THE MINDFULNESS

FOR

KIDS

Mandala Drawing Book

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FOR
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Mandala Drawing Book

By Wendy Piersall and

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Introduction

Design Library

It's Mandala Time!

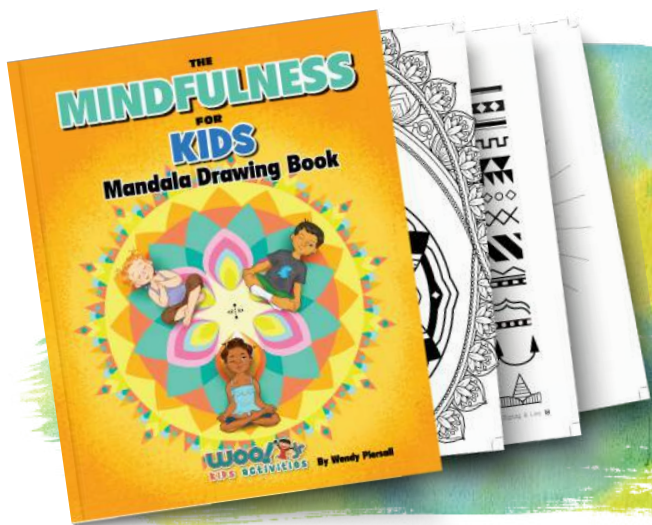# Did you enjoy this Drawing Adventure?

If you'd like to purchase the print version of your free bonus drawing books for kids, you can find them at these links:
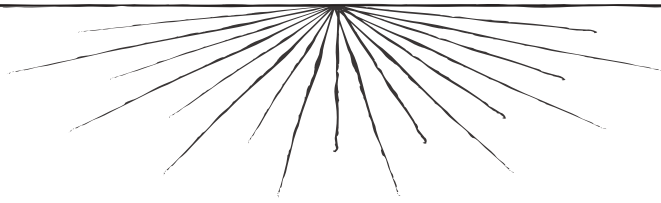
The Drawing Book for Kids

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The Mindfulness for Kids Mandala Drawing Book
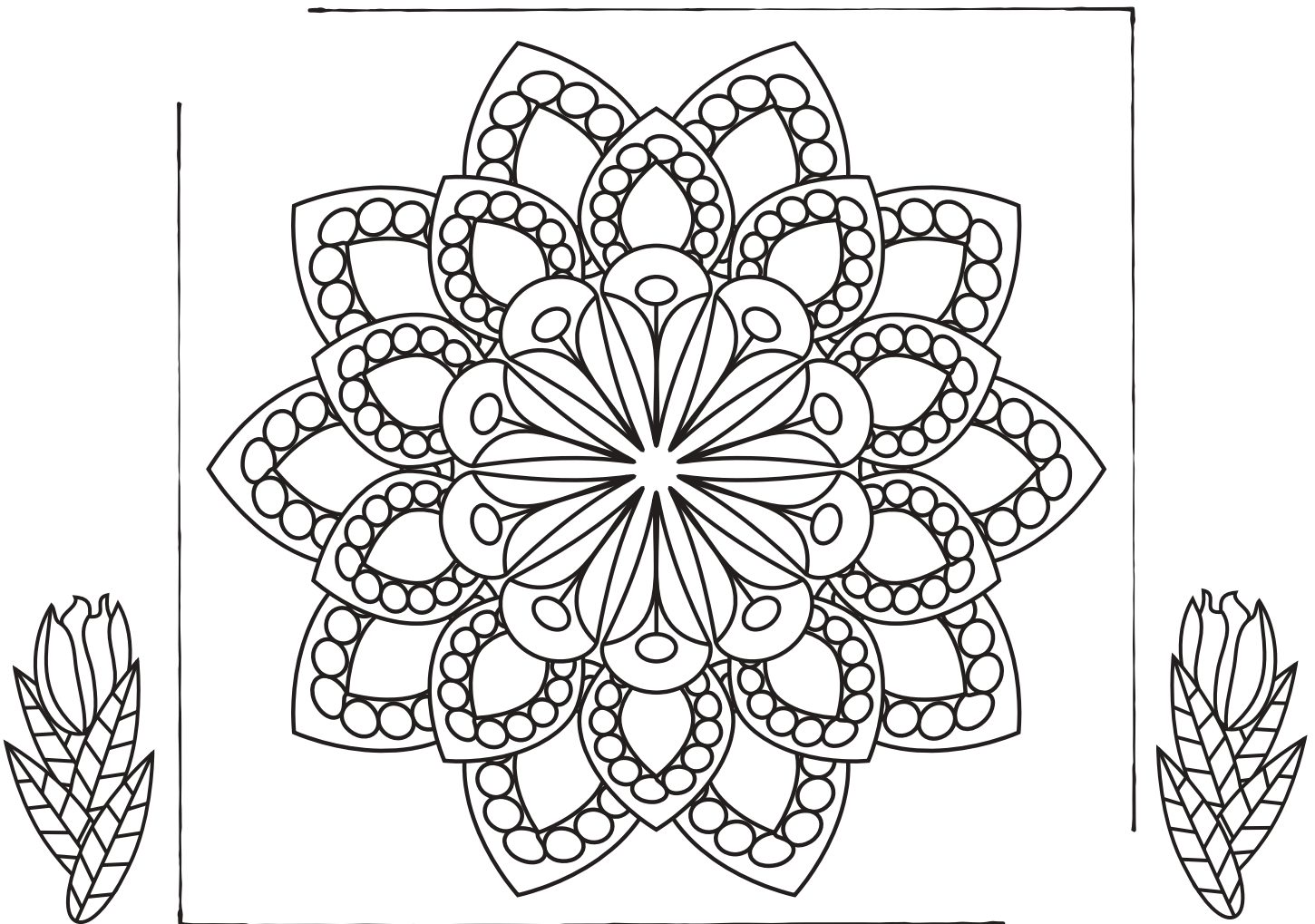
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Welcome to Mandalas

In **The Mindfulness for Kids Mandala Drawing Book** we'll be exploring different styles of lines, decorative elements, and fills that will help **you** create **any** mandala you can imagine.

But first: what is a mandala?

A **Mandala**, which comes from the Sanskrit word for "circle", is a spiritual symbol that represents the universe in Buddhism and Hinduism. Interestingly, these beautiful, radial designs have been found also in Christianity, as well as Mesoamerican cultures. Both Mayan and Aztec civilizations depicted calendars with mandalas.

Often, mandalas are used as meditation aids. If you find yourself relaxing while drawing mandalas, don't be surprised!

Together, we are going to learn how to design mandalas using radial grids. You can make your designs with pencils, pens, colored pencils, or other materials – don't feel limited!
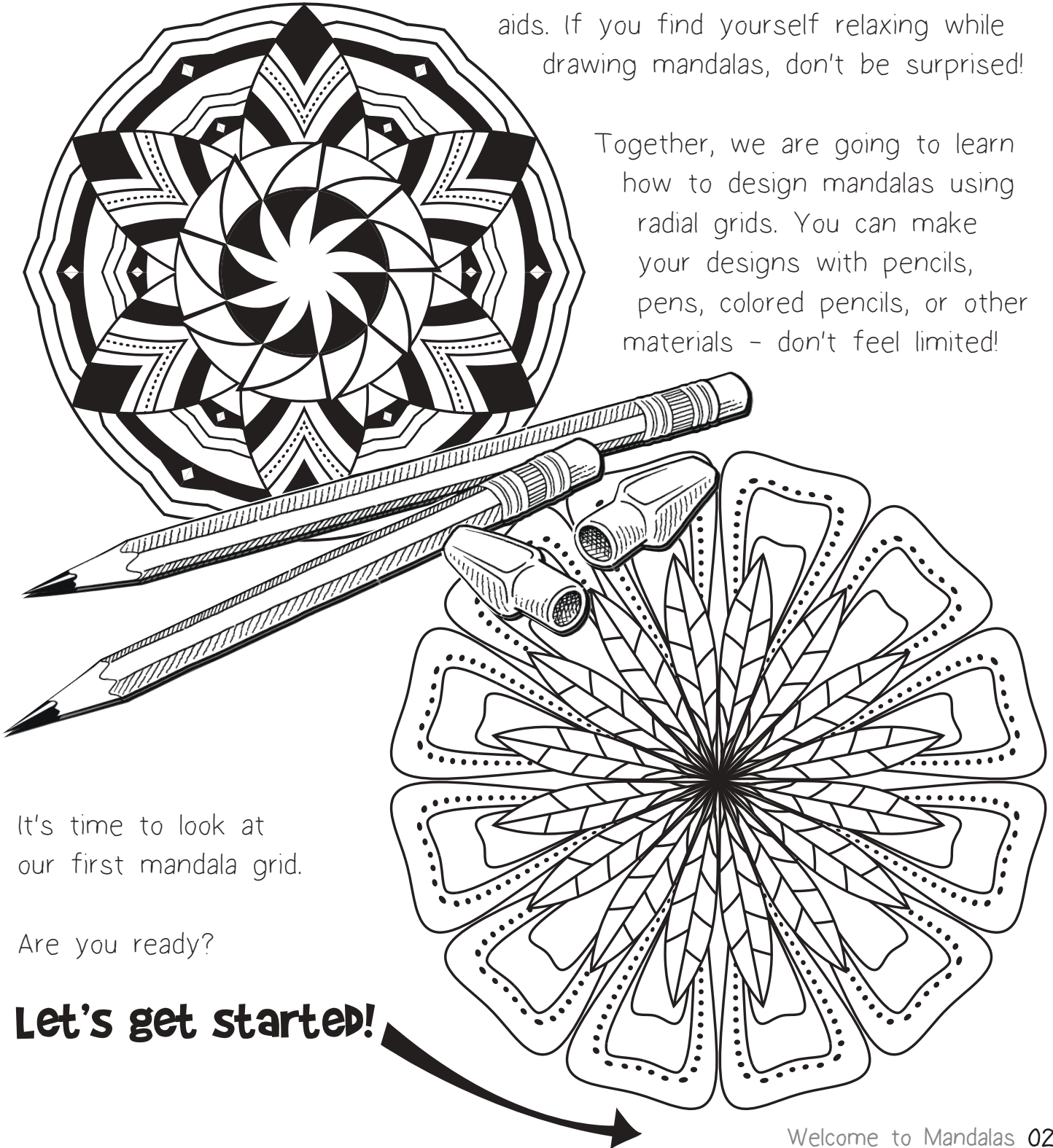
It's time to look at our first mandala grid.

Are you ready?

Let's get started!

Anatomy of a Mandala

This is a mandala grid!

You'll be using a grid to guide your mandala drawings throughout this book. The grid will help you to make even and proportional designs in every mandala you draw!

I always find it's easiest to start in the middle of the circle and draw designs working from the center to the outside. Start by drawing shapes or lines on your mandala grid, as shown below.

Use the circles and spokes to line up your designs.
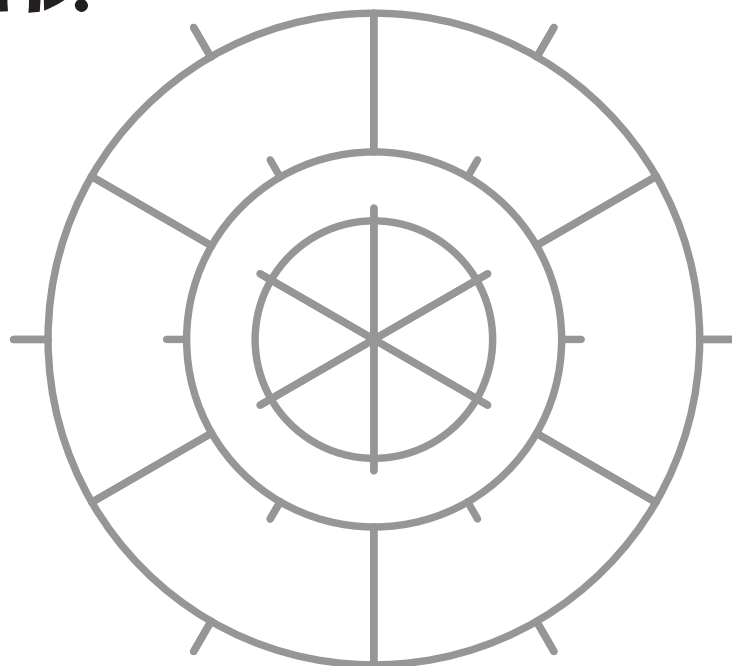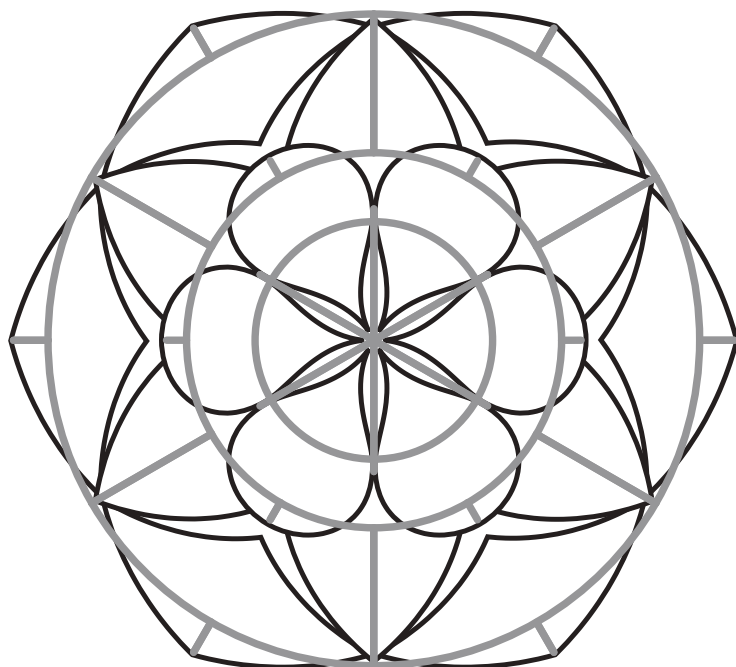
Notice there are 3 "layers" to this mandala to the left that line up with the three circles on the grid.

The first inside layer is 6 teardrops in the center.

The second layer is 6 rounded triangles in the middle.

The third layer is 6 rounded diamond shapes on the outside.

Easy enough so far, right?

Anatomy of a Mandala
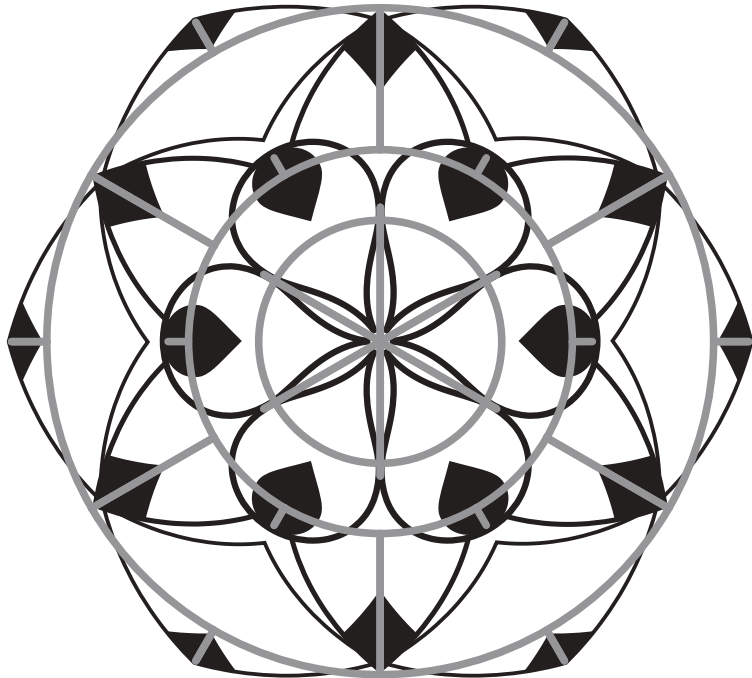
After you've drawn out the large shapes on the layers of your mandala, you can add as many details as you want. For this mandala, I started by adding some dark accents to each layer.

