

**Art Smart - 6th Grade**  
**February - Asia**

## Project Idea: Personal Mandala

**Materials Needed:**

Card stock / White paper  
Pencils  
Colored Pencils  
markers  
crayons

**Instructions:**

Explain to students that one important art form in Tibet is a mandala, which is used as a guide to meditation/prayer. A mandala helps believers visualize the universe and their place in it, often in relation to a specific deity found in the center of the image. It is a symmetrical, geometrical form consisting chiefly of circles and squares, and uses four colors: white, yellow, green and red. Show students that sample mandala. The students can choose to make their own using the simple circle handout and their geometry templates or they can simply color in the Mandala #2 sheet. See examples in book.

