



## Summer 2020 Lesson

Class: Making Art with Meriel

Grade Band: 2-5

Teacher: Meriel Stern

"Busy Hands Mandala"

Objective: Create a personalized meditative drawing using line and shape patterns.

Materials: copy paper, black marker, colored pencil, crayon or highlighter, misc. objects to trace around.

Process: Note: (We each have a dominant and non-dominant hand when drawing and writing. I call them your "working" hand, and your "helping" hand. Both of your hands should work together!) Mandala is a Sanskrit word that means "circle" The circle represents many things, the earth and planets, clock, a wheel, a moment in time.....and is used to center our attention to this moment in time.

1. Start by placing your "helping hand" flat on the paper, and using the black marker in your drawing hand, trace all around your hand and fingers, beginning and ending at the edge of the paper.

2. Place a roll of tape, saucer, or other round object somewhere partially intersecting with the tracing of your hand, and trace around it. (You can add more circles, or any other shapes that you can trace around.)

3. Draw repeated lines and shapes with the black marker to fill in each in each separate space you just created. Choose lines and shapes/symbols that represent your feelings and activities right now.

4. When you have filled each space with designs, go back over the spaces with different colors to create a balanced but interesting composition.

5. Sign and date your drawing at the bottom so you can remember this moment in time.

Vocabulary: Mandala, Dominant/Non-Dominant hand, Trace, Pattern, Symbol.