

How to... Draw a Mandala

with Mussarat Rahman

A mandala is a geometric set of symbols that are used in different spiritual traditions. The process of creating them is considered to help with focus or wellbeing.

For this activity, you will need:

- Colourful paper
- A pencil
- A ruler, a sharpener and a rubber (just in case!)
- And a bunch of brightly coloured pens or pencils!

Exercise:

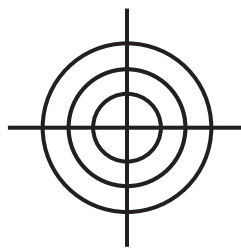
Step 1

Grab a piece of colourful paper and measure the halfway point of the length and width of the paper on the top, bottom and both sides of the page. Then find the middle of the page by drawing a cross connecting these four points.

Step 2

From the central point, mark out each inch to about 4 inch on each line, then mark halfway between those points. You will end up with a cross, with marks every centimetre along.

By the end of step 2, you should end up with something that looks like this:



Step 3

Begin to connect these marks by creating circles that connect them. Don't worry if the circles aren't perfect they are just a guide.

Step 4

Draw a central point and then get creative with patterns and colour!

Tips:

- Take inspiration from nature and the world around you
- Use colour! Use all the colours, the more the merrier!
- Use each curved boxes and add a shape in them, repeat patterns and experiment!
- Take a look at some of [Dame Zandra Rhodes' fabrics](#), can you copy a design idea from them?
- What about using inspiration from a pattern on your favourite t-shirt or pair of socks?
- You could draw zigzags or add in your favourite pasta shapes!