

Personal Mandala Assignment

What in the world is a “Mandala”?

A mandala is a self-reflective and meaningful design made in the form of a circle. These special drawings were first created in Tibet over 2,000 years ago. A simple definition of the mandala is that it is a circular drawing made to represent the harmony and wholeness of life or wholeness of a person. Tibetans used mandalas for calming themselves and for thinking about the meaning of life.

Today, people often create mandalas to form a representation of who they are or what makes them whole. To make their mandala, they begin by thinking of symbols that represent them. Several examples of symbols include, but are not limited to a dove to represent being at peace with their self, an open hand to represent friendship, a rainbow to represent hope, a flute to represent a love of music, or a tree to represent a love of nature. The symbols that represent each personal are carefully drawn inside the mandala.

The shape of the mandala is a circle, because a circle is the most simple and universal shape we find in the world around us. In addition, because there is always a center, as you look at the circle it exercises your mind and draws you into the center of yourself or your topic.

Your Task:

You are going to create either a mandala drawing, painting, or collage that represents you. If you get stuck, consider the following questions: do you have any interesting dualities? light/dark sides or pessimistic/optimistic sides; what animal are you most like? why?; what plant could represent you?; what color best represents you?; what is your lucky number?; what natural element best describes you (air, fire, earth, water)?; what are some symbols or beliefs that are essential to who you are? Please include at least TEN (10) different symbols within your mandala, one of which must represent your cultural identity and one of which must represent the book you read for summer reading. You can be as creative as you would like when creating your mandala, but remember the idea that a circle should be present somewhere within your poster, painting, or collage. You must also complete your mandala on white cardstock.

Keep in mind that you will be presenting your mandala to the class. This presentation will be very informal; as long as you present, you will receive full presentation points. The entire class should be able to experience an in-depth look into YOU as a person through your mandala representation and presentation. Please take a picture of your mandala and e-mail it to me before the beginning of class.

What is the point of this assignment?

The main goal of this assignment is to help us get to know one another on a more personal level. We will be spending A LOT of time together this year, and it is important for us to begin building relationships. The presentations will (hopefully) help us become more comfortable talking in front of the class. Seriously, the more you do it, the easier it gets! I think? The

mandalas also make for some awesome classroom decor-- the more creative you are, the better! Finally, the main point of this assignment is to refresh your brain about what symbols are; we will be looking at symbols in literature throughout the year.

Supplies:

- White Cardstock
- A pencil
- Colored pencils or markers
- A ruler
- A compass that can help you draw circles of different sizes would be helpful

Steps To Create Your Mandala:

1. Begin with a circle.
2. Divide the circle into sections.
3. You will probably want to add more shapes. The combinations are endless! Be creative. Google “Mandala Outlines” and look at the images for ideas if you need them.
4. Fill the sections with symbols that represent elements from your life.

- o Culture
- o Friends
- o School
- o Home
- o Family
- o Summer Reading
- o Hobbies/Interests
- o Music
- o Religion
- o Dreams
- o Inspirations
- o Quotes
- o Nature
- o Etc.