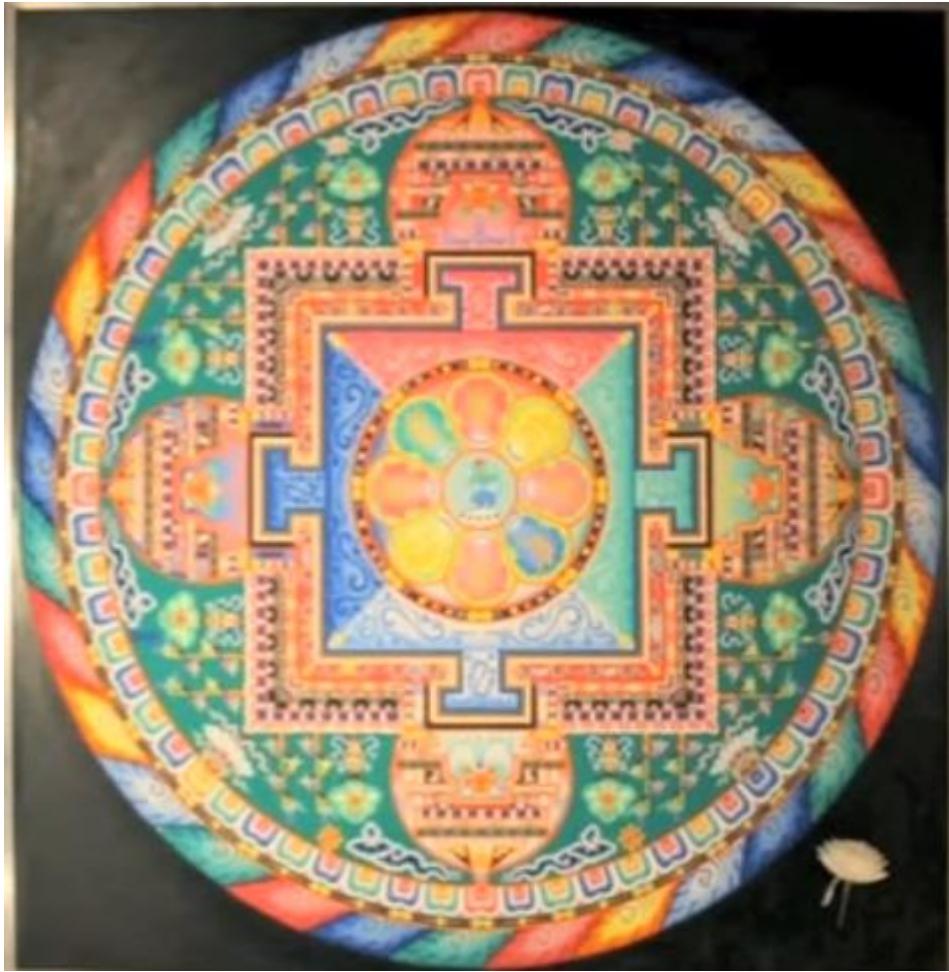


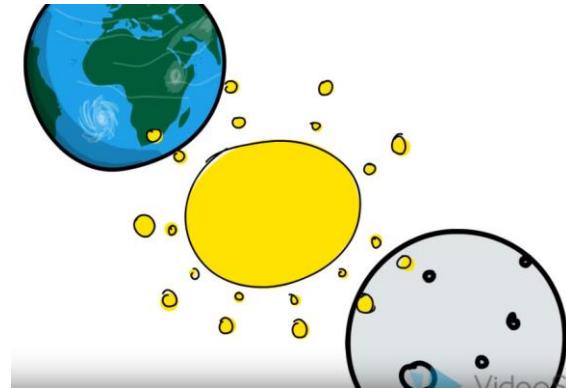
Mandalas





What is a mandala?

<https://www.youtube.com/watch?v=3j4a5ijDazE>



Mandalas – history – examples

Tibetan (Buddhist) monks praying
and making sand mandalas

<https://www.youtube.com/watch?v=GA3su0ECdPc>

We, too, can learn to use Mandalas to relax and free our minds



MANDALA YOGA

Interactive – mandala Yoga (4.5 min)

<https://youtu.be/FaqXAPwYe7E>

Playful Yoga

https://www.youtube.com/watch?v=aj4OynlsRjM&feature=emb_rel_end

Human mandalas:

