



MATERIAL NEEDED:

- * Fine liners (but if they're not available, normal pens or felt-tip pens would do too).
- * Paper plates (or alternately circles cut out from a normal sheet of paper/card)

1. Draw a large dot in the middle of the circle. This will be your centre and your point of reference, as all your doodling will develop around it.
2. Begin by creating an initial pattern around the dot, working across the dot to make an equal pattern the whole way around (it helps if you rotate your plate as you go along).
3. Build up gradually spiralling patterns around the last one.
4. Carry on doing this until you reach the edges of the circle.

You can use multiple colours (preferably one for each pattern, as shown in the pictures), or develop a monochromatic composition. You can also doodle things in black and then add to it by colouring in the blank areas between the lines of your mandala .



A MANDALA is a geometric (normally circular) configuration of patterns. In various spiritual traditions, making mandalas is a way to relax, focus attention and a form of meditation.

Drawing MANDALAS can help you become more mindful and calm: a perfect activity during the lockdown!