This is a fun place to start adding colors if you want, too!

Next I've started adding some more lines within the shapes. Notice that each section of each layer is the same all the way around the mandala.

If you get stumped on what to details to add, I have plenty of pages of patterns, fills, and other designs you can use later in this book. Right now I just want you to see how to build details into your drawing as you progress.

Anatomy of a Mandala

There is no right or wrong way to draw a mandala! Add as much color or detail as you want. I added a few more lines, dots and dark accents to my mandala. Notice that a drawing that started out very simple now looks very detailed and intricate with every new addition.

Remember that every _easy_ step along the way was simply adding a few lines, dots or filled in shapes!

See the finished mandala below!

Breakdown Time!

We've learned what a mandala is, and how to use grids to help us create beautiful pieces of art. Using that knowledge we can look at mandalas, and understand what pieces put them together.

Starting from the center, we see petal designs, lines, triangles, and zig-zag patterns with dot accents. There are four examples of mandala breakdowns on the next few pages.
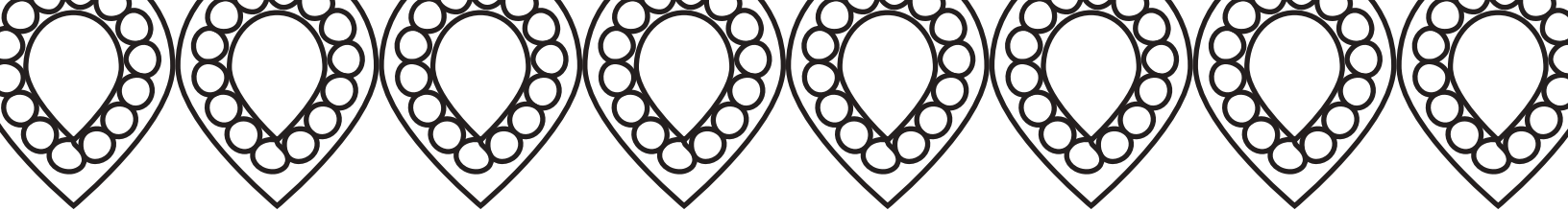
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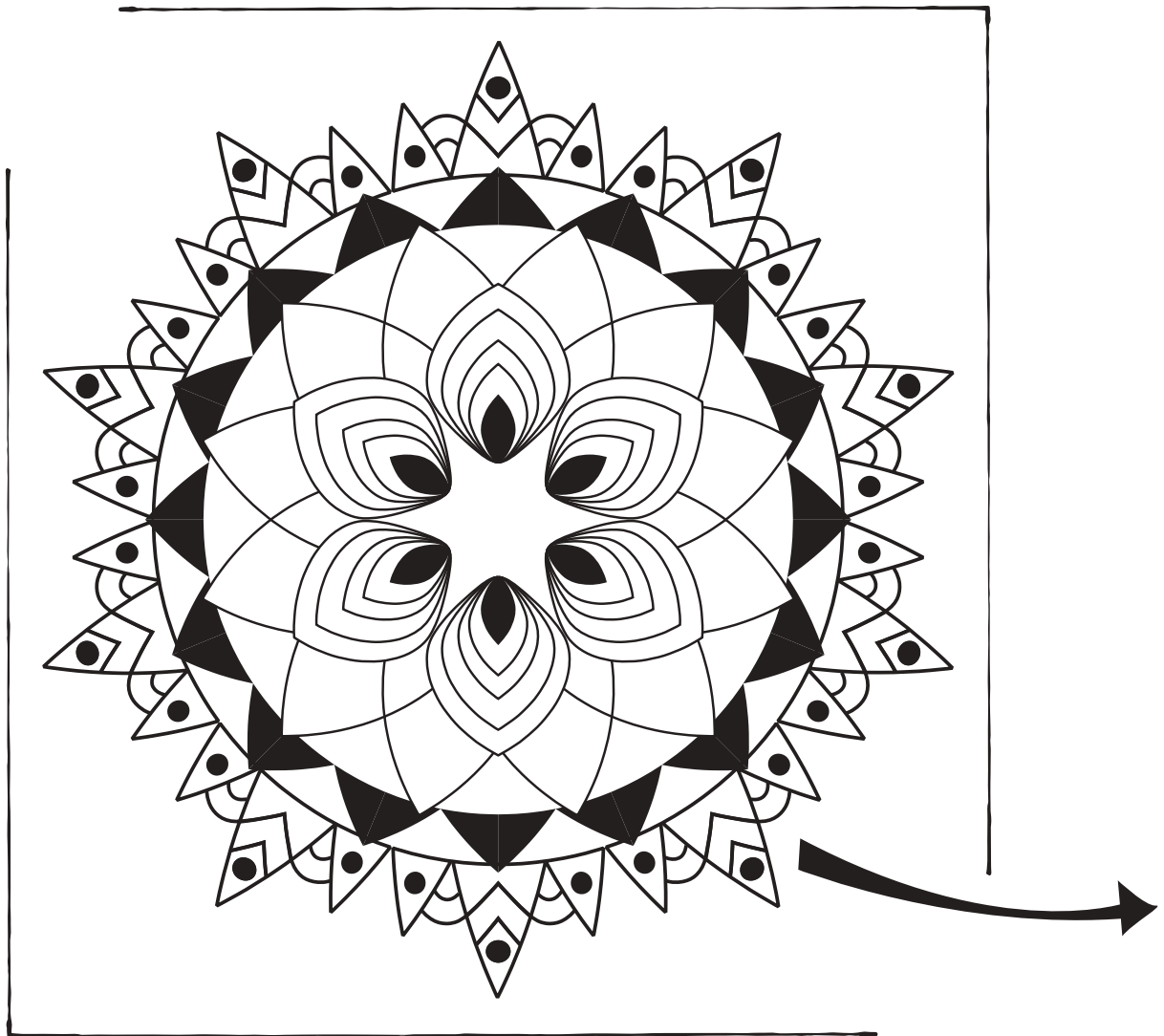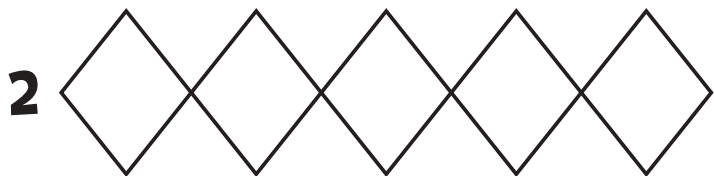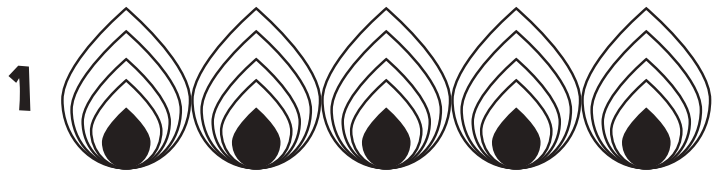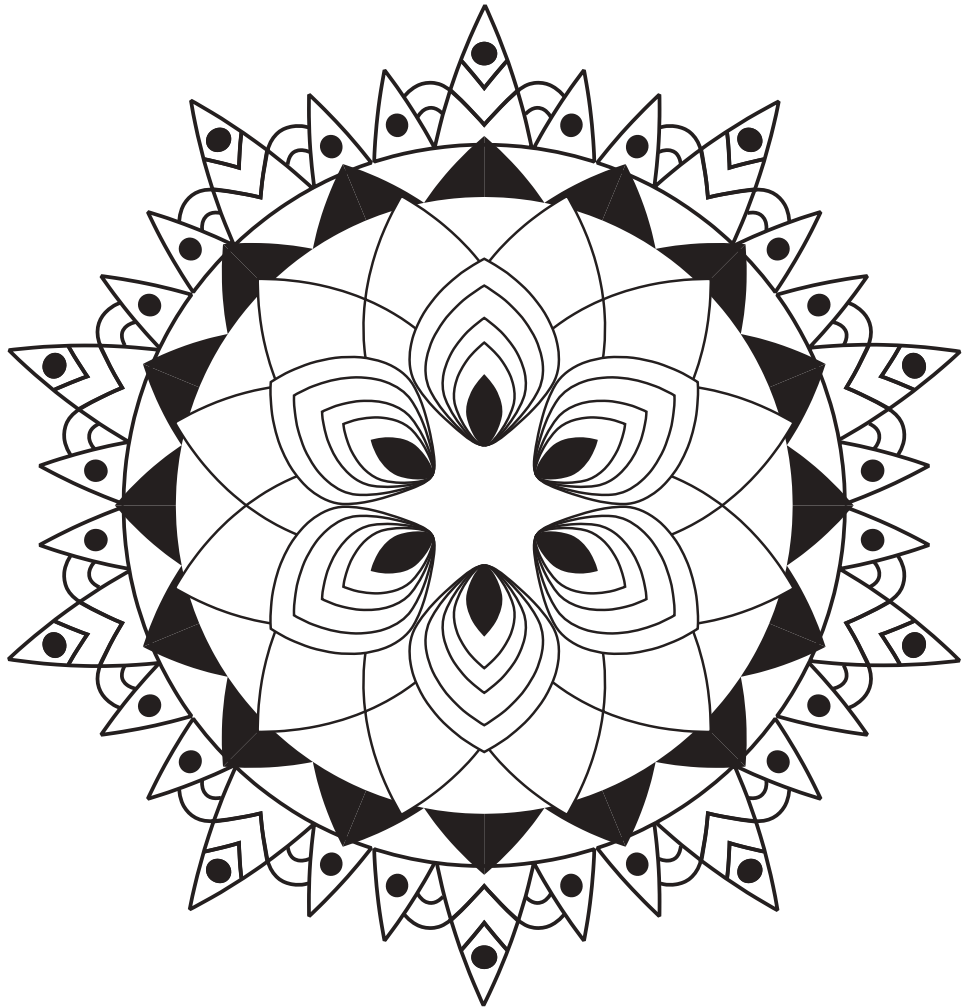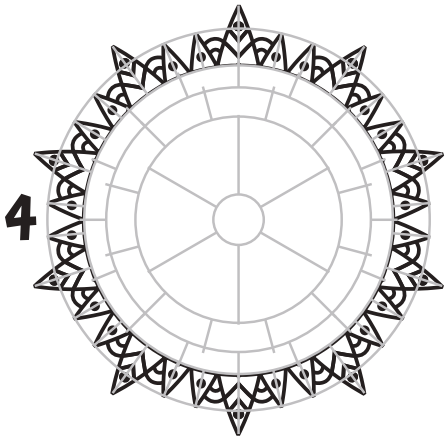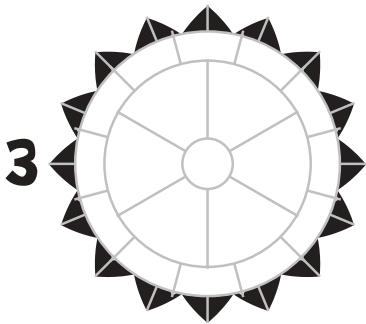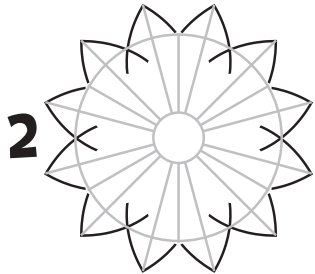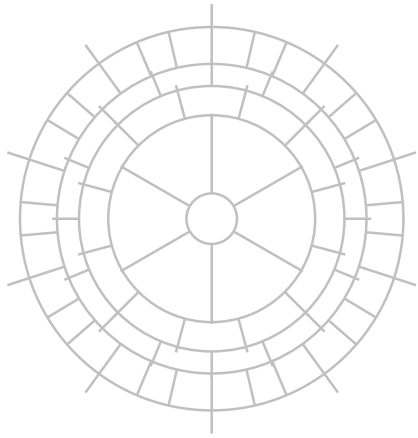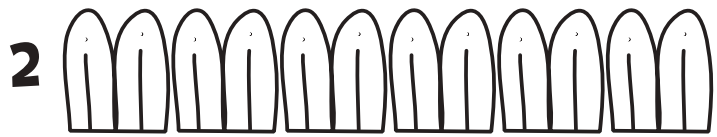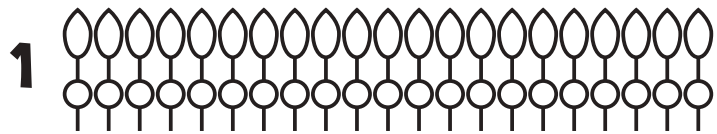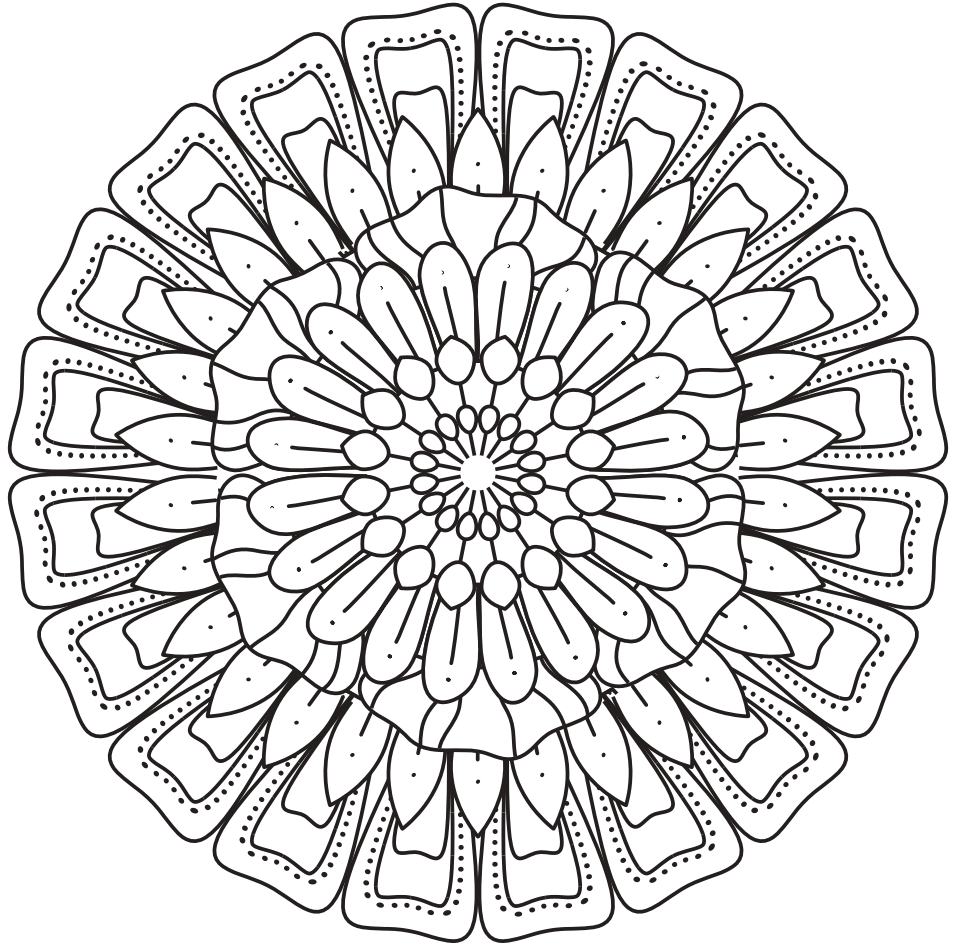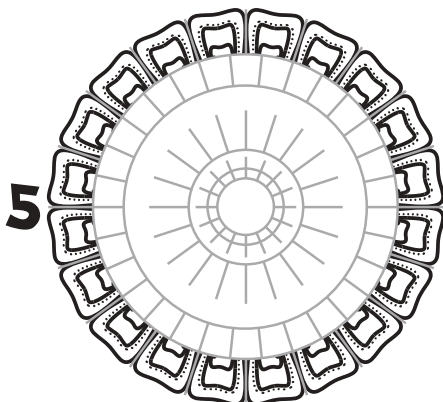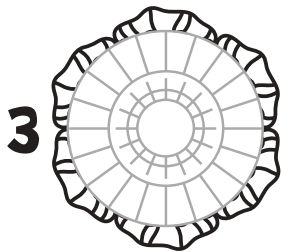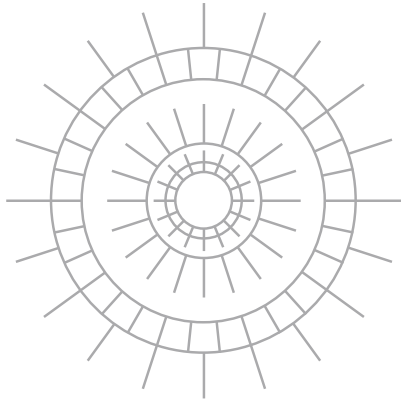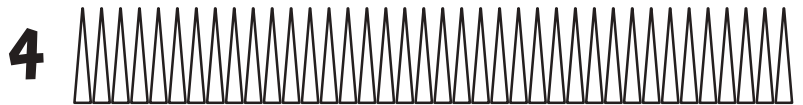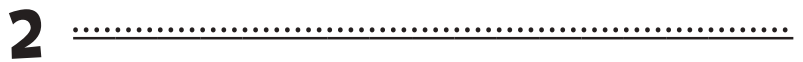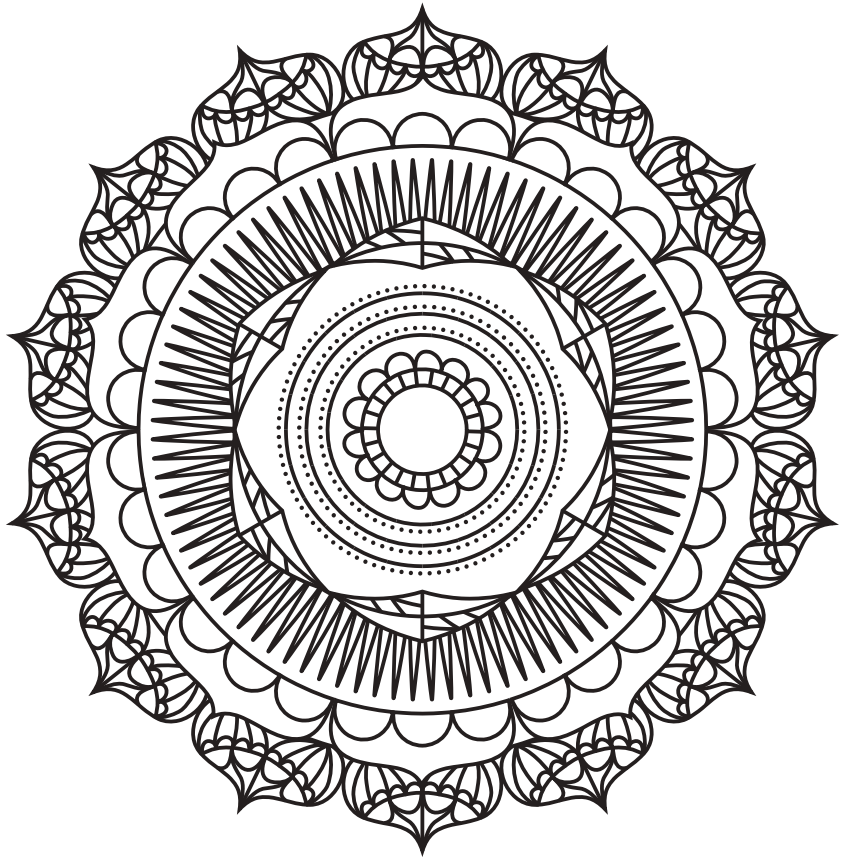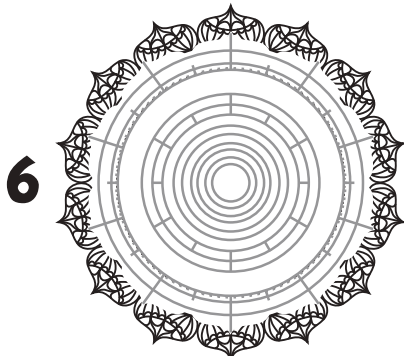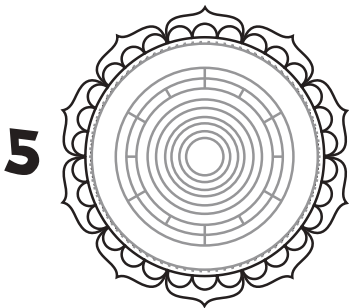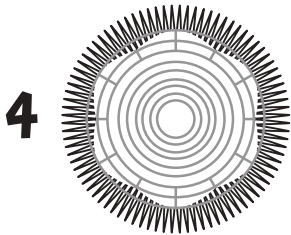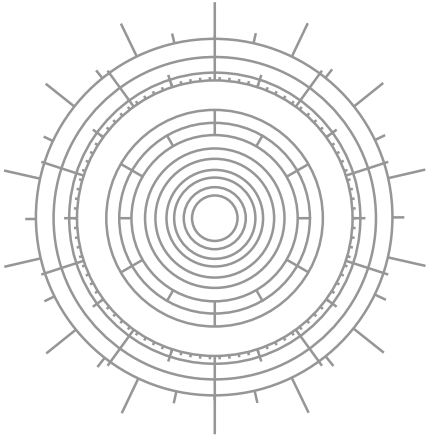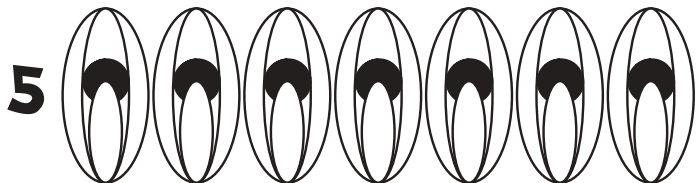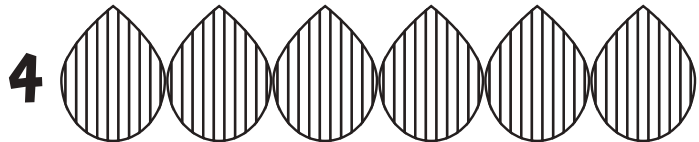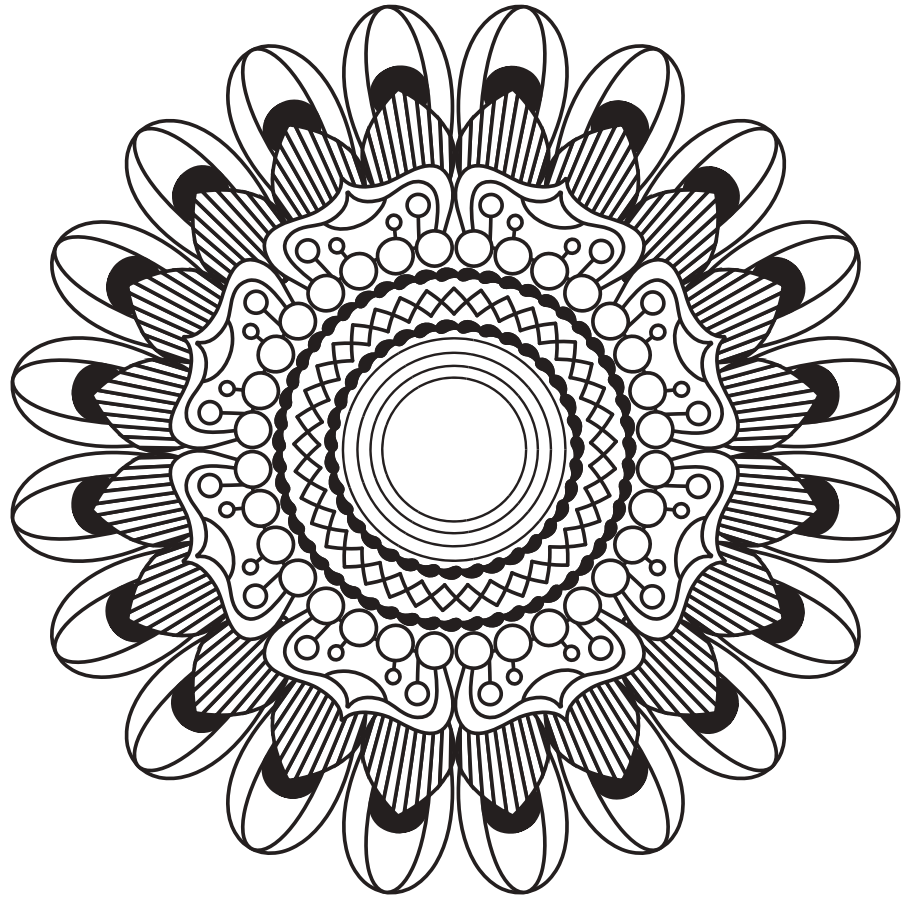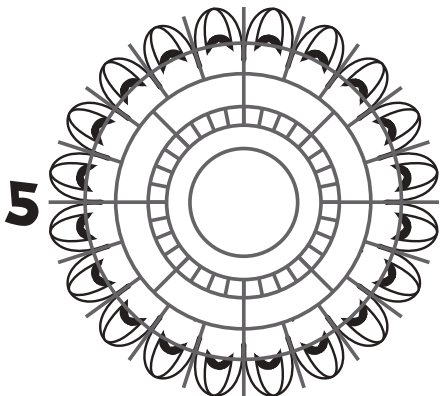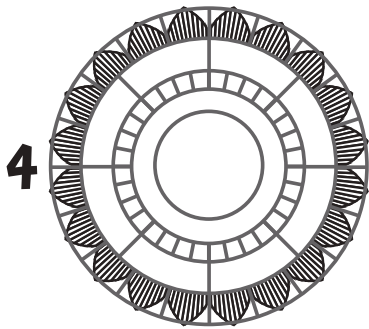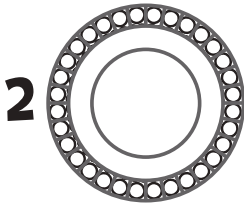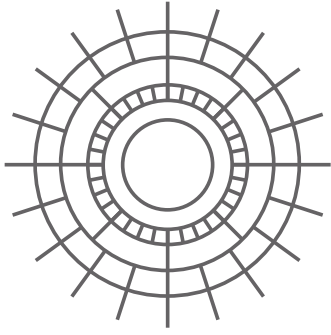
What is Mindfulness?