<https://www.youtube.com/watch?v=JEhEtxmwlwc>

https://www.youtube.com/watch?v=a7kbPcxSP_g

https://www.youtube.com/watch?v=rAW4B0_j9iM – Indian music

Colour Wheel Human Yoga

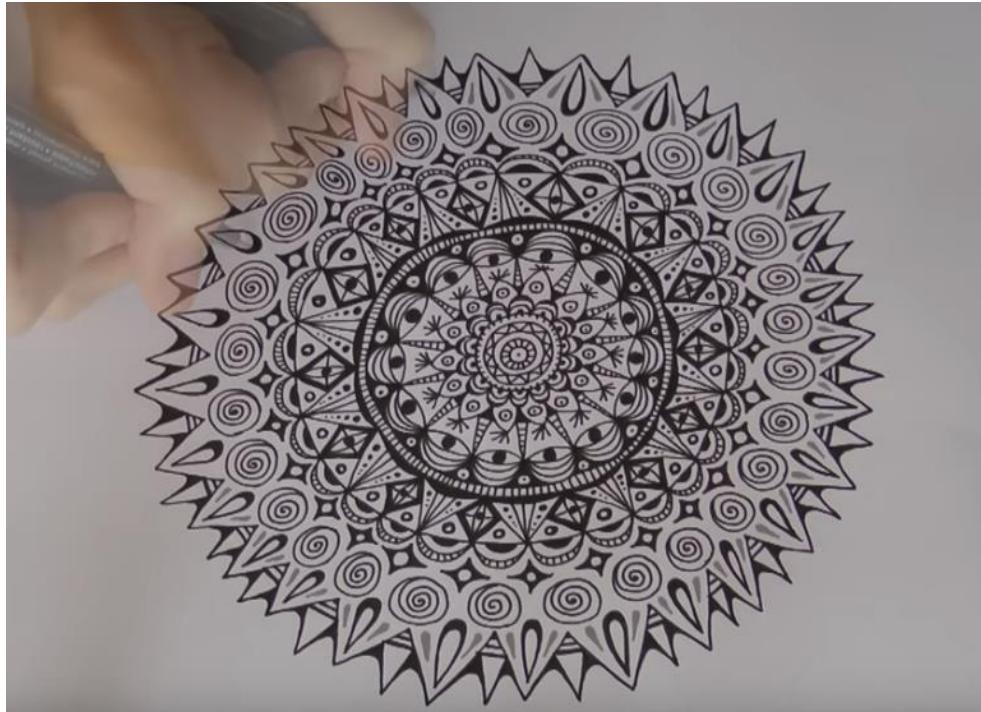
<https://www.youtube.com/watch?v=nNPtKwZYyg0>

<https://www.youtube.com/watch?v=PB3YVdICbLk>

Family activities – ideas for being playful



Zentangle patterns – meditative art - KS5



<https://www.youtube.com/watch?v=qAq2kZL8Lxw>

https://www.youtube.com/watch?v=gBsW_wpFBxcangle
<https://www.youtube.com/watch?v=Ah49ETJMTiM>
<https://www.youtube.com/watch?v=kqb2Z0Lmlt8>
<https://www.youtube.com/watch?v=1NhwijMAZ7g>

REMEMBER

1. Enjoy
2. Relax
3. Be playful

Finger Printing Mandalas

Charcoal

https://www.youtube.com/watch?v=EAIA_LhRH74

Paint and found objects

<https://www.youtube.com/watch?v=6bhTQf8hNs4>

Finger printing – large papers

<https://www.youtube.com/watch?v=vIxvlnP-gSo>

Pebble mandalas

<https://www.youtube.com/watch?v=dWxyUqfWYfs> - 11 min.



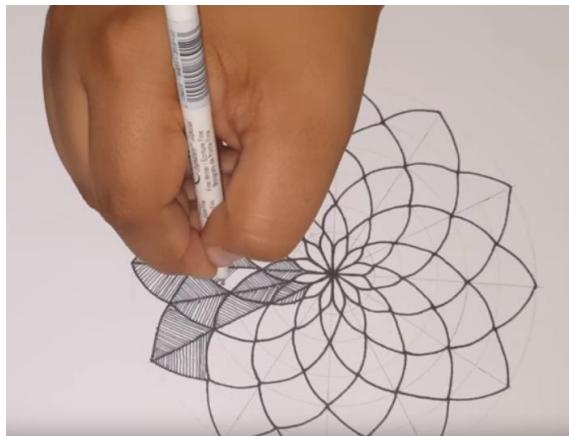
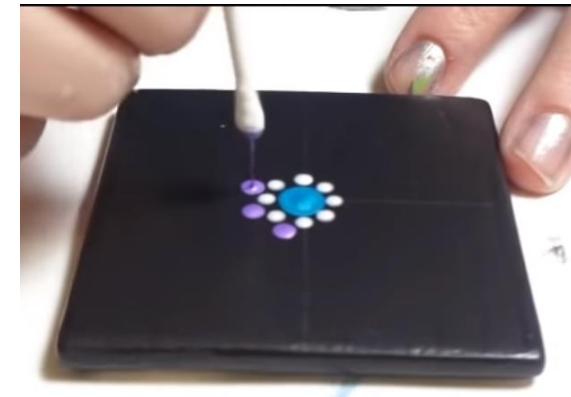
Any colour is good, don't be discouraged if you don't have materials used in the videos.

