



HOLY EUCHARIST SCHOOL

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Visual Arts Term 3 WEEK 6 Grades 5 and 6

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Learning Intention: This week you will experiment and explore making mandalas. They represent the whole of the universe, and they can be used as an exercise or for meditation. Recently, the basic idea of drawing a radial pattern has been also adopted by the Western world, as a tool for therapy or simply relaxation.

As with most personal art therapy activities, you don't need any professional art supplies.

- sheet of paper (even copy paper will do)
- pencil
- drawing compass
- ruler
- protractor
- fine liner/thin marker/pigment ink pen (any color you like)
- (optionally) thicker marker

You can draw a mandala with a pencil only, if you want, but dark markers make the pattern cleaner and more definite.

You will design a table mat with a circular pattern. Some examples are given below.

Watch these videos to help you with the ideas and patterns:

https://docs.google.com/document/d/17y_U2xlpdk8FrJA6eH1CuvFMS8jbf4G2opBIVAKOpxo/edit History of mandalas

<https://www.youtube.com/watch?v=KQpJNL7Et60>

Using geometrical tools to draw mandalas

<https://www.youtube.com/watch?v=f8jp1j0a63M>

drawing mandalas for beginners

https://www.youtube.com/watch?v=wIG-VaDF_RA How to use tools to make a mandala

IDEAS. You can use calming music to listen while doing mandalas

<https://www.youtube.com/watch?v=LXsYwc9oPGc>