Mindfulness is "the state of being conscious or aware of something."

In everyday language, mindfulness means focusing our attention on the present moment, letting our thoughts and feelings float by without getting attached to them.

Put even more simply, mindfulness is the art of noticing what's happening in the present moment.
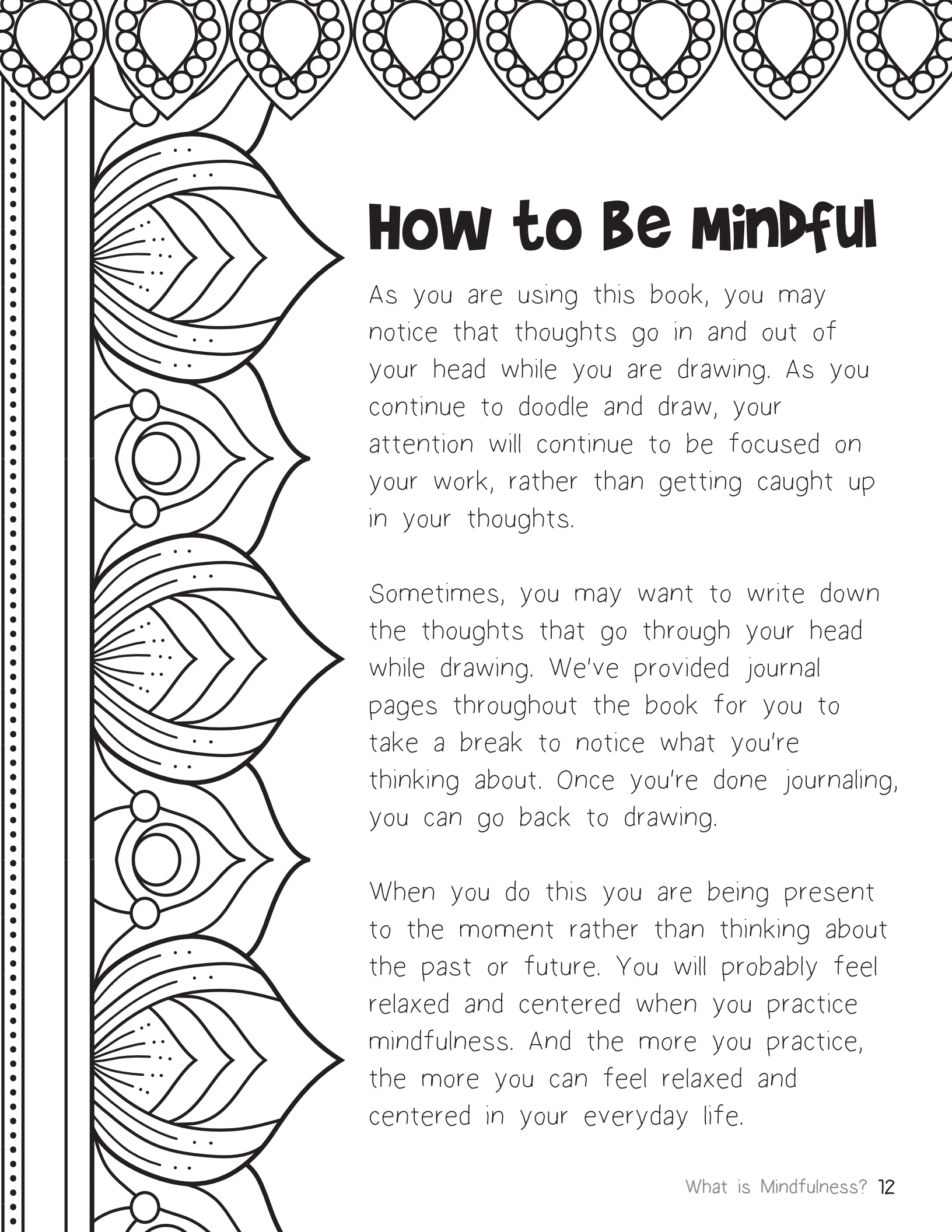
How to Be Mindful

As you are using this book, you may notice that thoughts go in and out of your head while you are drawing. As you continue to doodle and draw, your attention will continue to be focused on your work, rather than getting caught up in your thoughts.

Sometimes, you may want to write down the thoughts that go through your head while drawing. We've provided journal pages throughout the book for you to take a break to notice what you're thinking about. Once you're done journaling, you can go back to drawing.

