

**ACTIVITY:** Mandala's

**GROUP TOPIC:** Creative and Self Expression

**GROUP FOCUS:** To explore new and different ways to express emotions.

**MATERIALS:**

Paper

Pencils/Erasers

Different sizes of circles to trace

Colored Pencils/Water Color Paints /Pastels/Markers

Mandala ideas printed off or blank mandala templates



**GROUP DESCRIPTION:** Explain that creating mandalas is a way of meditation, relaxation, and self-exploration. Have the residents sit quietly in their own space and either color or paint a mandala. They should try to focus only on the creation of the mandala.

**VARIATIONS/IDEAS:**

1. Create a group mandala

**POSSIBLE DISCUSSION QUESTIONS:**

1. What did you create?
2. What were some emotions you depicted in your mandala?
3. What were some feelings you felt while creating your mandala?
4. Was it difficult to focus on your mandala?