Be creative – use what you can find at home. Use colouring pencils, paint, pencil, liners, ballpoints and colours you like – mix colours and pens/pencils – Enjoy!

<https://www.youtube.com/watch?v=bb0LePpgpNM> 12 min.

How to paint dot mandalas using a cotton bud & pencil

(Cardboard / card or any other materials available can be used.)



<https://www.youtube.com/watch?v=lF41OdutTa4>

Make your own mandala using geometrical instruments. (KS 4/5)

Zen music for relaxation

<https://www.youtube.com/watch?v=Q6-DmV4dhek>

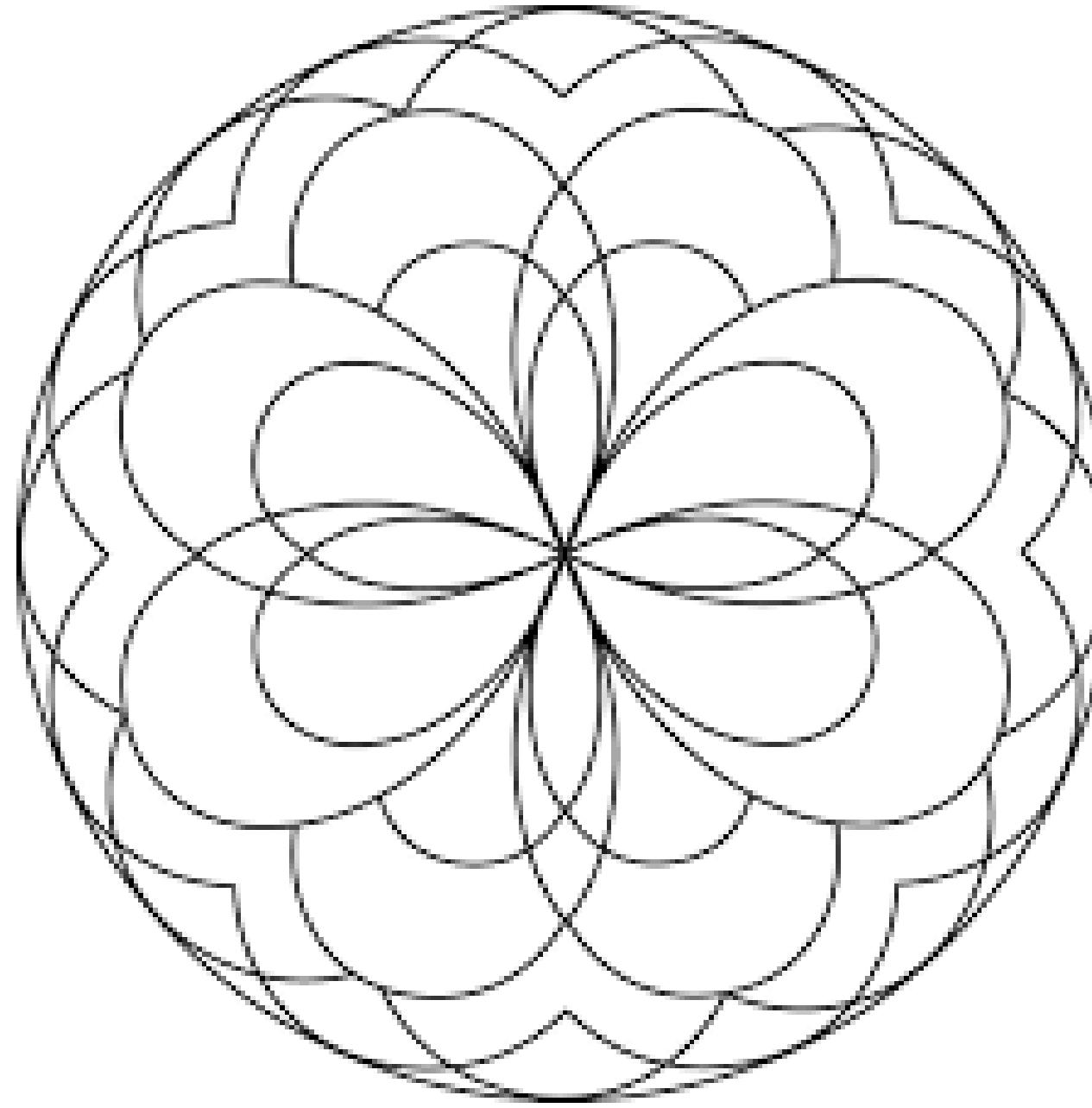
[https://www.youtube.com/watch?v= QCtzOb8_XA](https://www.youtube.com/watch?v=QCtzOb8_XA)