When you do this you are being present to the moment rather than thinking about the past or future. You will probably feel relaxed and centered when you practice mindfulness. And the more you practice, the more you can feel relaxed and centered in your everyday life.
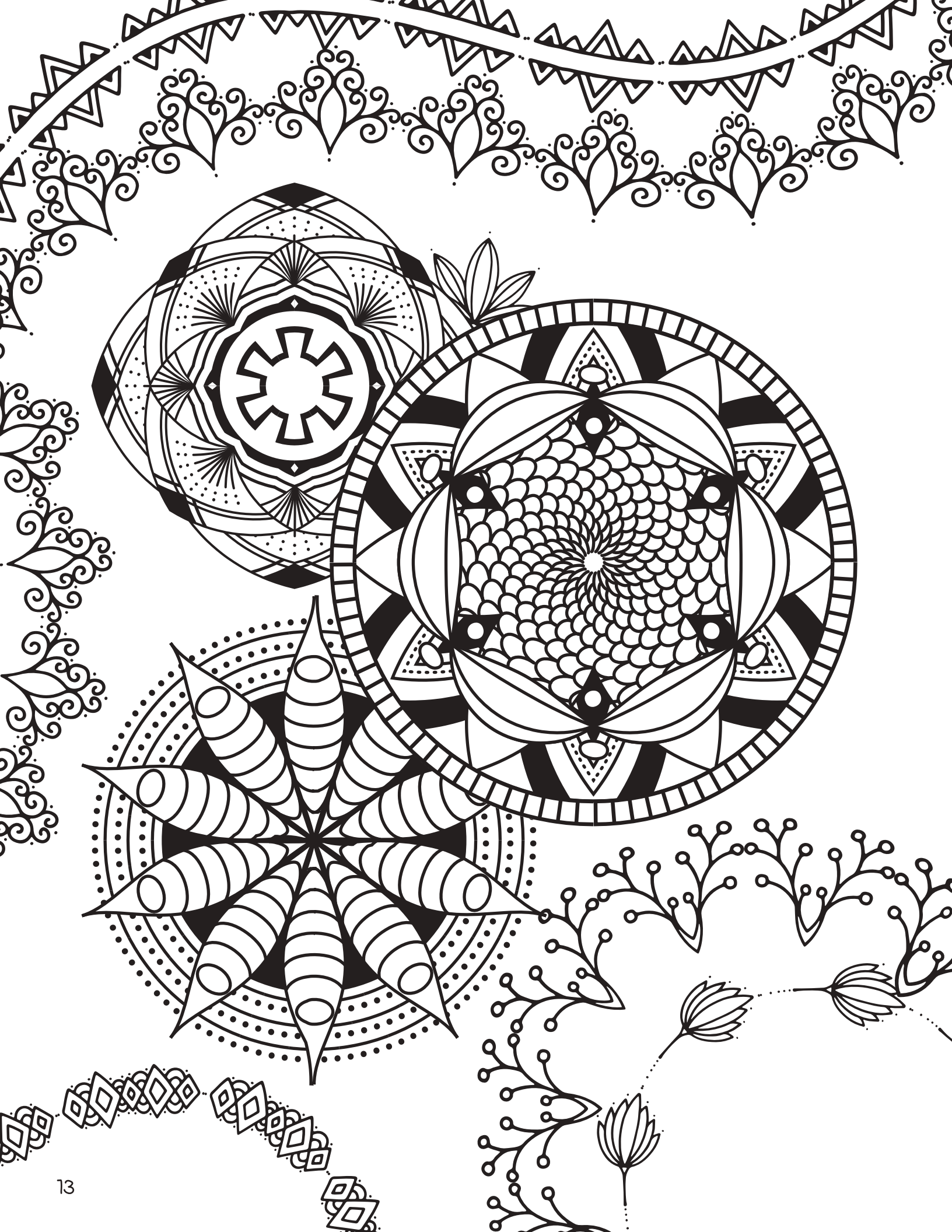
Design LiBrary

Curves & Swirls Patterns

Going forward, we're going to explore different patterns that you can use when creating your own mandalas.

Let's look at some curves & swirls.

For some extra fun, you can color in our example mandalas!
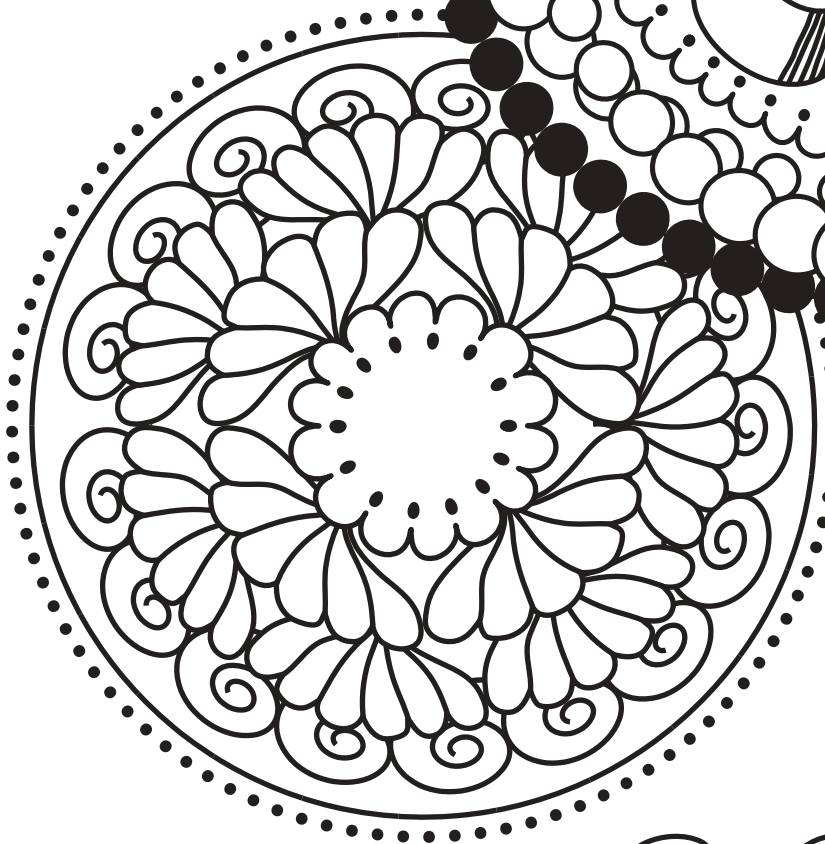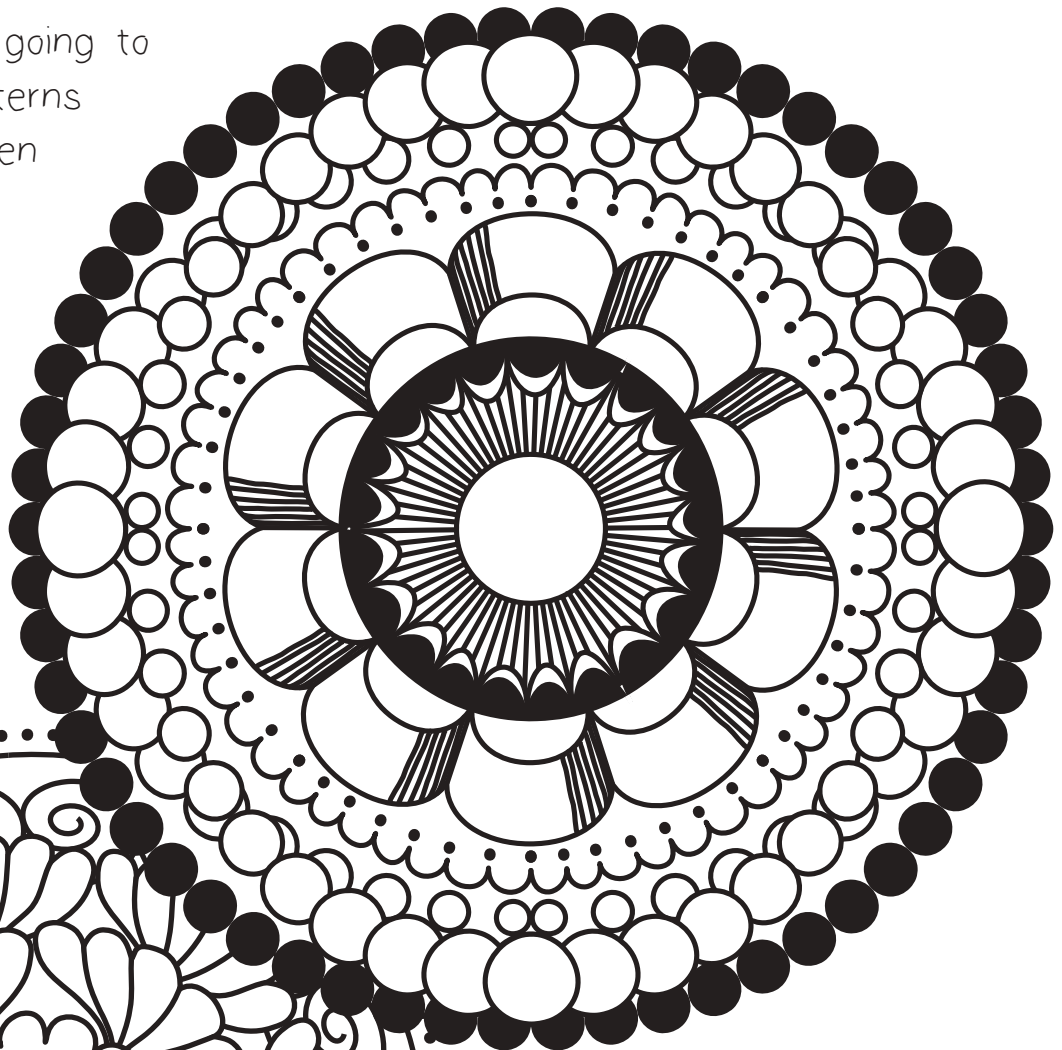
When designing your first mandalas, you can reference back to patterns from any of these example sections, mixing and matching to create something beautiful.
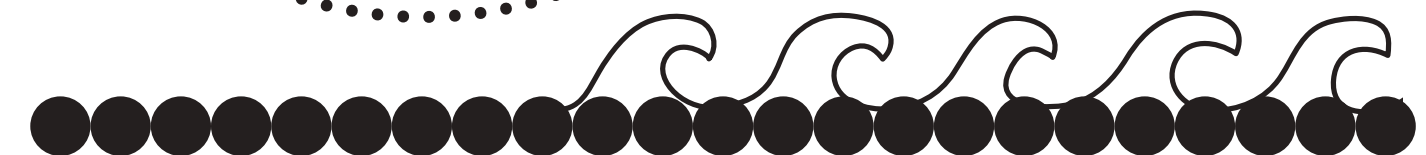
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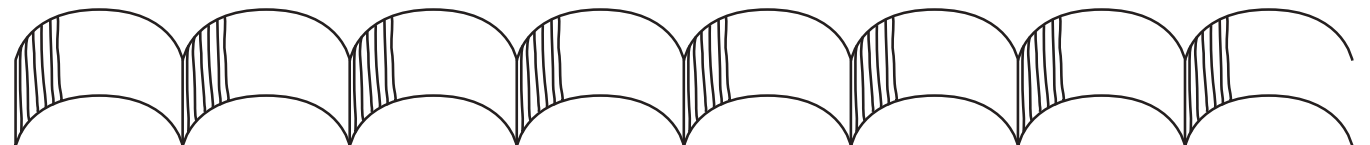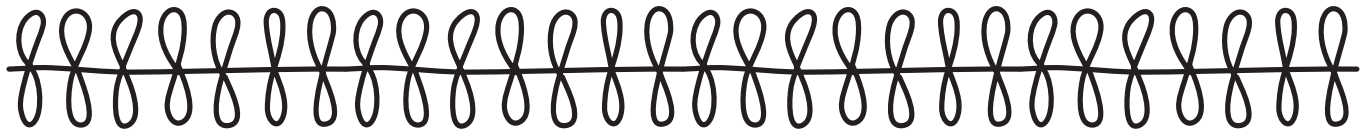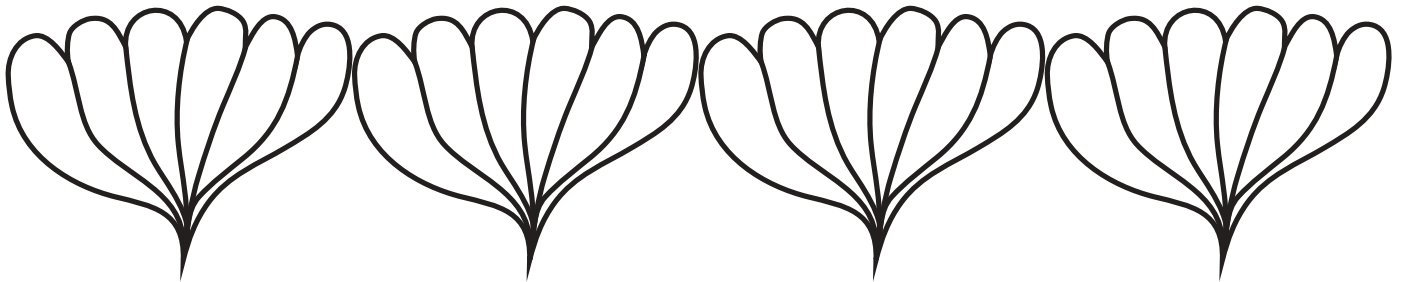
Zigzag & Line Patterns

