

MESSY MANDALAS

This is your time to have fun, and not worry about doing perfect drawings - the messier the better!

1. Draw lots of different sized circles on a piece of paper.
Doesn't matter if they're not perfect circle - just do it your way.

2. Now fill in each circle with different patterns.

straight lines

love hearts

spirals and twists

zig zags

mini shapes

} ANYTHING!

3. Colour it in!

Use paint, pencils or pens

NOW TRY:

Take your time with each mark you make on the paper

Make your breathing move in time with your drawing.

Slow and steady...

How about sticking your mandala up in the window or on a wall?



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