

Mandala Project

Mrs. Dutro - English 10

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A mandala is a wondrous and meaningful design made in the form of a circle. These special drawings traditionally displayed highly intricate illustrations of religious significance and were used for meditation. Since then, mandalas have become a tool for displaying individual and cultural uniqueness in the world over.

A simple definition of the mandala is that it is a circular drawing made to represent the harmony and wholeness of life or the wholeness of a person. Tibetans used mandalas for calming themselves and for thinking about the meaning of life. Today, people often create mandalas to form a simple representation of who they are. To make a mandala, a person begins by thinking of symbols that represent him or her. These symbols might include a dove to represent peace, a heart to represent love, or an open hand to represent friendship. The symbols a person chooses are then carefully drawn in the mandala.

Personality Traits	Symbols Representing Traits
Short-Term and Long-Term Goals	Symbols Representing Goals
Important Things/People	Symbols Representing Important Things/People

Use the circle below to create your Mandala. Be sure to cut the excess paper away from the circle before turning it in.

