



## HOLY EUCHARIST SCHOOL

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### Visual Arts Term 3 WEEK 6 Grades 4

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#### Learning Intention:

Mandalas are a decorative picture that helps you to focus on mindfulness and meditation. They are popular with the Buddhist, Hindu and Jain beliefs. In the Western world it is used as Art therapy, as an exercise of your inner strength and ability. There is emphasis on simple patterns and detail.

Instructions: 1. Read the document about Mindfulness Mandalas (attached) 2. Use the template in the document to design your own mandala (if you cannot have it printed, just draw your own template on a sheet of paper) - You can watch the attached video for some Mandala ideas (Learn 6 Simple Mandala Patterns) 3. Take a photo of your Mandala and attach it to your art folder in Google classroom.

Watch this videos

[https://drive.google.com/file/d/1Amoc6VOosxcswVFOwSYNSbsYXsmI\\_bpV/view](https://drive.google.com/file/d/1Amoc6VOosxcswVFOwSYNSbsYXsmI_bpV/view)

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

[https://docs.google.com/document/d/17y\\_U2xlpdk8FrJA6eH1CuvFMS8jbf4G2opBIVAKOpxo/edit](https://docs.google.com/document/d/17y_U2xlpdk8FrJA6eH1CuvFMS8jbf4G2opBIVAKOpxo/edit) History of mandalas and template if you need help

#### listen to meditation music while working

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



