

MANDALAS

Mandalas are circular symbols representing the universe in Hinduism and Buddhism. They symbolise the circle of life: That everything is connected and life never ends.

You will need:

Playdough

Flowers, leaves, grass, twigs etc.

- Roll out a circular playdough for your mandala base
- Choose your flowers, petals, sticks, grass...
- Press them onto the base in circular symmetrical patterns

Play dough recipe

Step one: Take a large bowl and add:

- 2 cups flour
- 1 cup salt
- 2 tbs vegetable oil
- 2 tbs cream of tartar

Step two: add in any extras such as: glitter, spices fragrance

Step three: ask a grown-up to boil the kettle and pour 1 1/2 cups of the water into your mixture. Add in any food colouring at this stage so that it mixes evenly through the dough.

Step four: mix the ingredients together to form a dough and you are ready to play.

This is a great base for Mandalas. You can also use contact paper/sticky backed plastic, paper, dish or anything you can imagine.



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