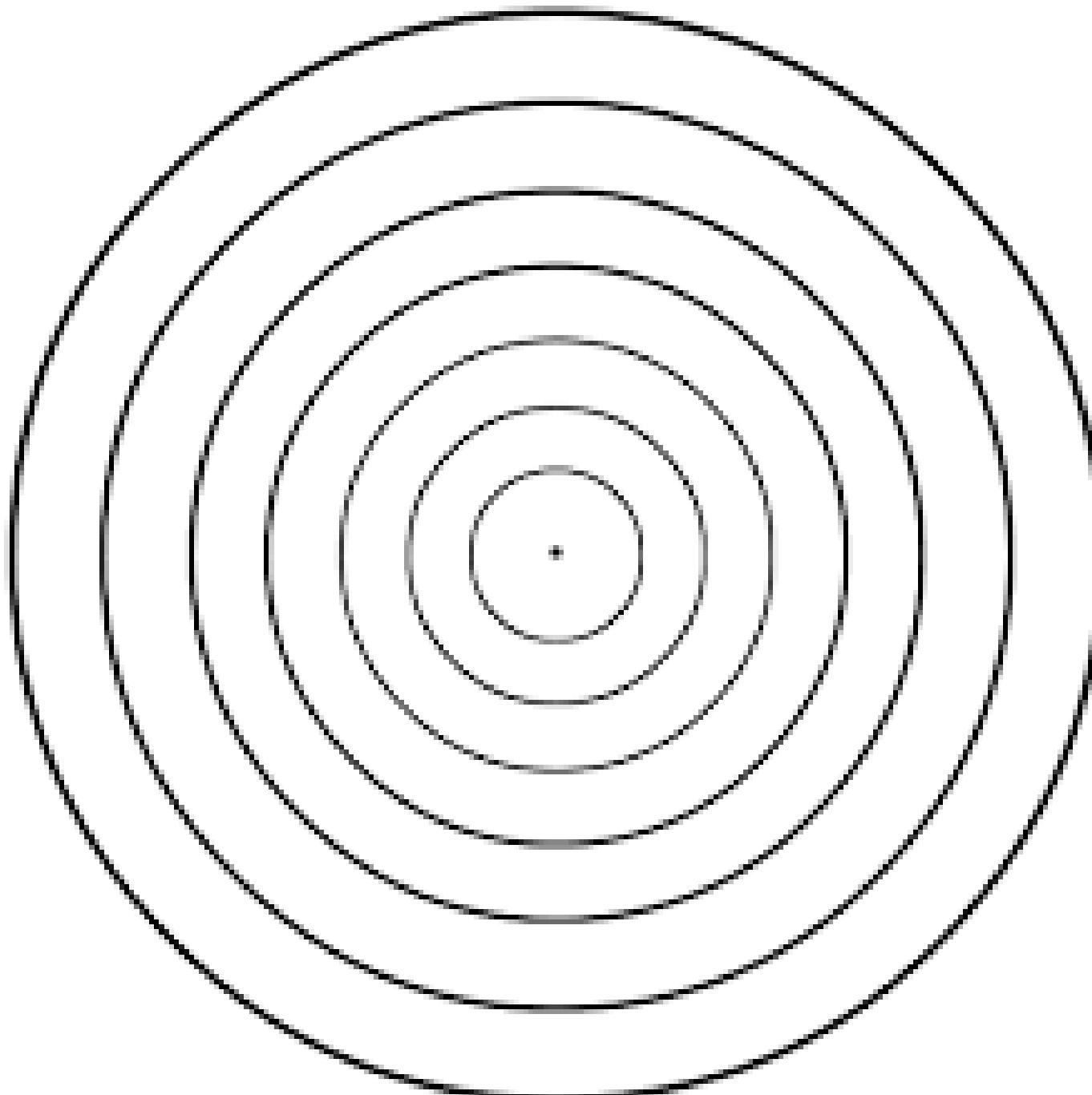
Meditation for kids

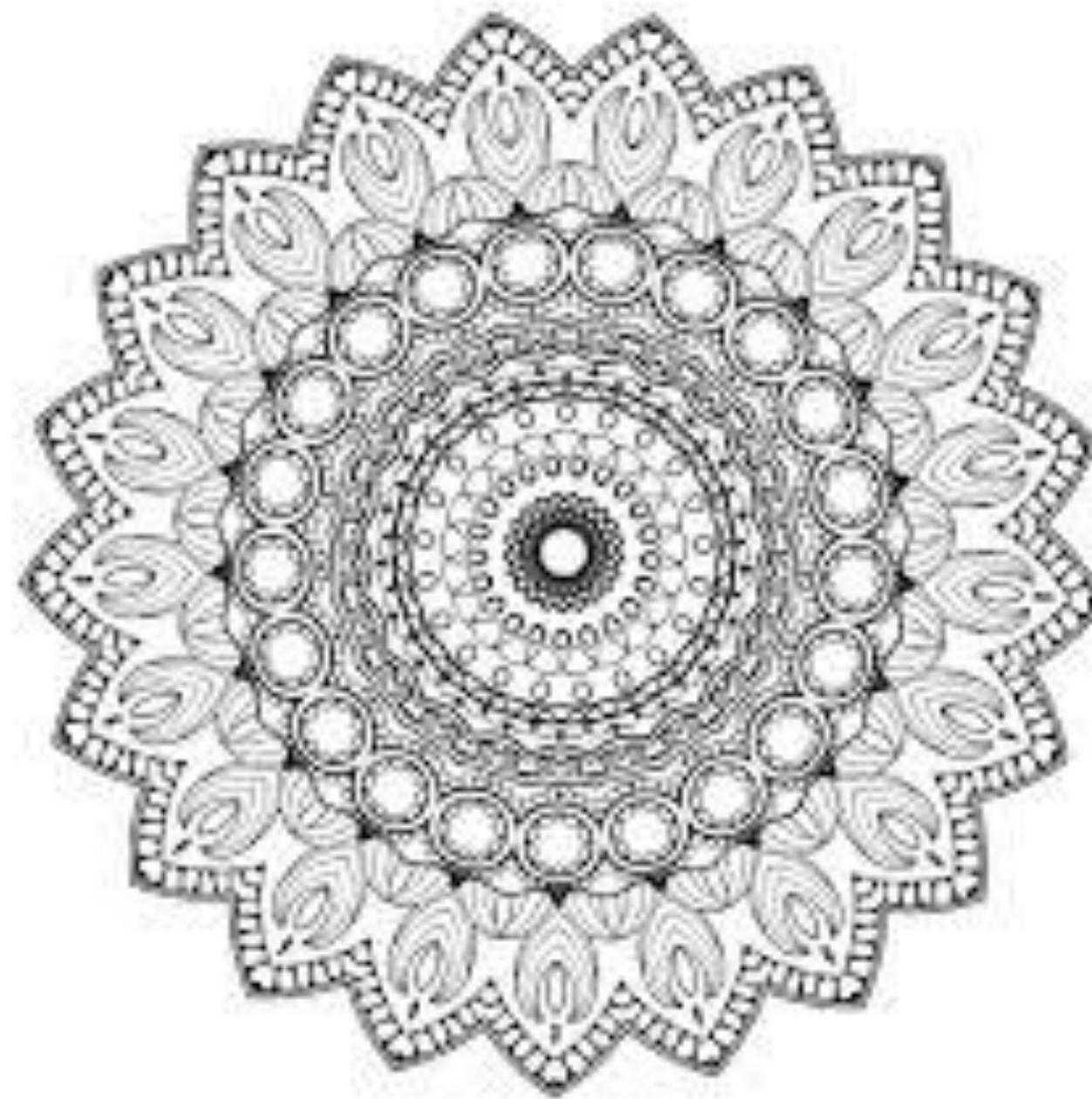
<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

