Praying with Mandalas

Let students carefully choose the colours and begin to slowly colour their mandala beginning at the centre point. The sand mandalas created by the Tibetan monks can take literally weeks. So it is good to make sure this is a slow process and give students a few minutes each day to colour. You as teacher need to have mandala so that you are doing this with them and then you can model along the way.

Other follow up activities:

1. Provide students with the opportunity to talk about their mandala and what the colours they have used represent.

2. When mandalas are finished and laminated you could have a ritual where students place the completed mandalas round the edge of a coloured circular cloth. They could have rostered times to look at the mandalas from the class.

2. Invite students to spend time looking at their own mandala. Lead them into this with some breathing and silence. They could choose to hold their mandala or place it carefully on their desk. This could be accompanied by some reflective music. Do this each day so that they get to know their mandala.

3. Ask students to spend time in silence reflecting on their mandala. Encourage them to think about how God is with them in all they do. Lead them to create their own word /s about their mandala e.g. peace or God is with me

4. Students write a prayer or find a short quote from scripture that they believe connects with or reflects their mandala.