You can vary the thickness of your lines, zigzag them around, and use creative patterns to create stunning mandalas that look way more complicated than they actually are!
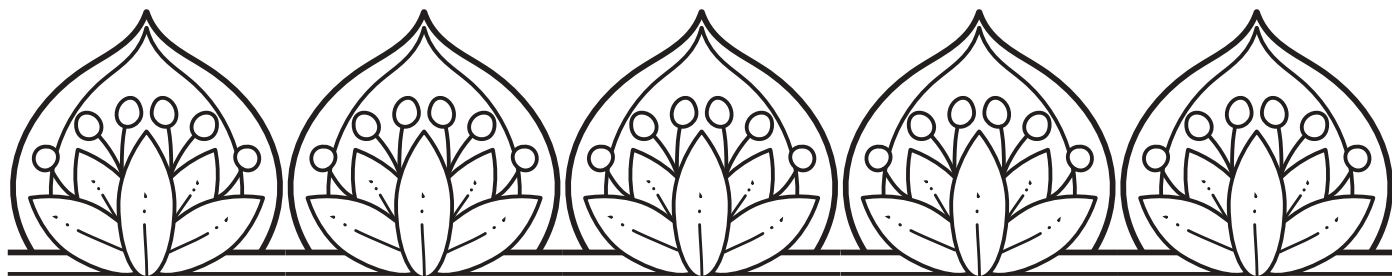
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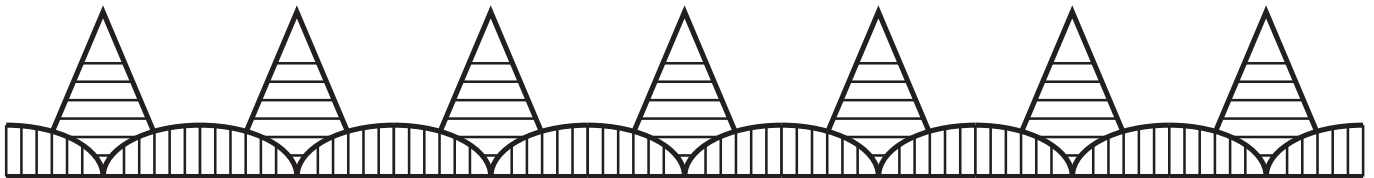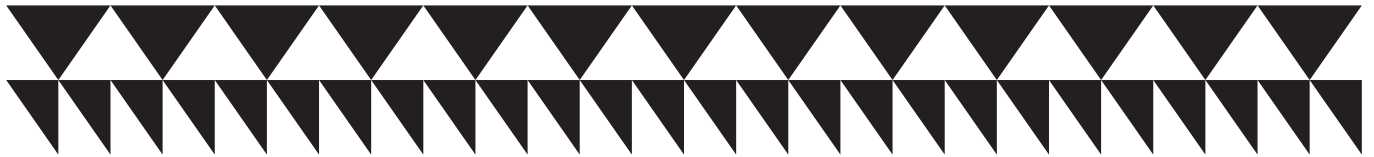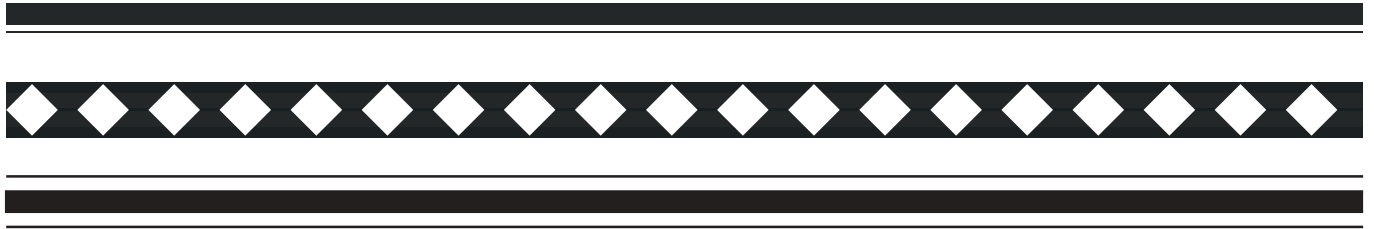
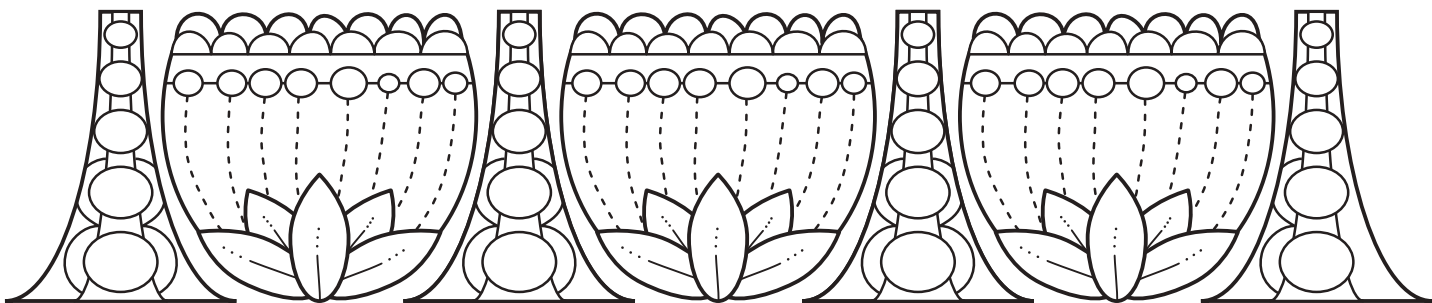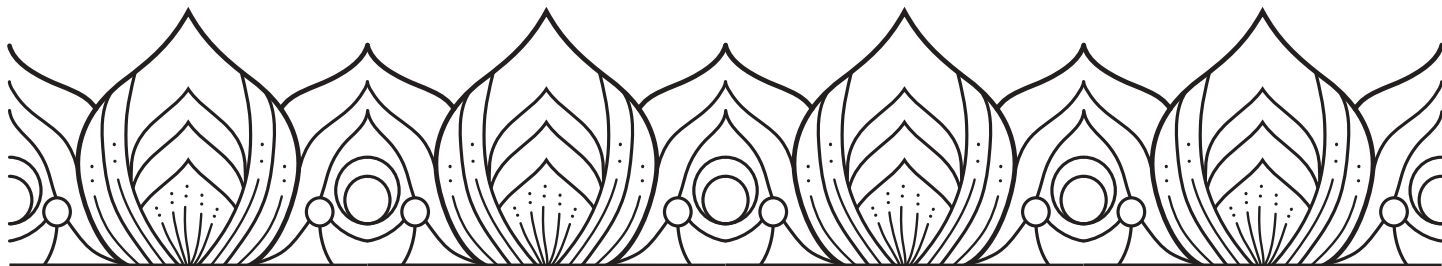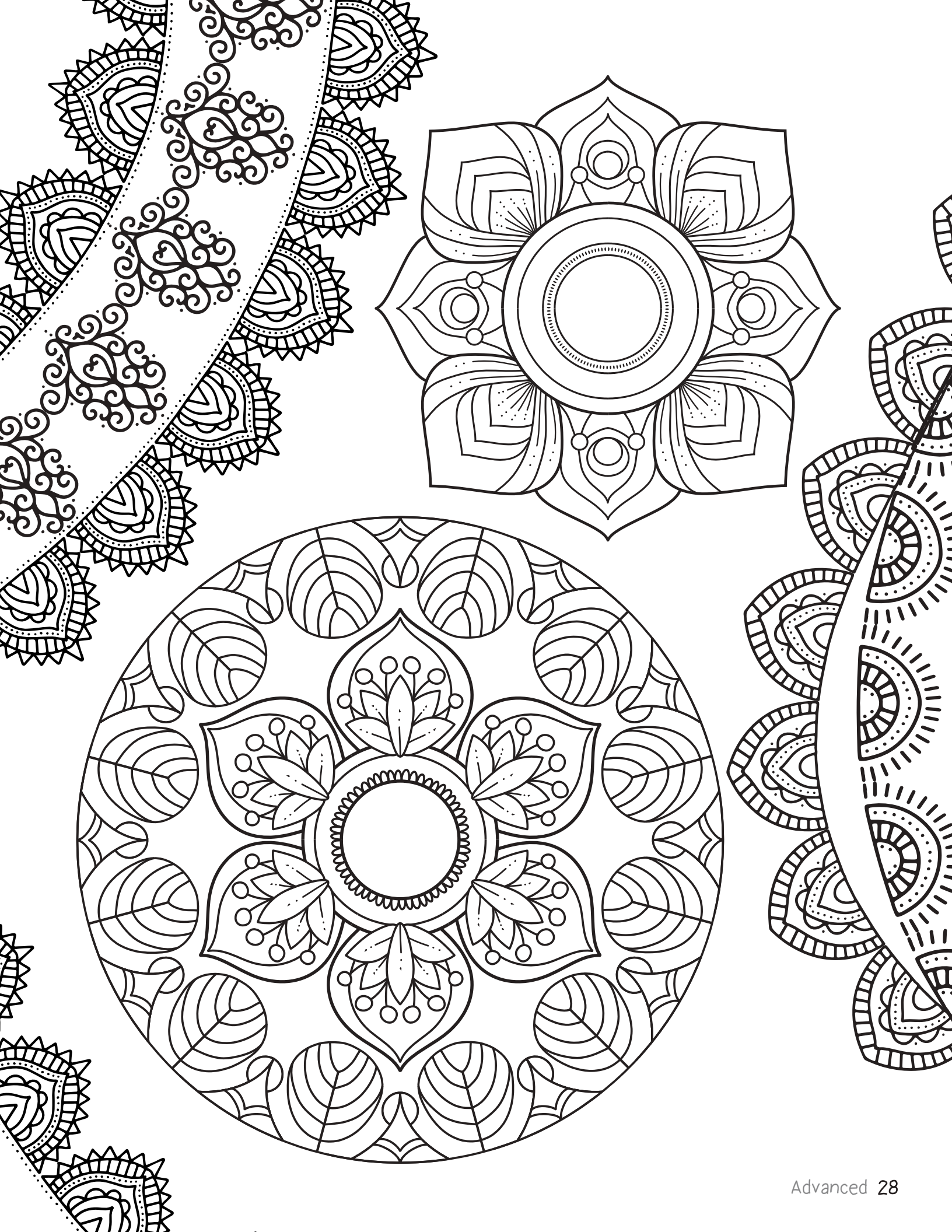# Zigzag & Line Patterns
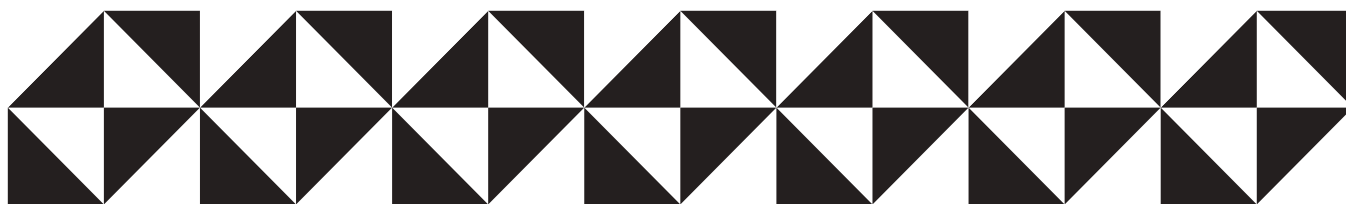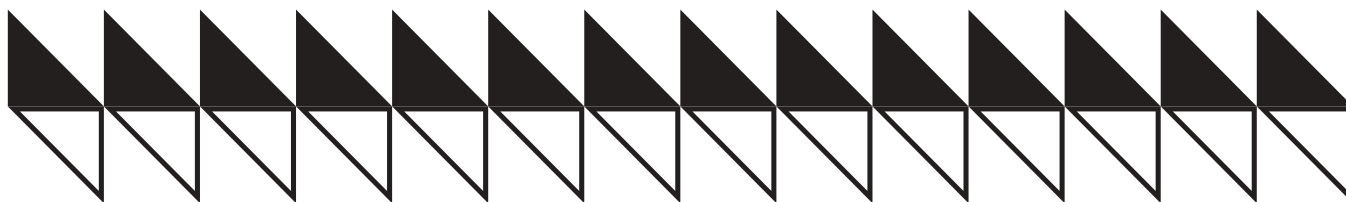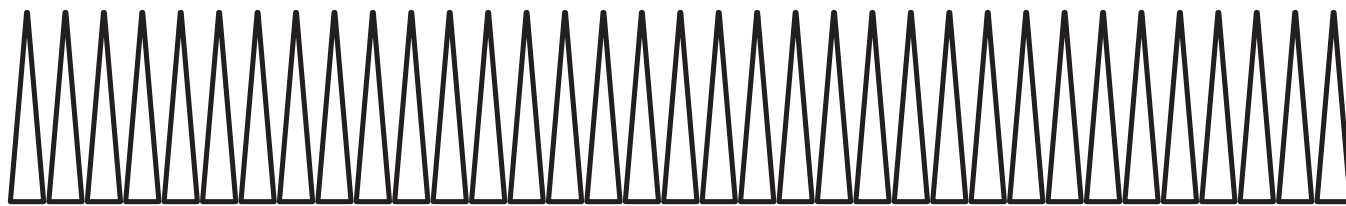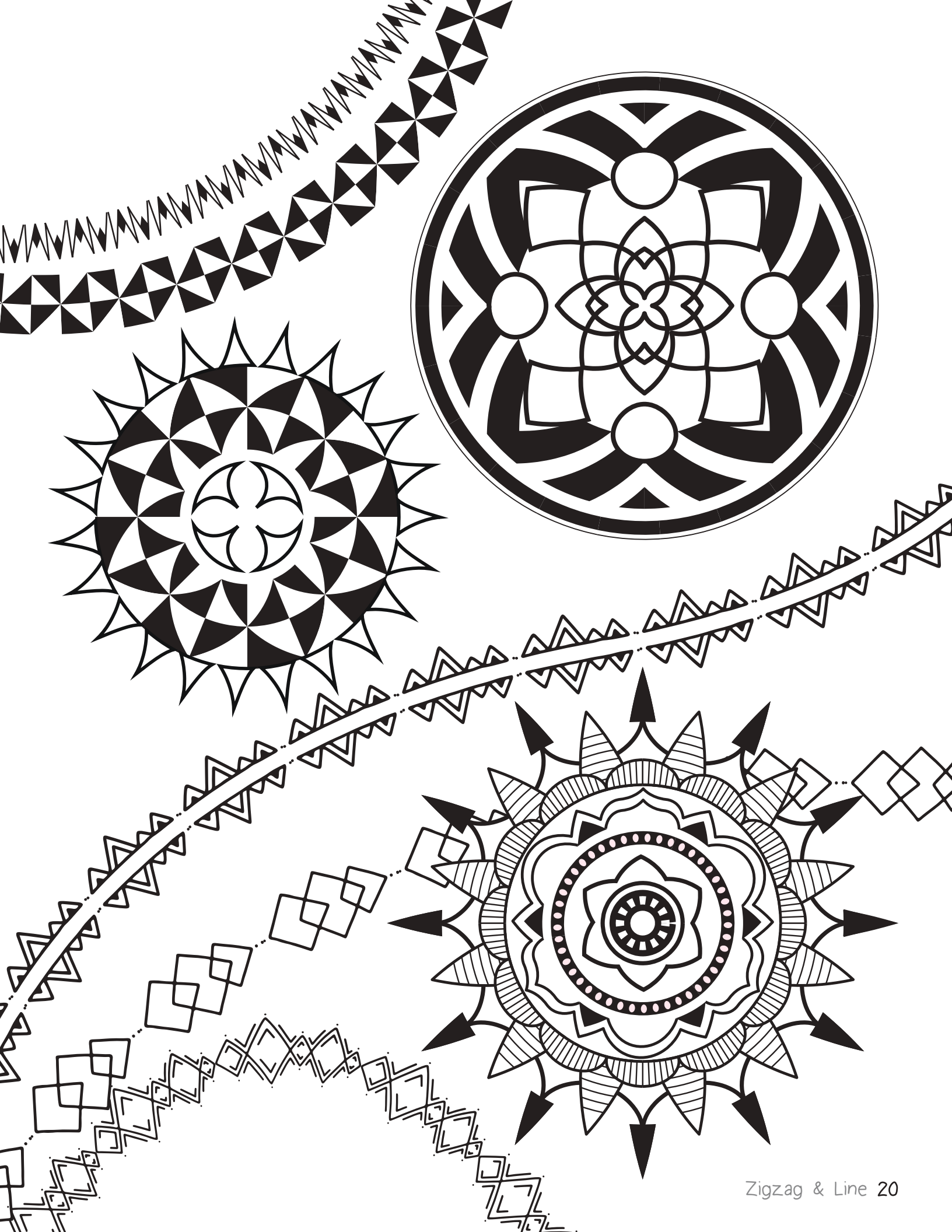
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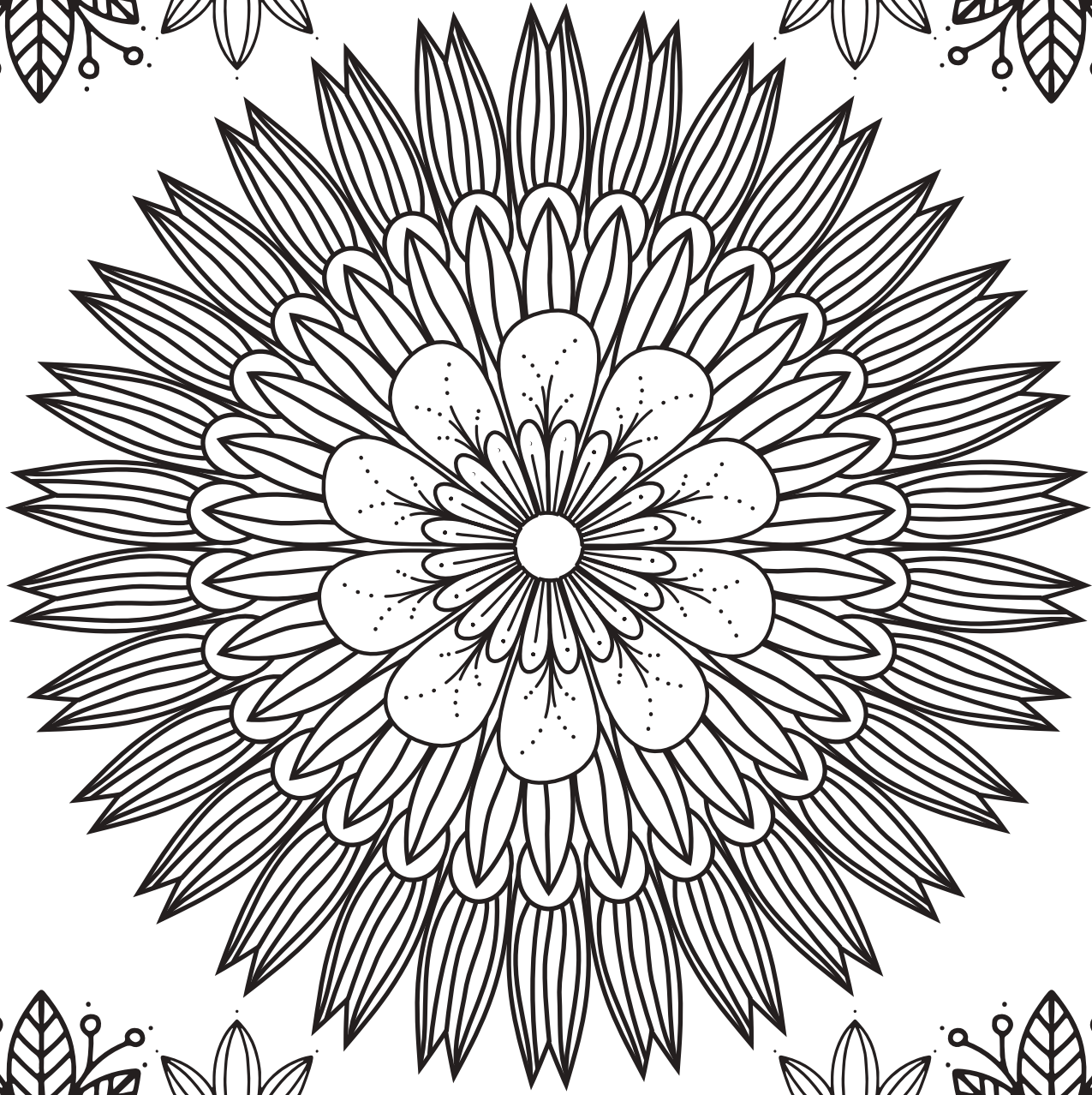