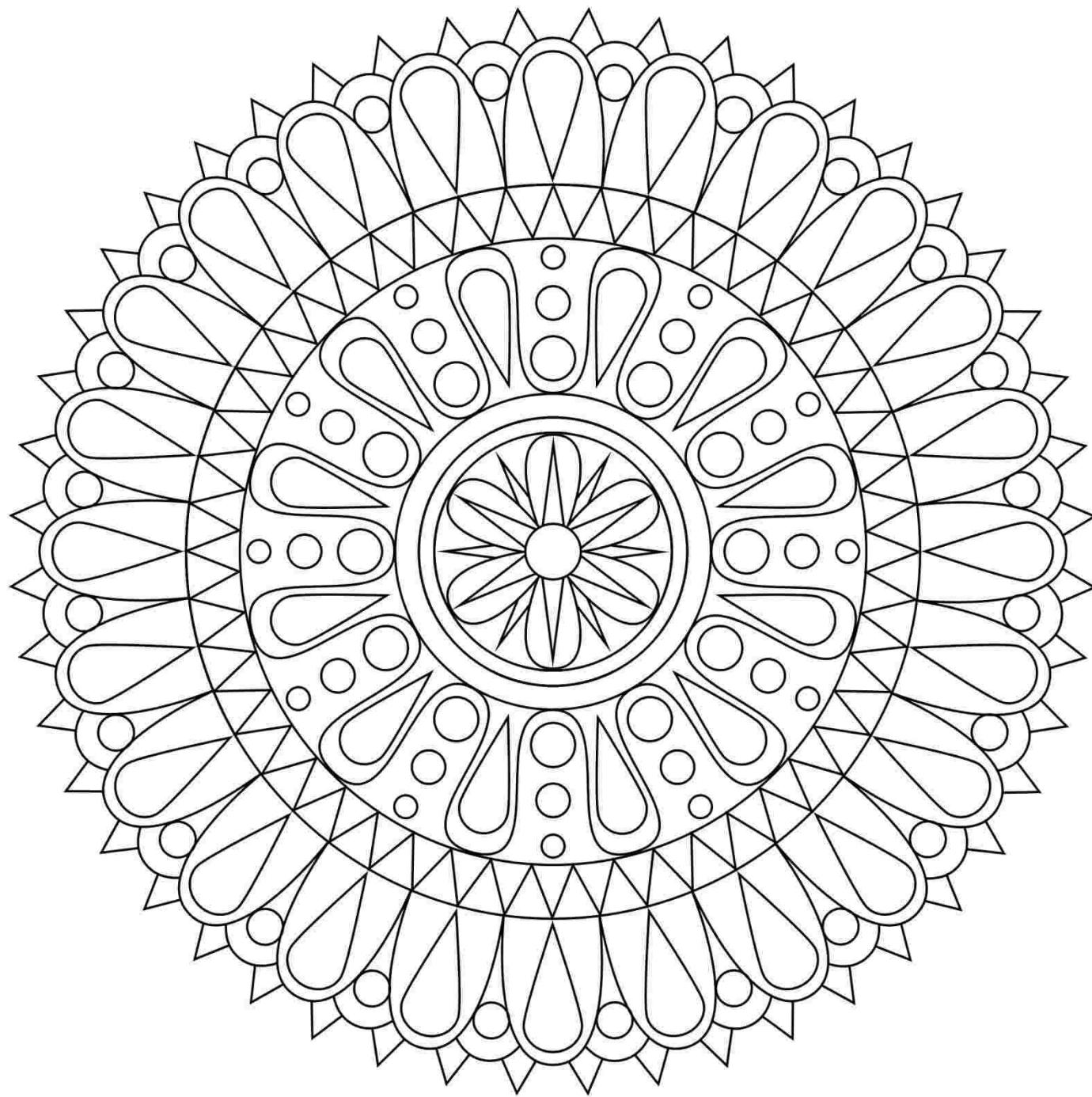
Cosmic Yoga

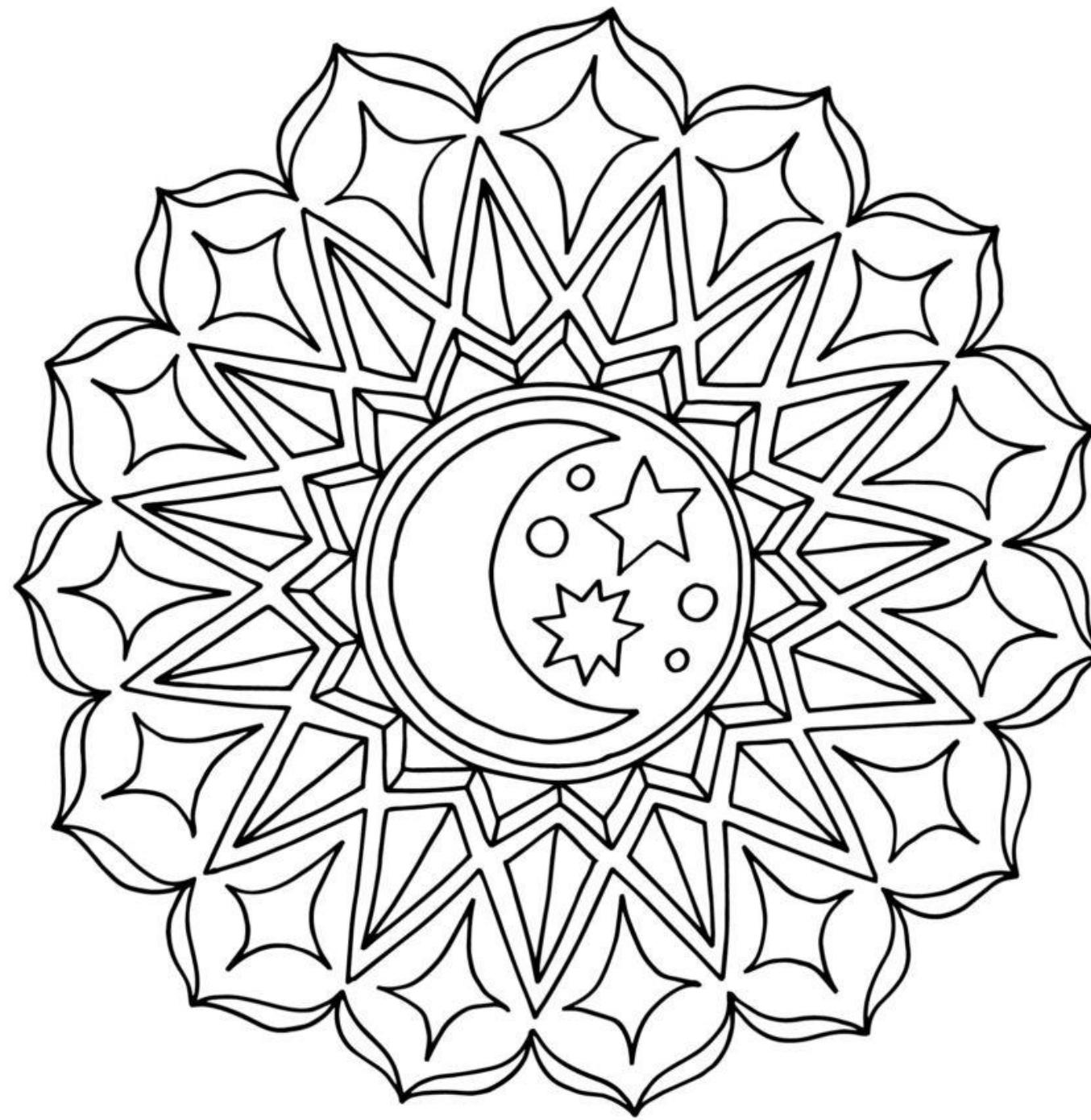
https://www.youtube.com/results?sp=mAEB&search_query=cosmic+yoga



