



**Baltimore Woods
Nature Center**
Nature in your hands

Nature Mandala

Mandala is a Sanskrit word that loosely translates to “circle” which is why many mandalas that you will see are in the shape of a circle. Mandalas have a rich history and have been created in many different traditions for thousands of years! A fun way to connect with nature is by creating a nature mandala, using materials that you find on the ground.

To create a nature mandala you will need to first gather your materials. Bring a bucket or basket with you on a nature walk and collect leaves, stones, nuts, sticks, flowers, pinecones, anything you can find on the ground.

Choose your favorite natural material that you collected to be the center of your mandala. After you have you the center of your mandala on the ground, use the rest of your materials to create circular layers around the center. Create as many layers of materials as you would like! Below is an example of a nature mandala to help guide you but yours can look however you would like!