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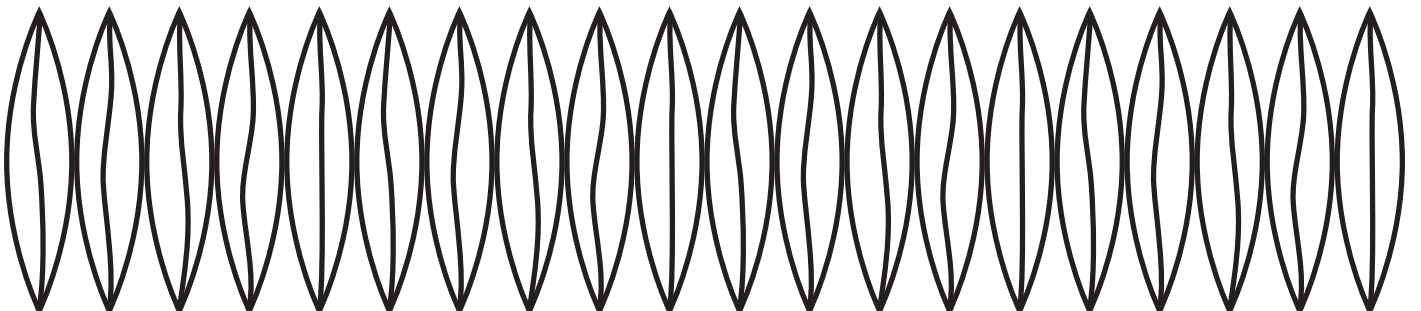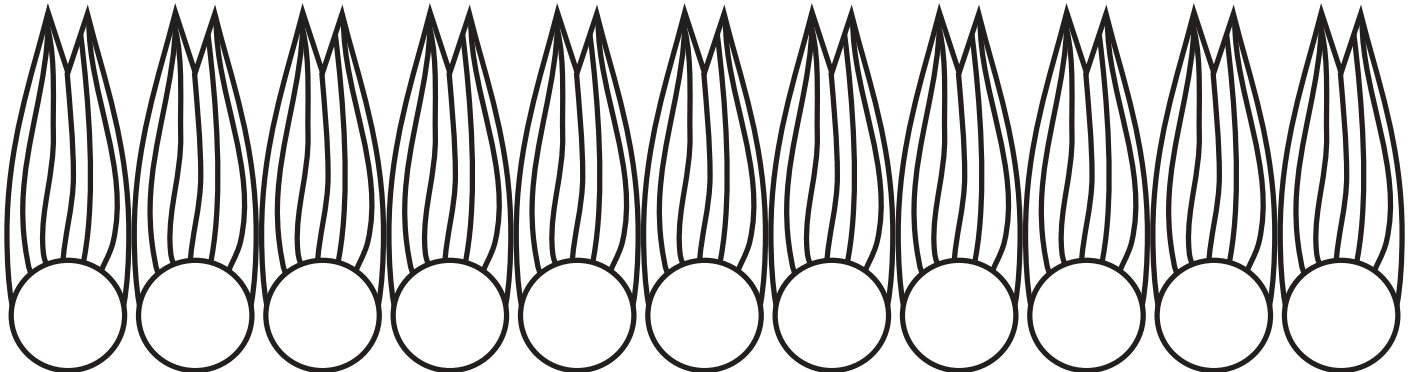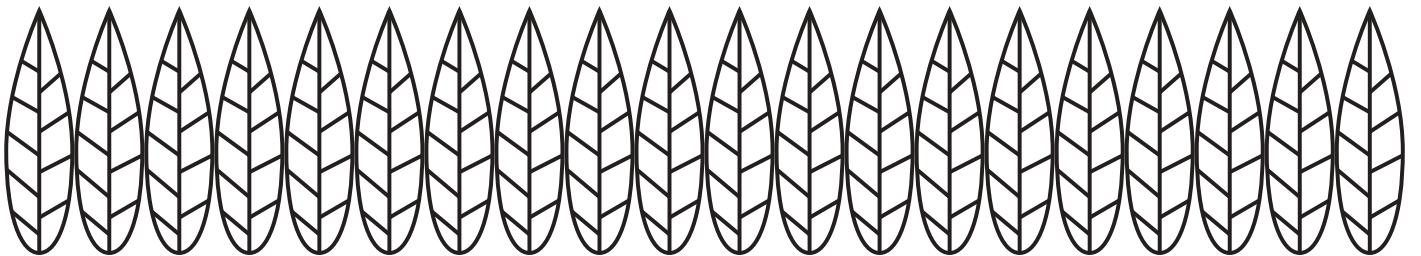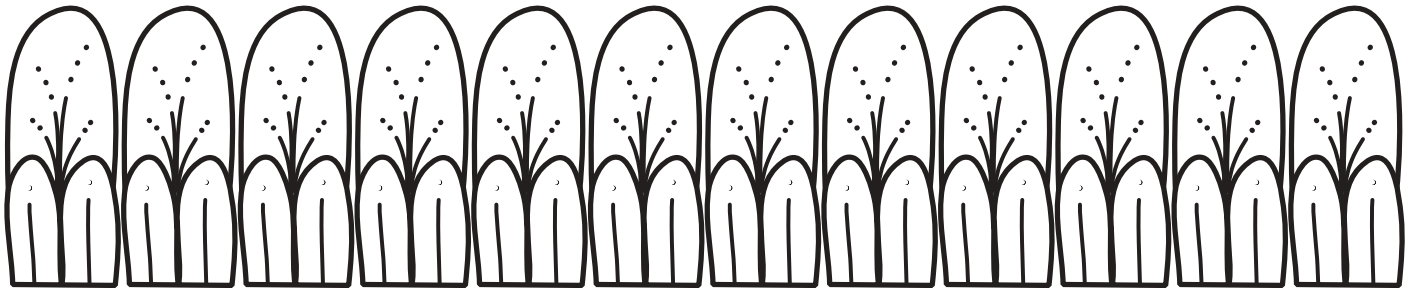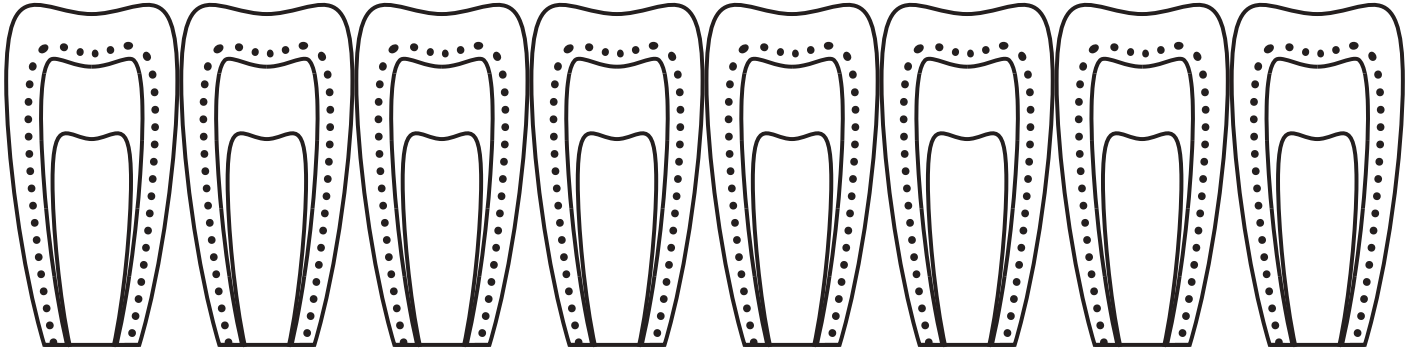
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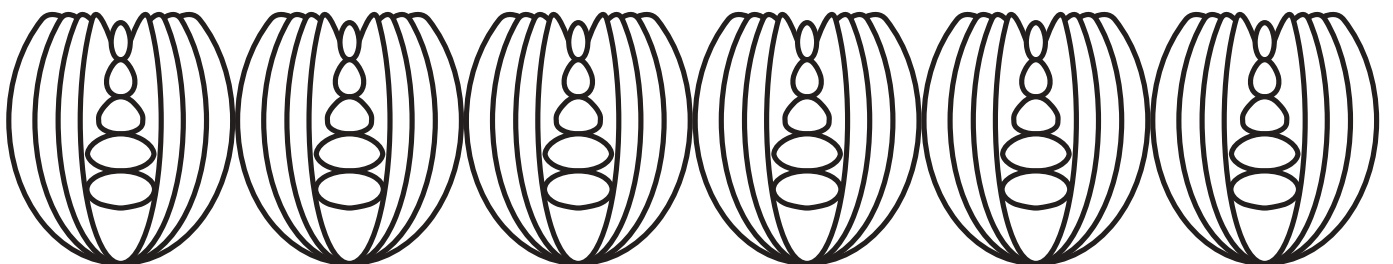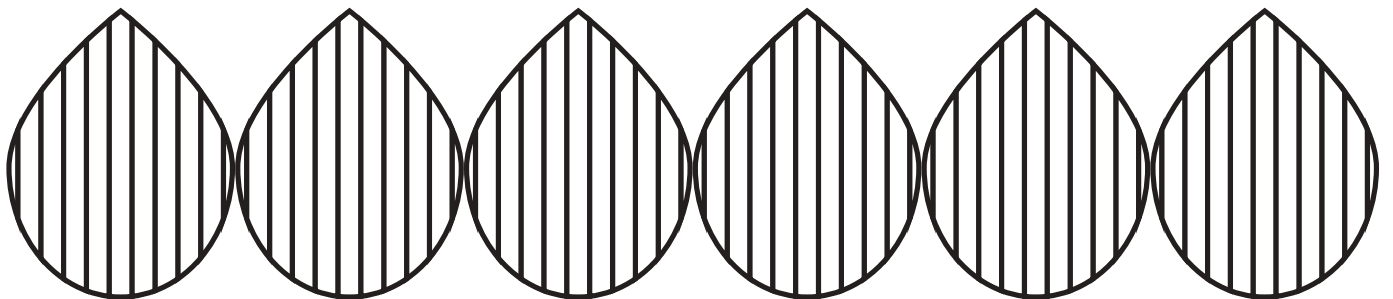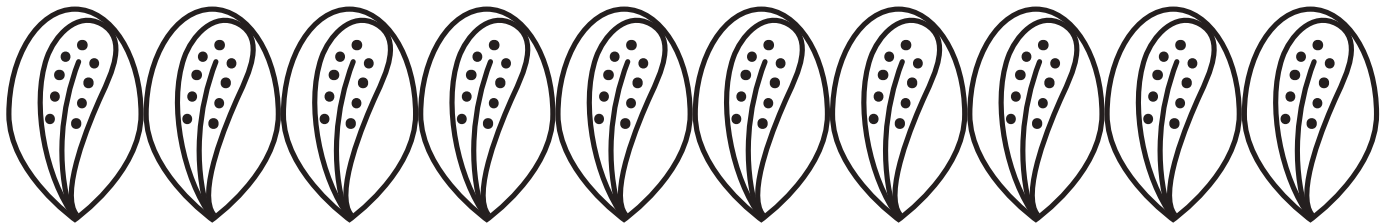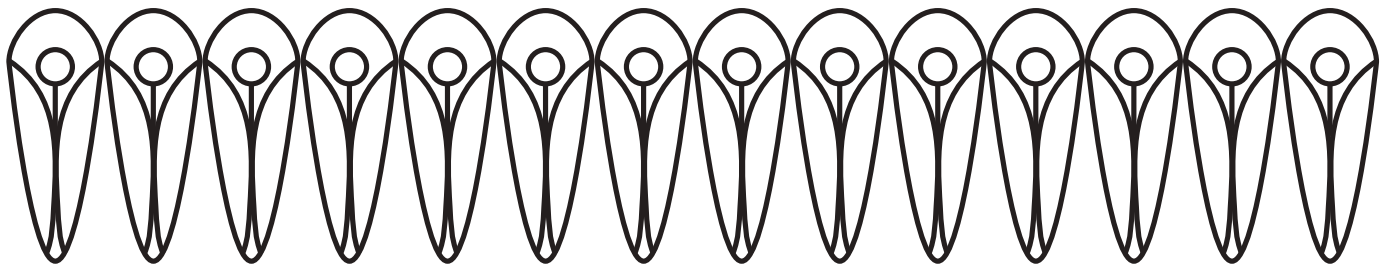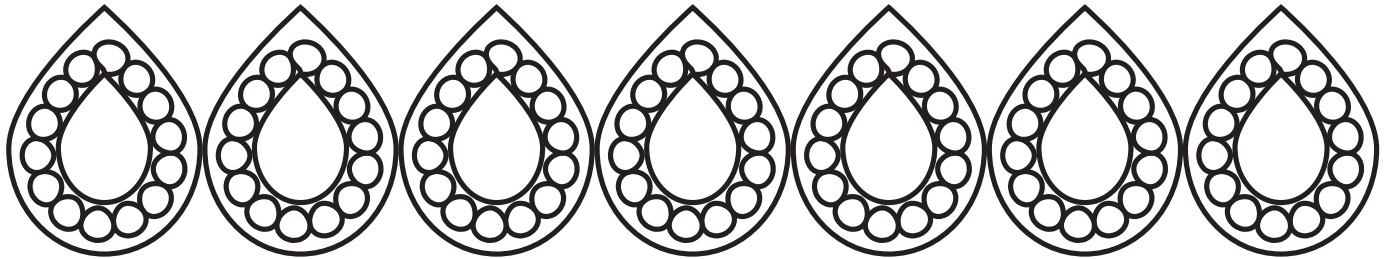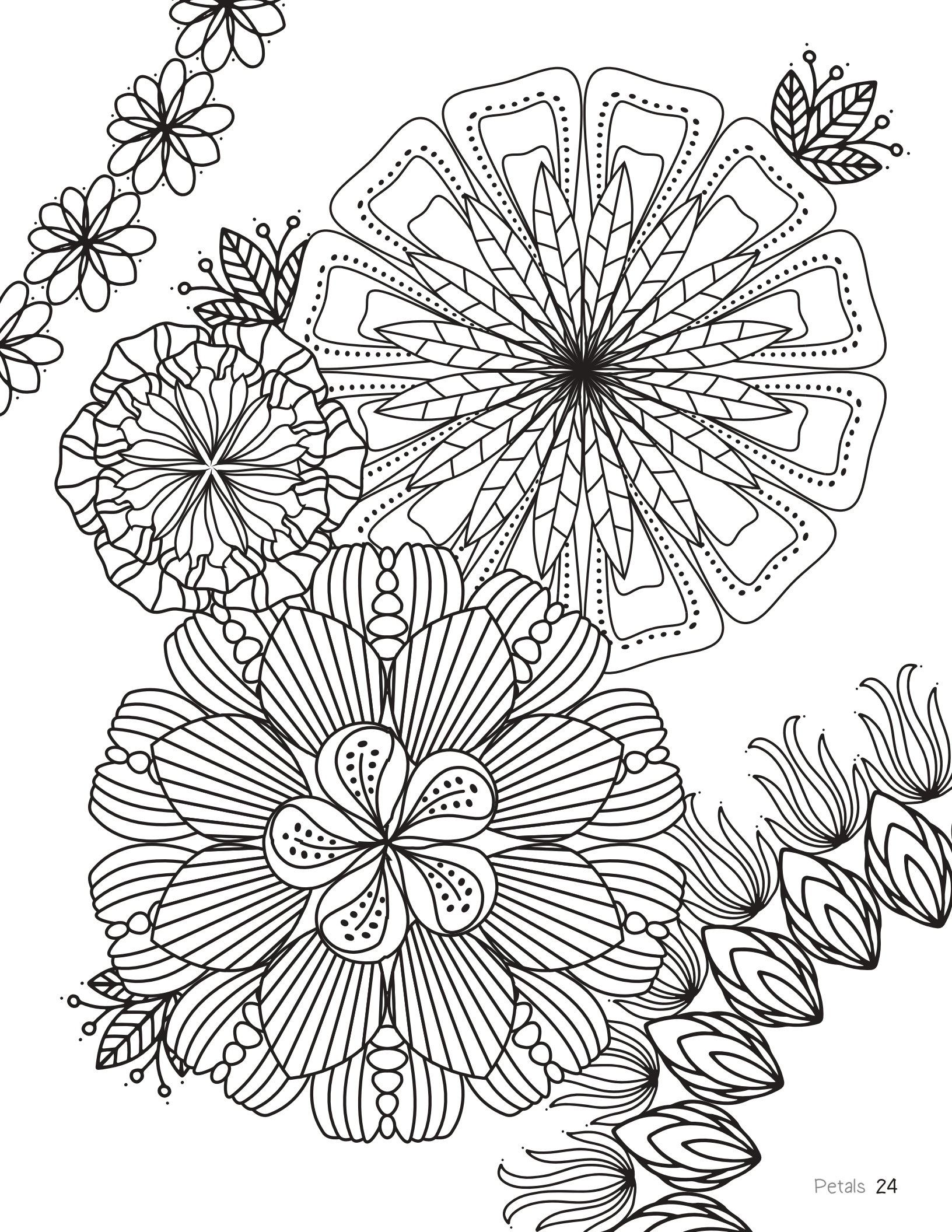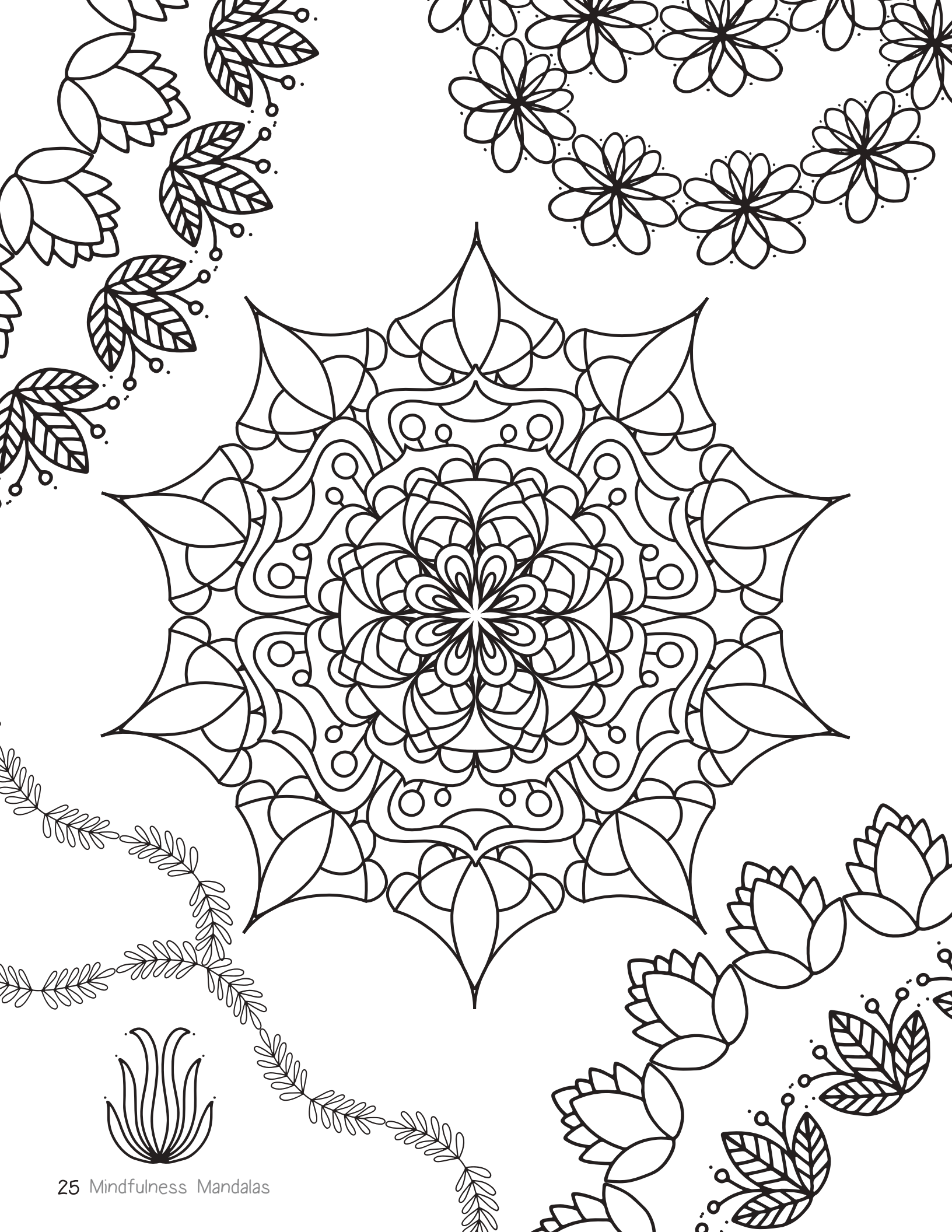
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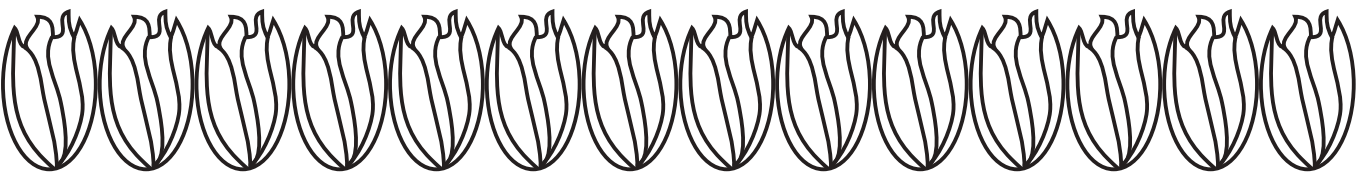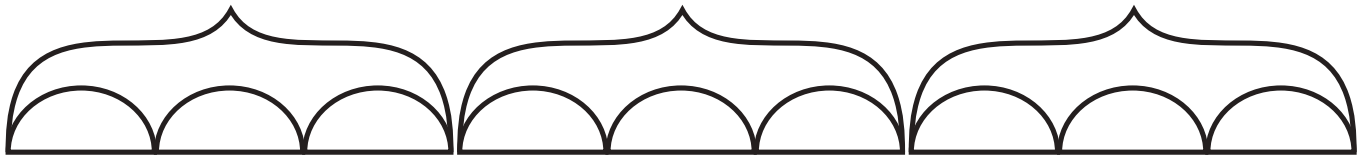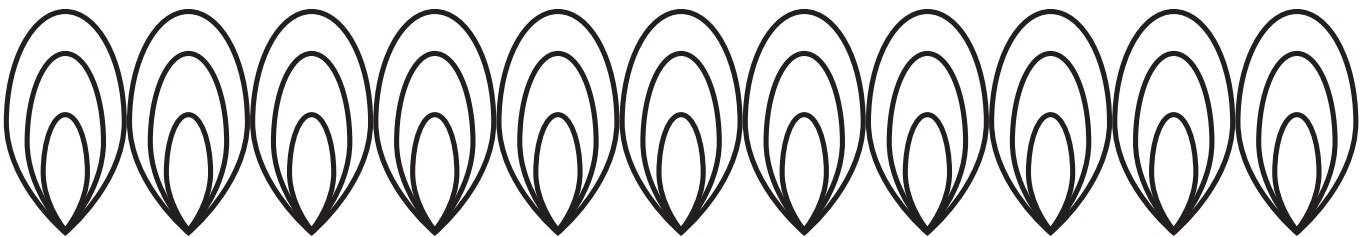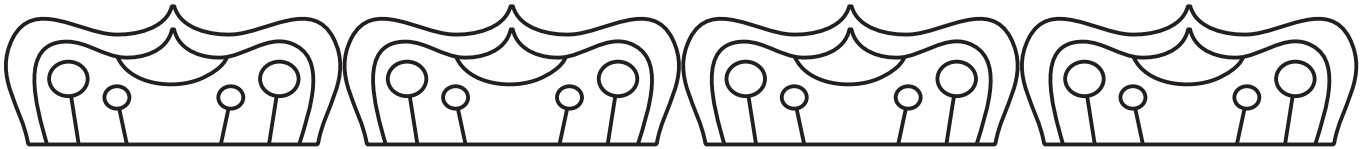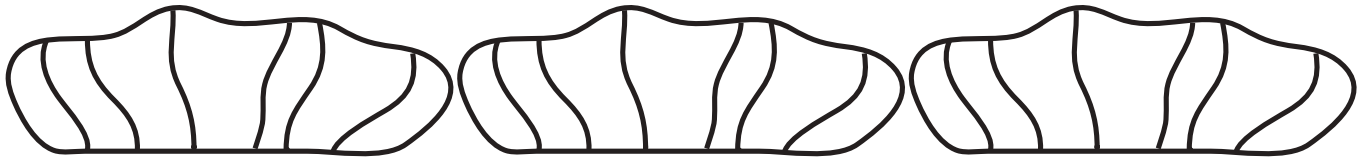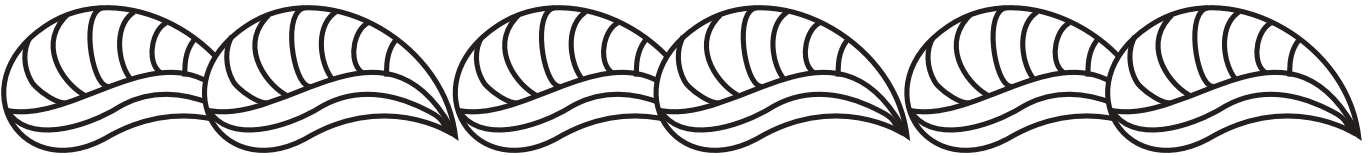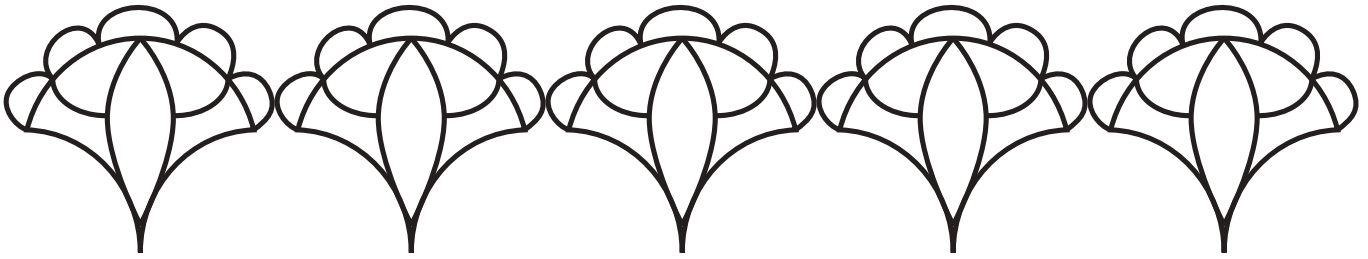
Advanced Patterns
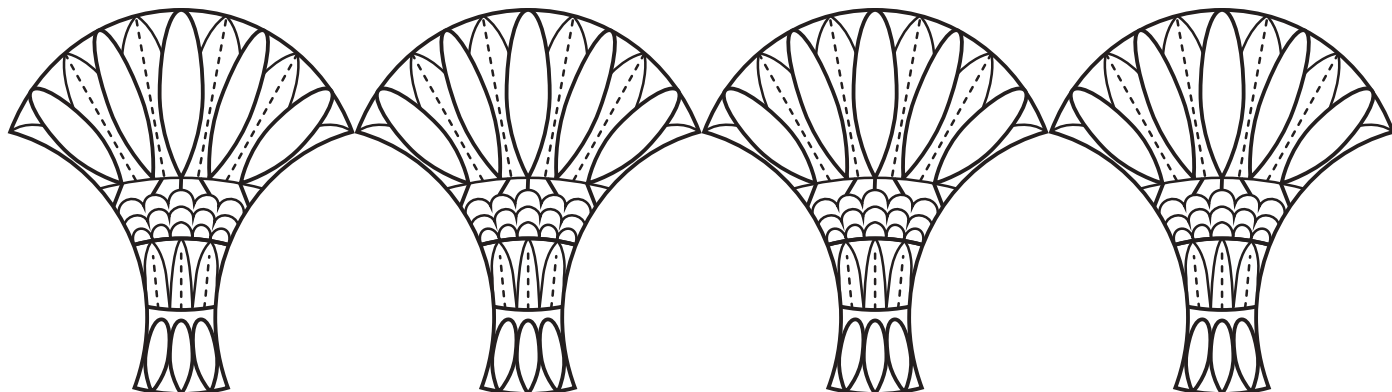
Fill Patterns

