

# Activity & Guide: Mandalas

## Goals

- Take a moment for yourself
- Stop thinking about the news
- Refocus on yourself
- Find peace of mind
- Have fun with a creative activity

## Materials

- Print free mandala drawings by searching Google images
- Crayons, colored pencils, or markers
- Tape to display the finished artwork

## Introductory Remarks

This activity is suitable for people who have preserved visual (seeing) and motor abilities (holding, using an object, rubbing), so that they can see and hold objects. It is simple to implement and allows you to take advantage of free time and isolation to create independently.

Encourage the use of these for a purpose and function, such as an "Art Gallery" or decorations for everyone to view. This will make it much easier for people to engage in the activity

## Instructions

- Invite the person to choose the mandala design which they want to color. You may be able to find one that incorporates that person's interested in your google search (i.e. cats, sports, etc).
- Propose 2 or 3 choices (see some examples on the following pages).
- Invite the person to sit comfortably near the materials.
- Arrange the space so that all the materials are visible and accessible to them.
- Invite them to color the mandala from the center to the outside (or vice versa), at their own pace.
- Take time to enjoy the achievement together.
- Invite the person to comment by asking questions such as, "What do you think?", "What aspect of this activity do you prefer?", and "Would you give it a title?"
- Offer to display their work: "Do you want to display it in your bedroom, in a living room of the house, elsewhere?"
- Thank the person for helping to put a little color and joy in the area, despite the confinement.
- Ask the person if they want to choose other mandalas, and continue or redo it another time.

 Below are a few mandalas you can print to get started