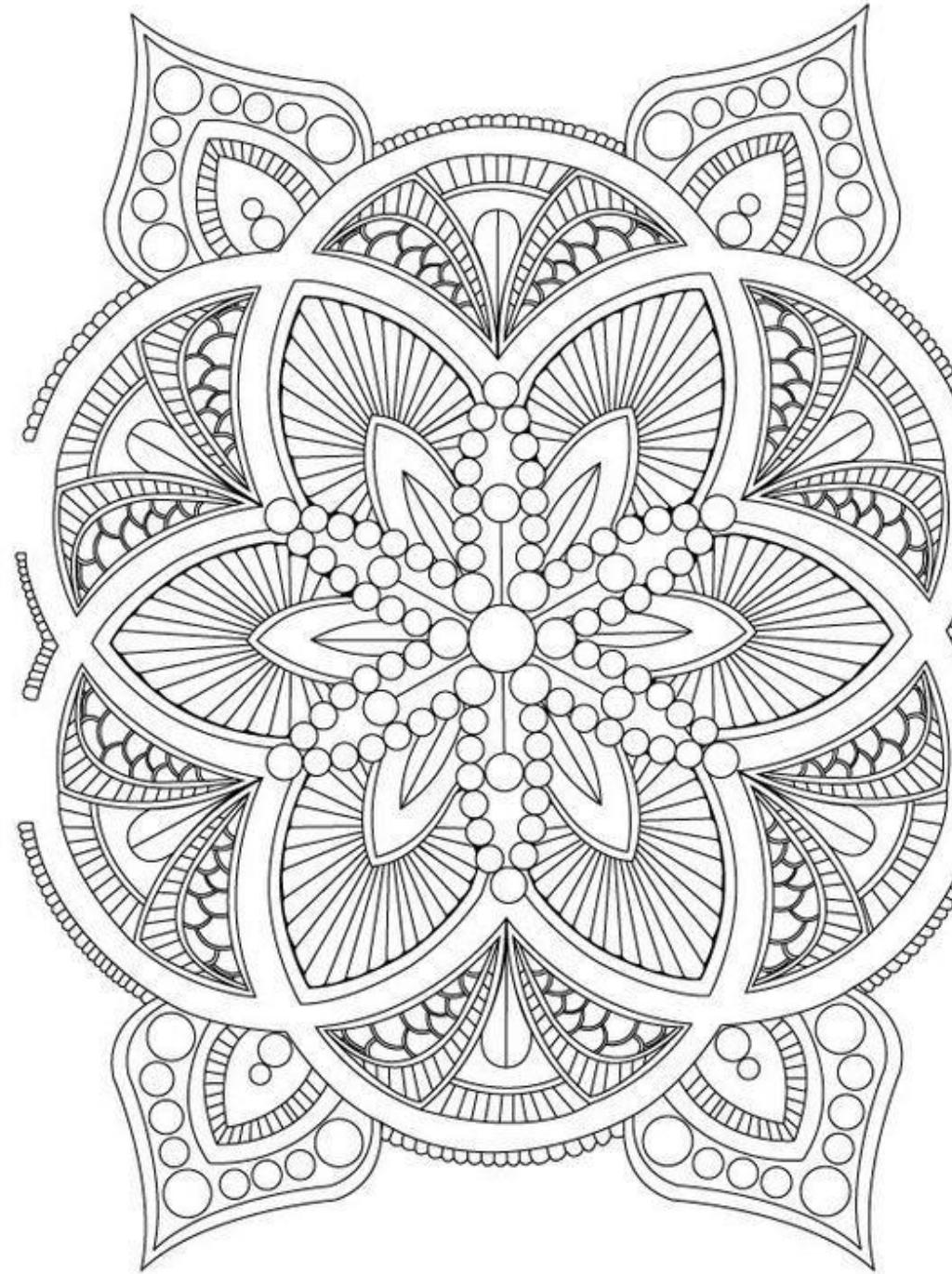


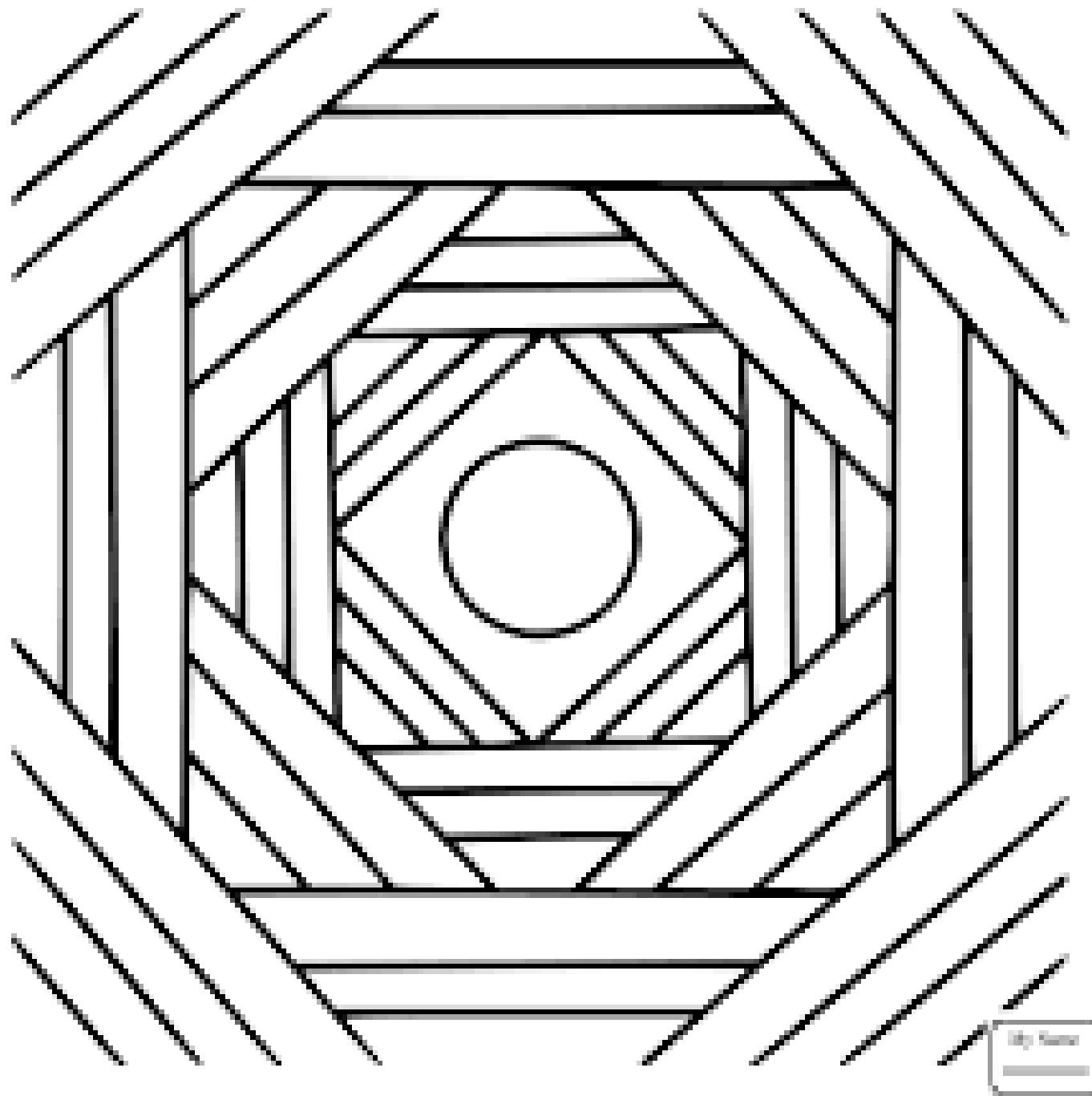






Something
for adults





Little mandalas – addy any colours you like