Often when drawing the skeleton of your mandala, you'll find you have open areas.
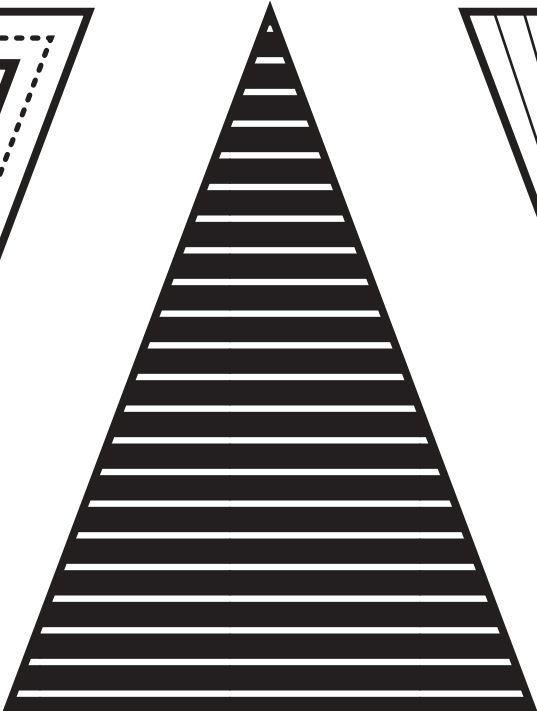
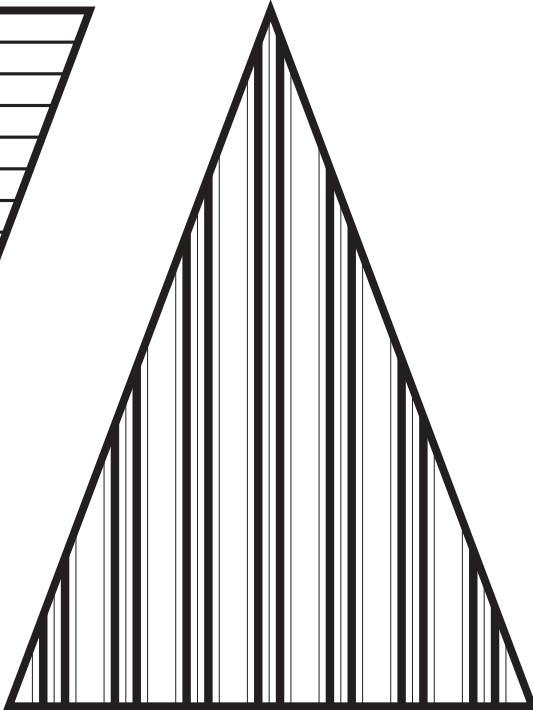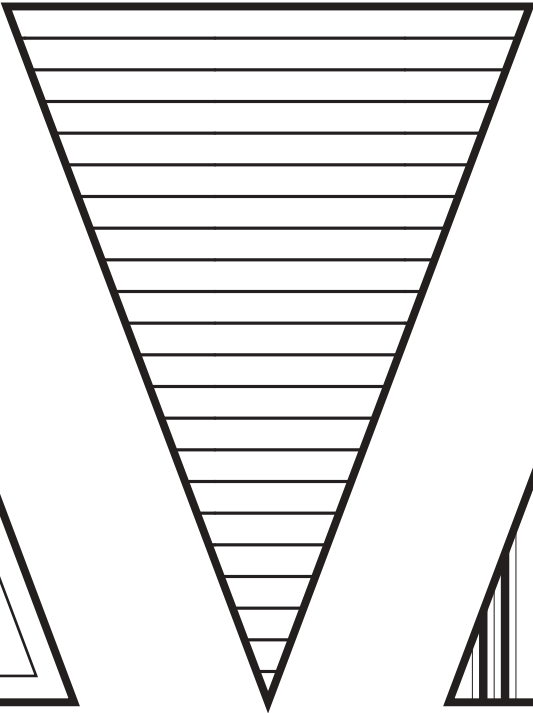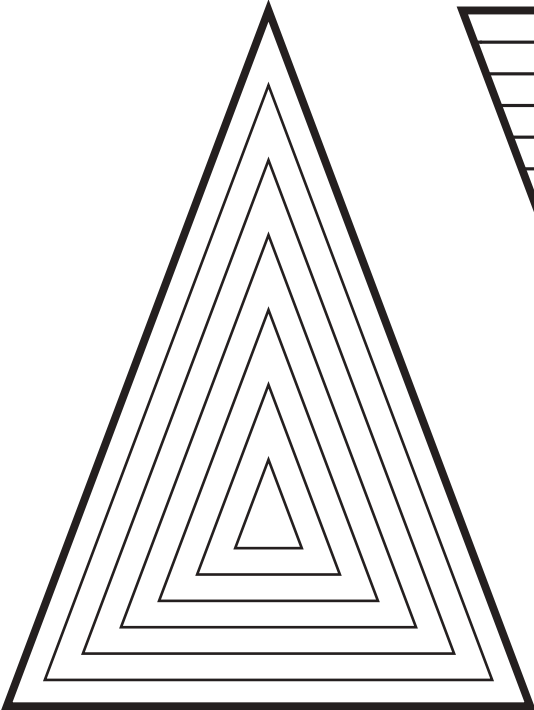You can fill these sections with repeated fill patterns.
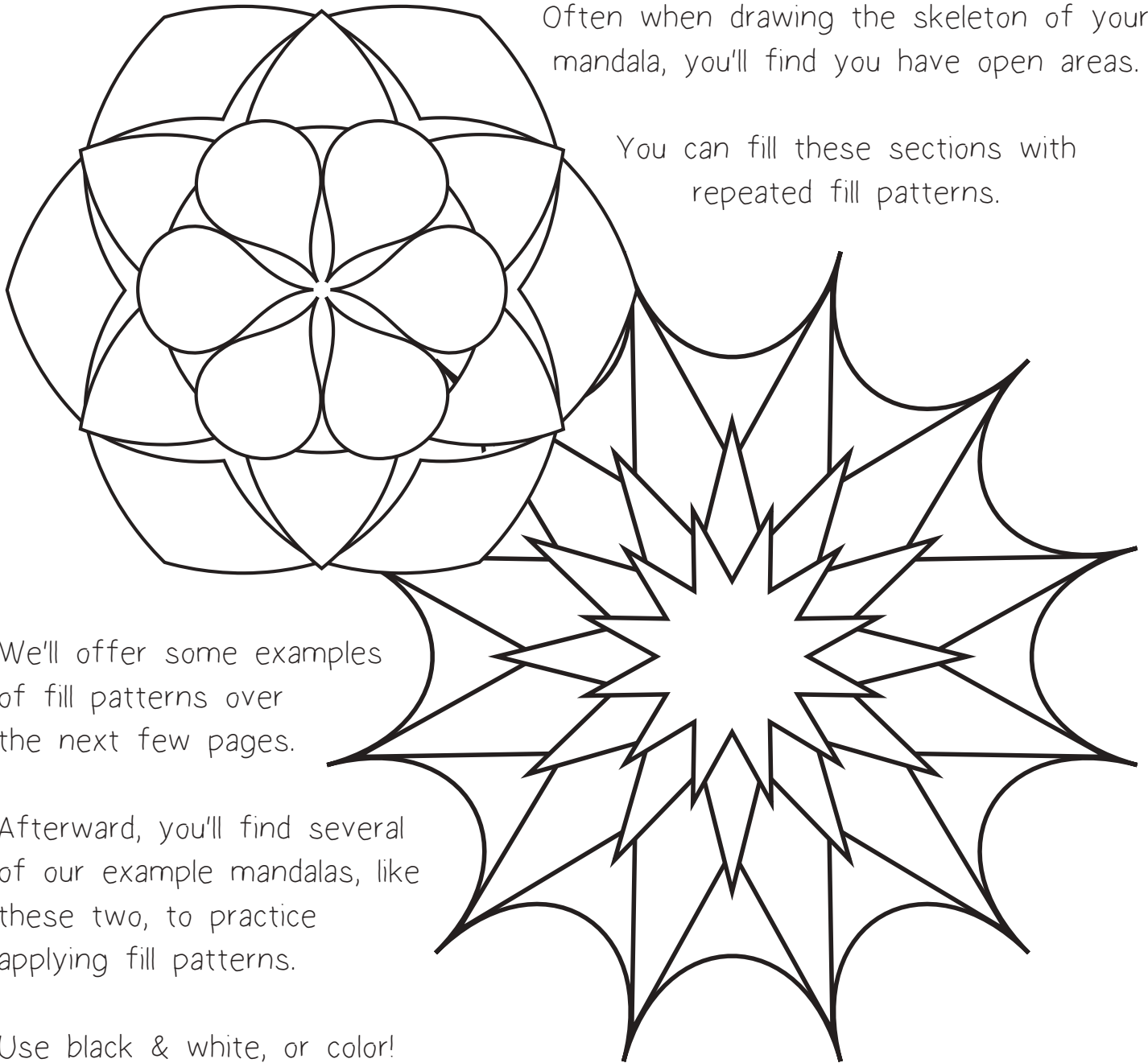
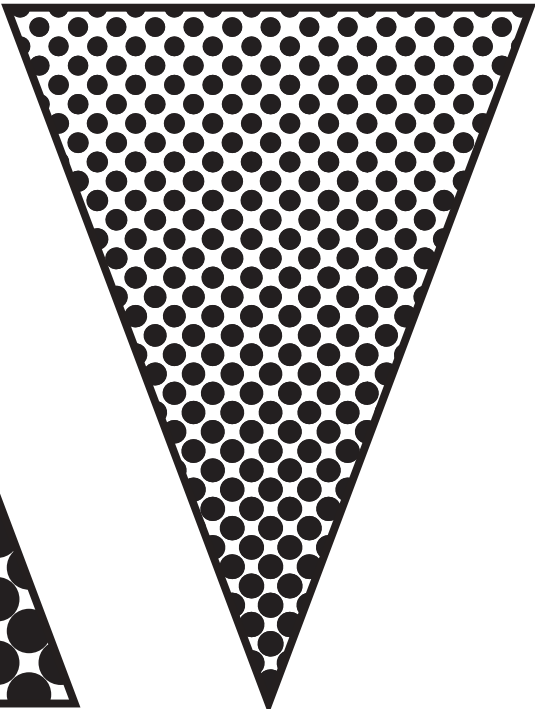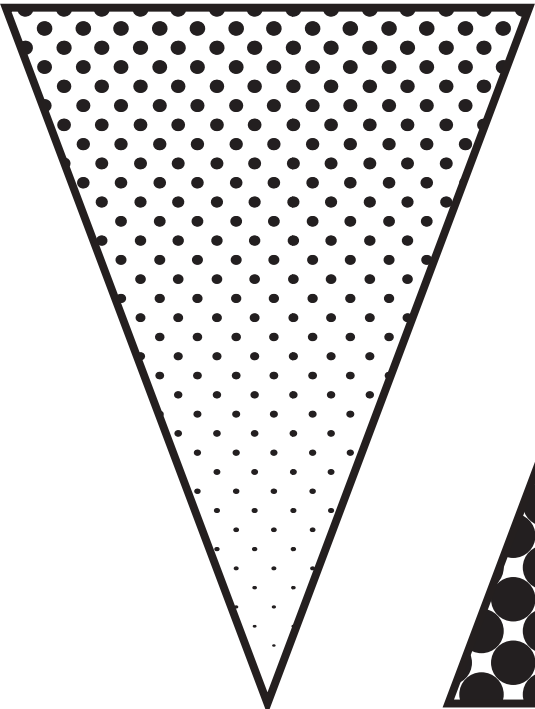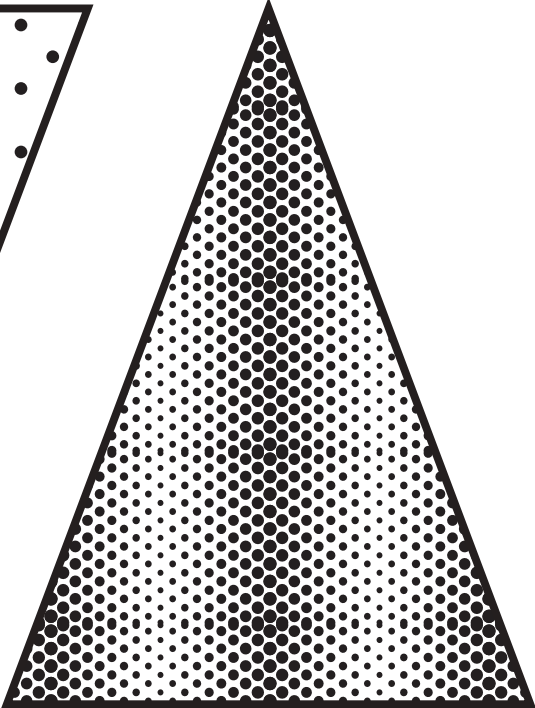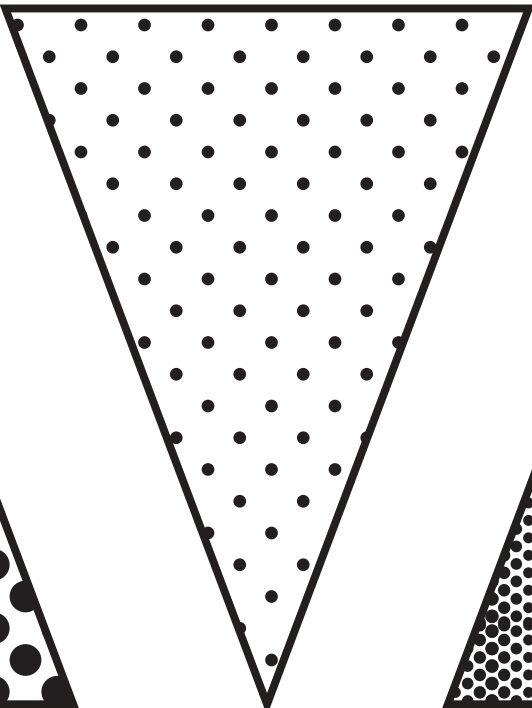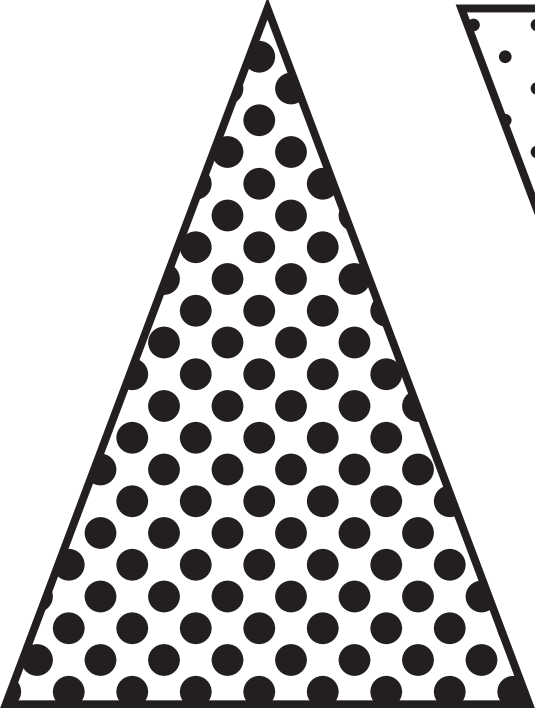We'll offer some examples of fill patterns over the next few pages.

