

PERSONAL MANDALA PROJECT Name: _____



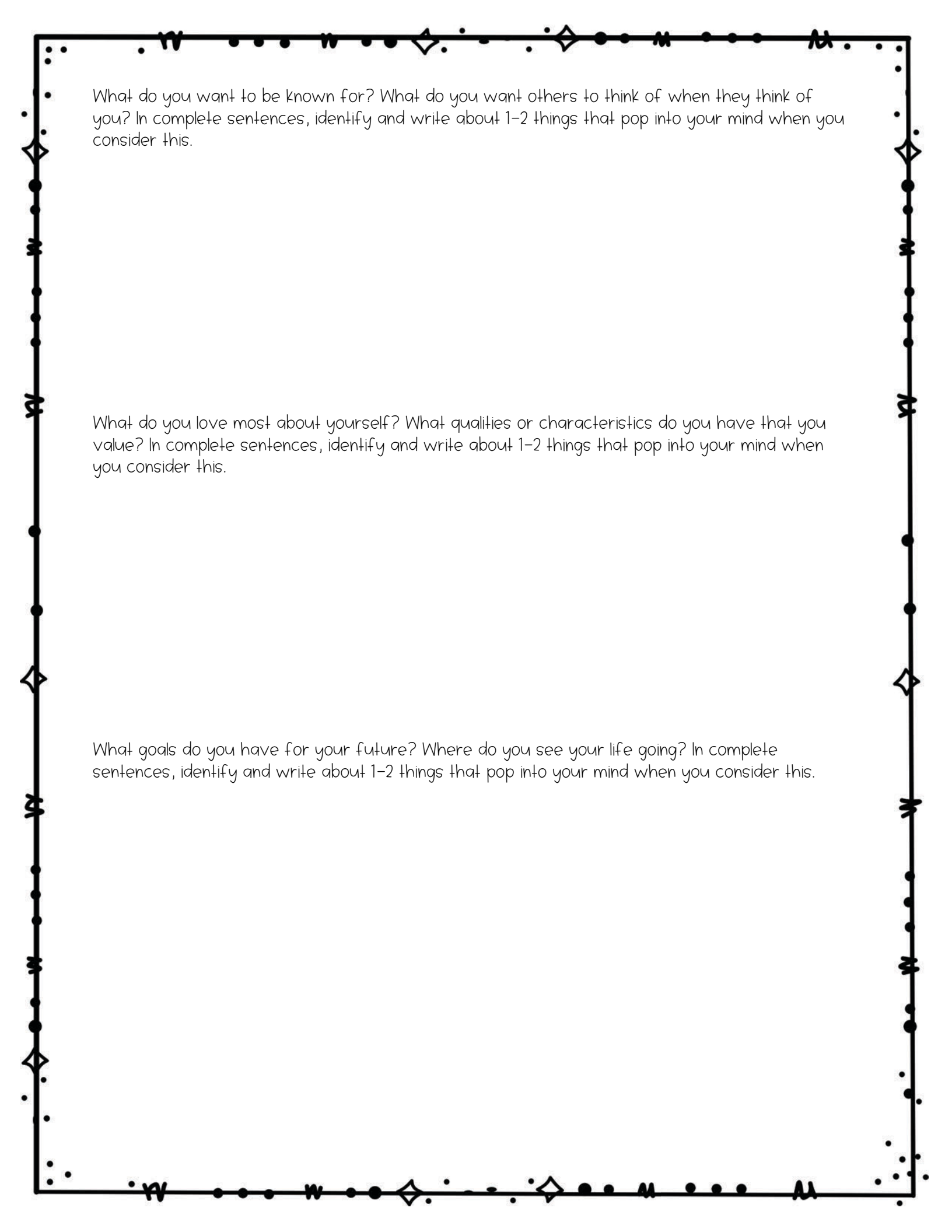
WHAT IS A MANDALA? Mandala is a Sanskrit word meaning circle or center. A mandala is often a circular design with symmetric, geometric patterns. A mandala can be used to represent your own wholeness and show who you are as a person.



Step 1: Who are you? Take time to silently and independently think about what matters most to you. In complete sentences, identify and write about 3 things that pop into your mind when you consider this.

Who are the people who have influenced you most in your life? In complete sentences, identify and write about 3 things that pop into your mind when you consider this.

What do you love to do? In complete sentences, identify and write about 3 things that pop into your mind when you consider this.



What do you want to be known for? What do you want others to think of when they think of you? In complete sentences, identify and write about 1-2 things that pop into your mind when you consider this.

What do you love most about yourself? What qualities or characteristics do you have that you value? In complete sentences, identify and write about 1-2 things that pop into your mind when you consider this.

