



# Creativity Works - At Home

## Creating a Mandala inspired by the shapes around you

### What is a Mandala?

A Mandala (Sanskrit: मण्डल Maṇḍala, 'circle') is a spiritual and ritual symbol in Hinduism and Buddhism, representing the Universe. When we make a personal mandala, it reveals who we are at that moment.

There are a number of different ways to create a Mandala, one of which we are sharing with you here.



Example of a freehand Mandala

### What you'll need:

- Paper
- Pen or pencil to draw your mandala
- Colouring materials e.g pens, pencils, watercolour to fill your mandala with colour

Watch the short video here:  
[Creativity Works - At Home](#)  
[Creating a Mandala](#)

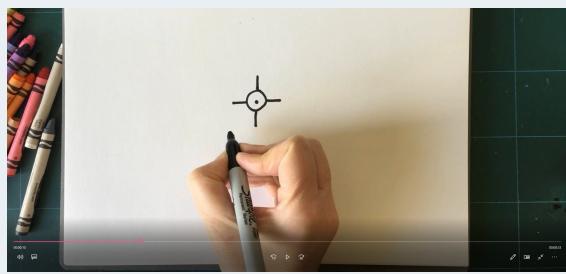
### Step 1

Begin by putting a dot in the centre of your paper and drawing a circle around it.



### Step 2

Draw in 'North, South, East and West' lines.



### Step 3

Add extra lines in between these lines to start creating a framework



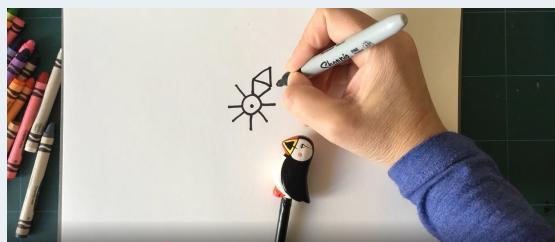


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## Creating a Mandala

### Step 4

Look at the shapes you can see around you - add these to your mandala  
e.g the puffin beak of my pencil.



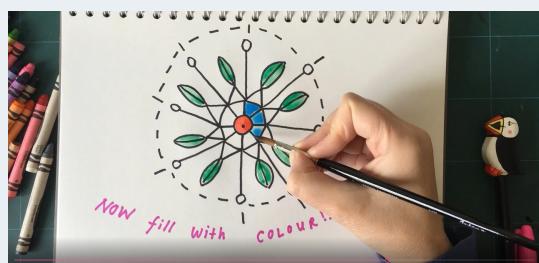
### Step 5

Keep adding shapes and repeating them around and around until you feel the mandala is complete.



### Step 6

Fill your mandala with COLOUR!  
Use whatever art materials you have.  
I've used watercolour.



### Step 7

Date and time your mandala and give it a title. Don't think too long about this – whatever comes to mind! Could just be the room you are in e.g Lounge!

Now step back and admire what you've created!

And if you'd like to, share yours with us on social media #creativityworksathome or via email: info@creativityworks.org.uk

### What Next?

- Create a mandala for each room in your home
- If you have a garden - try creating one made from natural materials - leaves, twigs etc..
- How small or how BIG could you draw/create a mandala?
- How else?

### Links For Inspiration

[An interesting mandala project - you can even upload your own](#)

[Free downloadable mandalas to colour in](#)

[Tibetan sand mandala timelapse](#)