

Activity Sheet Kindness Stones & Mandalas



Mindfulness activities give us a chance to slow down and concentrate on the here and now. Creating Kindness stones can be affirming for you but also to brighten someones day and bring a smile to their face.

Why not use a Mandala pattern in your design. Mandalas have been used for meditation in Eastern Cultures for centuries. Circular in shape and usually containing geometric patterns, they are ritualistic symbols of the universe in both Hinduism and Buddhism.

Their complex and intricate patterns make them a great mindfulness tool. You can of course, create mandalas with just about anything.

You will need:

Your choice of acrylic solid colour paints, 6 small smooth rocks or pebbles, White gel pen, Paper plate, Water basin, Paper towels. Sharpie pens in a variety of colours can also be used if you don't have a steady hand or just want to create mandala designs for spring and Easter.



Instructions

1. Select 6 rocks or pebbles that have a flat surface to paint. To prep the rocks for painting, wash with warm soapy water and let dry.
2. Paint six rocks in a solid colour using an angled flat Paint brush. Let dry. Mix each of the solid colours with white to a 1:1 ratio to create a lighter shade.
3. Paint each rock with varying shades of a single color by mixing different amounts of white. See photos for inspiration for designs and sayings.
4. Write the saying on the dried painted rock in a white gel pen. Draw the letters with enough space in between each letter to be able to paint over the lines and still read. If you make a mistake you can wipe away with a little water and paper towel until you get it just right.
5. Paint each saying in white using the fine brush. Let dry.
6. If you don't have a steady hand for painting you could use a Sharpie permanent pen or puffy paint to create a mandala design based on spring colours.



Natures Mandalas ...

Choose items from nature the natural elements made it a peaceful, grounding experience. As you work concentrate and notice the weight of the stone in your hand. Absorb with your senses the smell of the leaf or flower and the texture of the shell. It's a lovely way to connect with the earth and the environment around you in a mindful way.

What you'll need:

- A round base of some sort – we used round placemats, but you could also use a paper plate or some cardboard.
- A selection of natural items – we used shells, pebbles, flowers, stones, and leaves. We also used some cotton yarn and some sticks to create the lines in our mandalas.

What to do:

Just gather your supplies together and get creative! Mandalas are typically symmetrical, with a repetitive pattern or sequence of some sort. But of course, this isn't vital to this particular exercise! Suspend your judgment about whether your mandala looks good or "right" and just focus on the process of creating and being aware as you work.

We do hope you have fun with this. We all have times in our life which are a little harder than others, & these pebbles are a simple way of letting people know you care & that you're thinking of them. Take care and stay safe from all of us at CARM x xx

CARM Art Exhibition

March Creative Challenge
This month it is a shape

SQUARE

Chosen by Charlotte
aged 10

Use a square to get your creative juices
flowing
Create for us any art or craft item this
month

Do send us your photographs so we can share your creations with all our CARM friends! Our email is: rem@carmromneymarsh.org.uk