What goals do you have for your future? Where do you see your life going? In complete sentences, identify and write about 1-2 things that pop into your mind when you consider this.

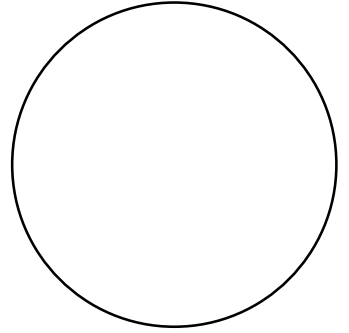
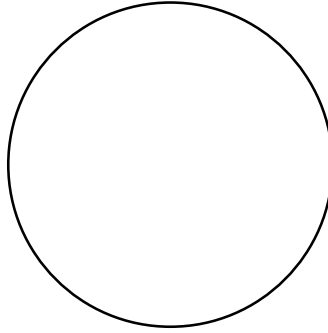
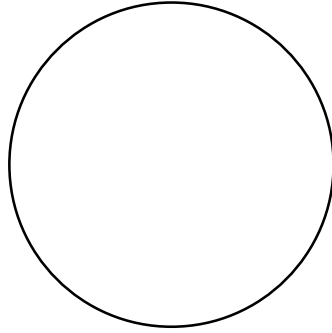
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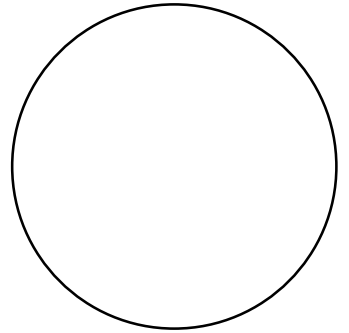
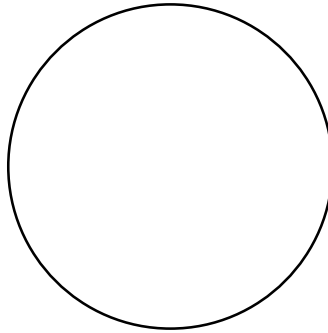
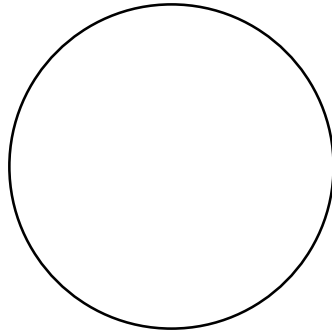
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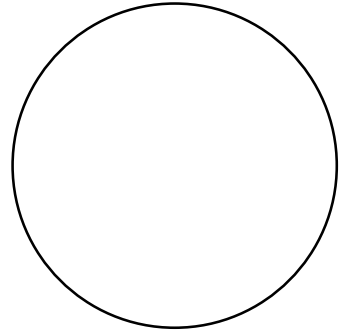
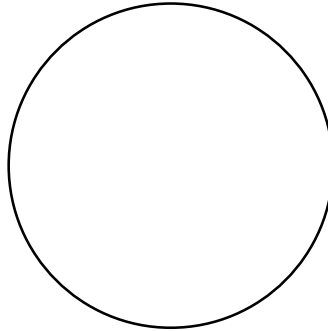
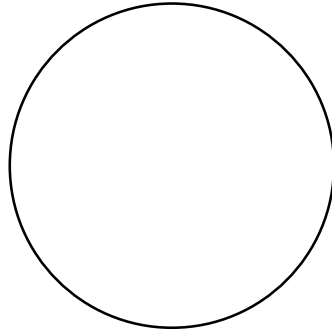
SYMBOL 1

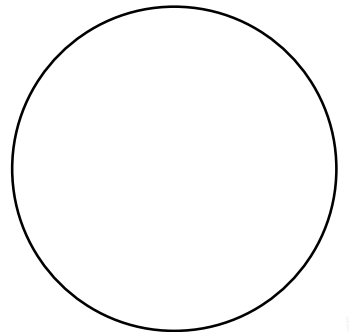
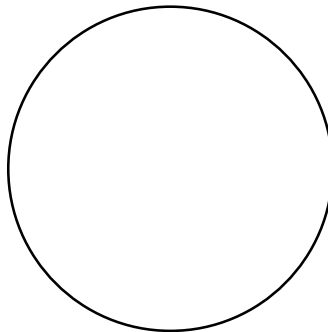
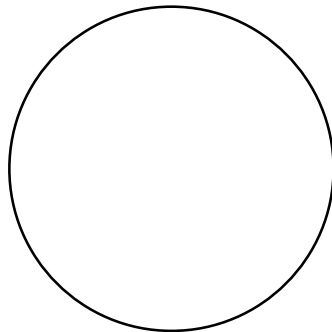
SYMBOL 2

