

# Activity 1 - Woodland Mandalas

This activity works best in a forest, but can be done in a park, on a beach, or a garden too. You don't need to bring any equipment and no preparation is needed.

Things to bear in mind before you start:

- Make it in a place where it is not in other people's or animals' way.
- Use only items that you are familiar with, and that are found on the woodland floor and/or are plentiful. Things like small sticks, leaves, grasses, common flowers, pinecones, or small pebbles work really well.

## What is a mandala

Many cultures make mandalas to represent the inner connection of a person or people with the earth and living things.

Mandalas are usually circles, with repeating patterns, often made of rings or patterns around a central area. The shape and patterns help us remember that everything in nature is connected, and that nature follows patterns and cycles.



## How do I make a mandala?

**Step 1.** Find an area that appeals to you. Take in the sounds, colours, smells of the area. Make sure that your chosen place for the mandala will not be in people's way.

**Step 2.** Collect your materials.

**Step 3.** Place a special item in the middle of what will be your mandala. Then use other items to make patterns, working outward in circles, or patterns around the middle, until you have used up your gathered materials.

If you prefer, you can make the mandala from the outside in, making the circle first and working your way in.

There are no rules about 'right' or 'wrong' - you can make your mandala whichever way you like. Big or small, simple or complicated, alone or with a partner it's up to you! Enjoy!

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