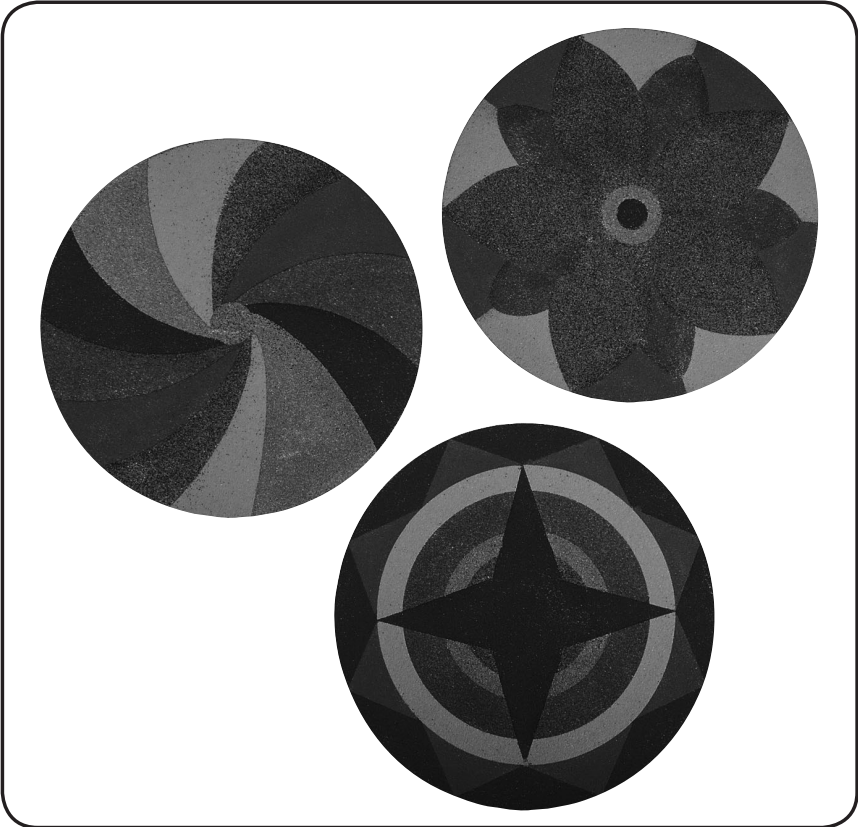
1. The Mandala was first used by many ancient_____.
2. The Mandala was used for_____.
3. The materials used to make ancient Mandalas were_____.
4. Why was the Mandala made:
5. Using the circle below, create your own Mandala using your own creative designs.



Project Ideas • Cross Curricular
Links • Activity Sheets

Sand Mandala Craft Kit (Pk/12)

PLEASE READ ALL INSTRUCTIONS BEFORE STARTING



- YOUR KIT CONTAINS:**
 - Sand Boards in various Mandala designs
 - Bags of Sand
- YOU WILL NEED:**
 - Sheets of Paper
 - Scissors
- EACH PERSON SHOULD HAVE:**
 - 1 Sand Mandala Board
 - 1 Sheet of Paper
 - The sand and scissors will be shared among the group.
- AGE GROUP: 6 and up**
PROJECT TIME: 45 minutes

INSTRUCTIONS:

1. Your kit includes enough sand for each person to use all 6 colors, though it is not necessary to use all the colors. Choose the colors you would like in your design. Using the scissors, snip one corner off a bag of sand.
2. Remove the adhesive paper from the area on the Mandala that you would like to cover with the first color of sand. Sprinkle a small amount of sand onto that area of the design. Using your index finger, spread the sand around in that one area, getting sand into all the corners, too.
3. Have a sheet of paper under your Mandala. After filling an area of the design with sand, tip the Mandala onto its side to shake off excess sand onto the sheet of paper. You may use this excess sand in another area of your design. Repeat for each area of the design, using one color at a time.

INTRODUCTION

Mandalas are circular designs of various sizes and styles that have been used since ancient times. They are symbols, having religious, political, or spiritual meanings, depending on the culture. They have been used worldwide as a spiritual symbol. The most prominent use of Mandalas are in the Buddhist, Hindu and Christian religions, as well as in the cultures of Australia and Native Americans. Psychologists believe that the circular design has a calming effect and have seen uses of Mandalas in meditation and prayer. Some parts of the design are repeated around the circle many times.

The word Mandala comes from the Sanskrit root word “mand” which means to mark off, set off or decorate, and the suffix “la” which means circle or essence or center. Monks from Tibet will often make intricate sand Mandalas. Mandalas were made from materials such as sand, stones, sticks and seeds placed on parchment or hides, early fabrics.

SCIENCE

OBJECTIVE: Create and describe a symmetrical creature.

SUGGESTED TIME FRAME: 35 minutes

ADDITIONAL MATERIALS: Clay, chenille stems, writing paper

PROCEDURE: Explain the meaning of symmetry. Symmetry is dividing an object or design down the middle and having each half identical. Discuss living and non-living objects that would be considered symmetrical. One example of a symmetrical object is a ball. Have the students make symmetrical creatures out of clay and chenille stems. Encourage the students to be as creative as possible. When the symmetrical creatures are complete, have students write a “Who am I?” paragraph describing their creatures. Display all of the creatures and take turns reading the “Who am I?” paragraph. From the descriptive information in the paragraph, have the rest of the class guess what creature is being described.

SOCIAL STUDIES

OBJECTIVE: Research the history of Mandalas.

SUGGESTED TIME FRAME: 30 minutes

ADDITIONAL MATERIALS: Books on Mandalas, Internet resources

PROCEDURE: Using the Internet or books, have students research the history of Mandalas. Encourage students to find information about the inventors of Mandalas, as well as other uses of the Mandalas in the past. The students also might enjoy finding out about other symbols of the era. Other research questions could include: What materials were used to create Mandalas, why are Mandalas shaped the way they are, how many different cultures used Mandalas and what are some differences in the meanings of Mandalas.

RESOURCES:

www.graphics.cornell.edu (Exploring the Mandala)

www.wikipedia.org

Dover Publications: My First Mandala

Dover Publications: Mystical Mandalas

SOCIAL STUDIES

OBJECTIVE: Create a Fabric Mandala meaningful to the group.

SUGGESTED TIME FRAME: 2 hours

ADDITIONAL MATERIALS: Fabric pieces, muslin, scissors, needles and thread

PROCEDURE: Any group will have symbols and signs, particular to the group. Make a list of these symbols for your group. For example, a soccer team might use the symbols of a soccer ball, a kicking leg/foot, a soccer goal net and a grass field. Create these symbols from fabric, cut them out and sew them to the background Mandala circle shape to create your own logo for the group. Each person would contribute a symbol that is important to the group. While preparing the fabric pieces, you could discuss what symbols other groups might have used to create a Mandala specific to their group. Examples are Native American tribes, cultural groups, religious groups, neighborhood groups, sports groups, etc. The resulting Mandala could be mounted onto stiffer fabric or hung from a rod.