SYMBOL 3









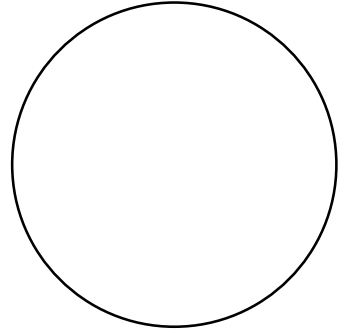
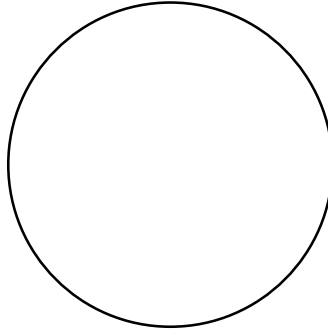
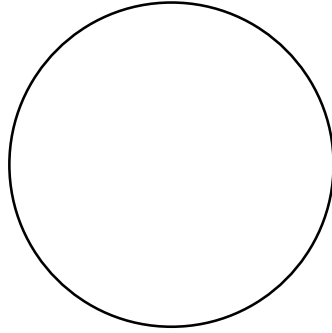
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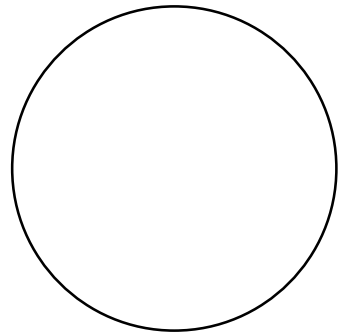
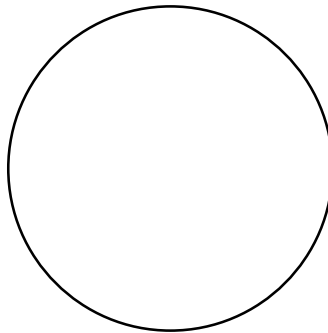
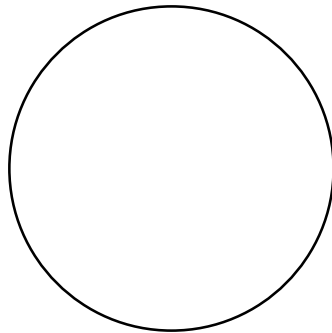
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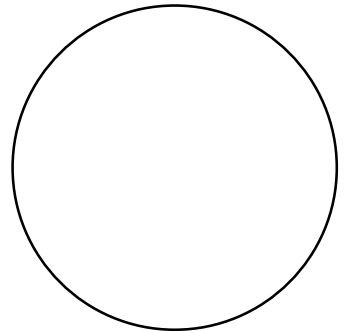
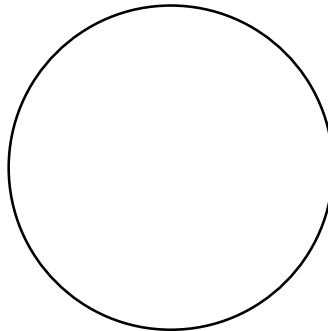
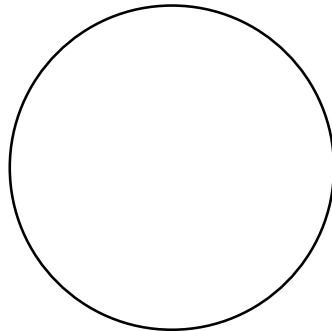
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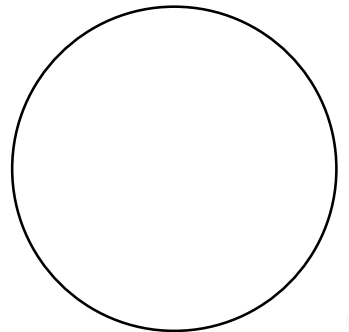
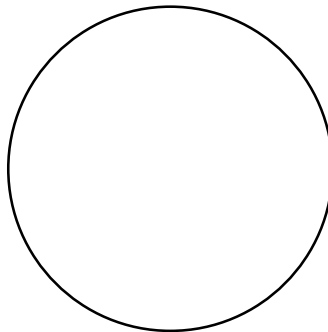
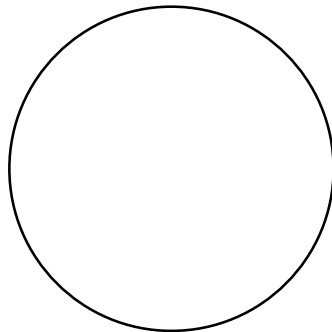
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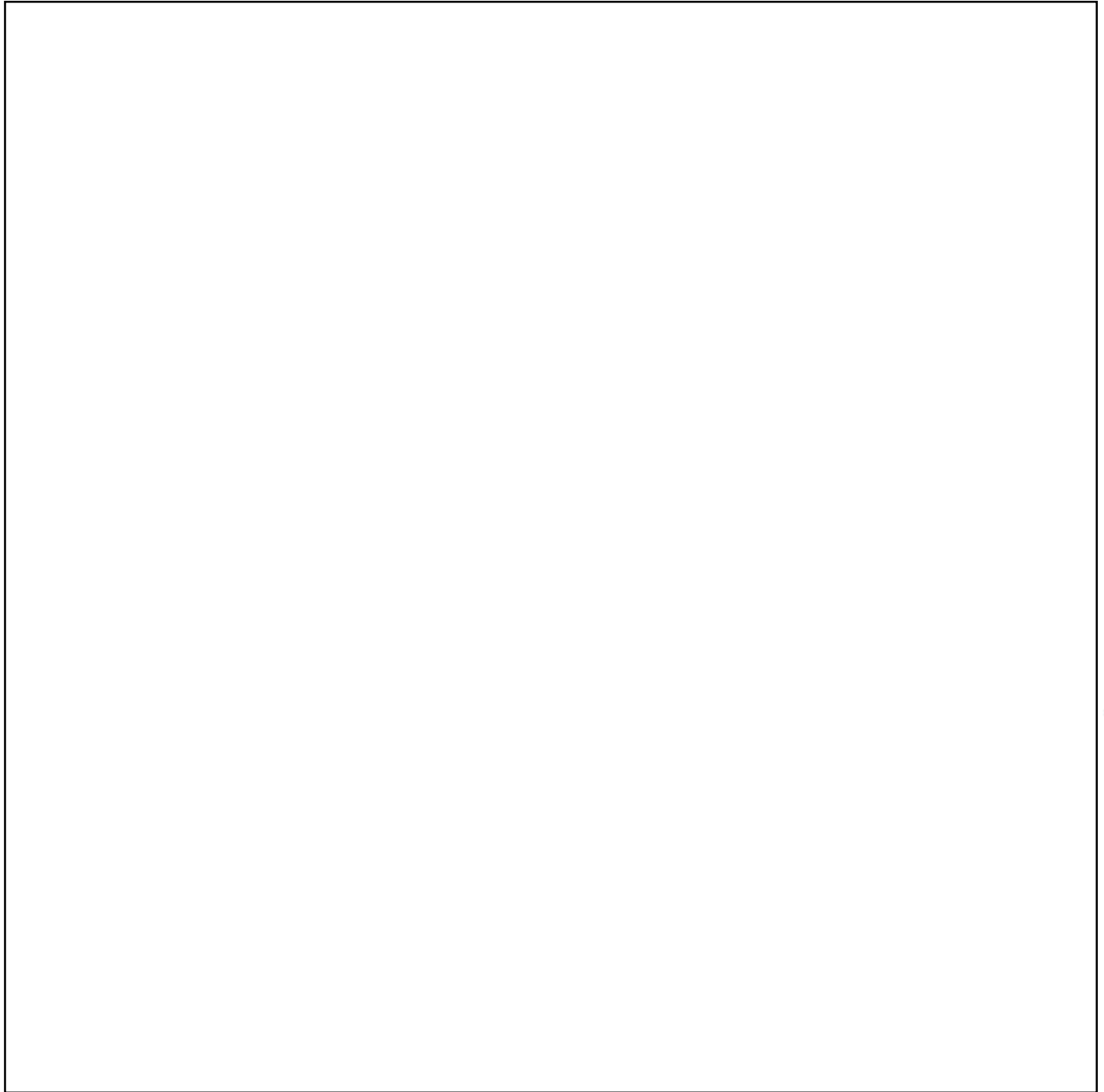








Step 3: In the square below, draw a sketch (no color) of your mandala. Remember, a mandala is circular and symmetrical. It should include your 8 symbols to represent the things that matter most to you as well as geometric designs. When you have your rough draft sketch ready, show it to your teacher or counselor before moving on.



Step 4: You're ready to begin. Here's what you need to know:

- There are only enough supplies for you to have 1 piece of paper. Please be careful and sketch lightly before adding color.
- Your mandala must be circular, symmetrical, and include geometric designs.
- You must include a minimum of 8 symbols that represent you in your mandala. Include symbols to represent people, activities, goals, and traits.
- Your mandala must be full color with colored pencils. No markers or gel pens may be used on this project. Do not leave any white spaces.
- On the back of your mandala, write (in pencil only) a written explanation of your creation. Explain what the symbols represent and why you chose them.