

Tips for Outdoor Play



The word mandala is a Sanskrit term that means “circle” and you can see mandala patterns in many natural objects such as petals of a flower, spiderwebs, seashells and tree rings.



How to make one:

- Gather natural materials that are on the ground such as rocks, leaves, sticks, shells, pinecones – whatever you can find in your location whether you have access to a beach or forest or park.
- Make sure you don't break anything off or pull any living things up only use what is fallen or on the ground already. In Autumn you might find wonderful leaves of different colours!
- Firstly make an area for your mandala by clearing away leaf litter and place a special piece in the centre – your design will grow outwards from this point.
- Make a circular layer around the centre item, then choose another type of material to create the next circular layer. Be as creative as you can and make beautiful patterns with nature.