Afterward, you'll find several of our example mandalas, like these two, to practice applying fill patterns.

Use black & white, or color!

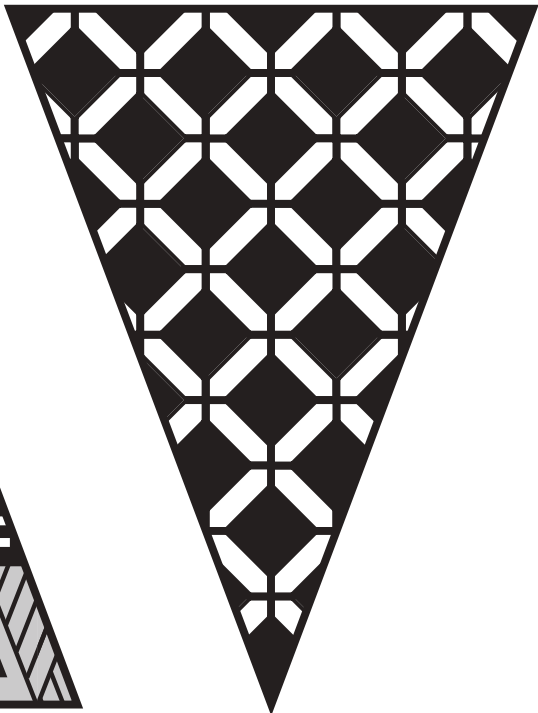# Fill Patterns
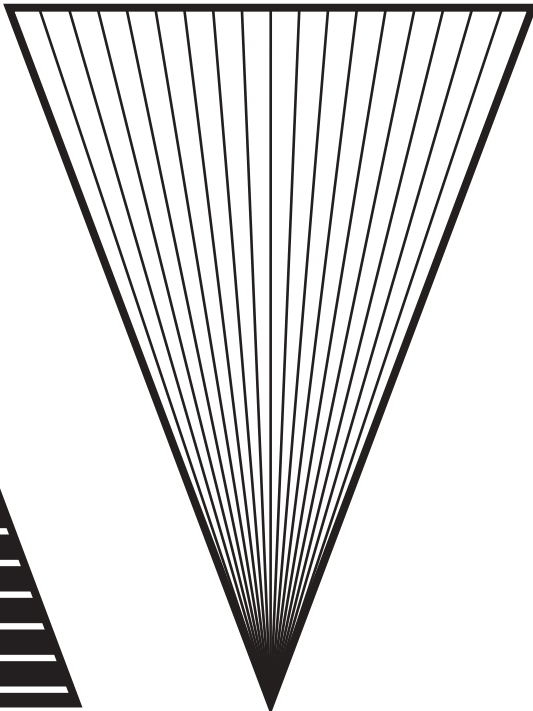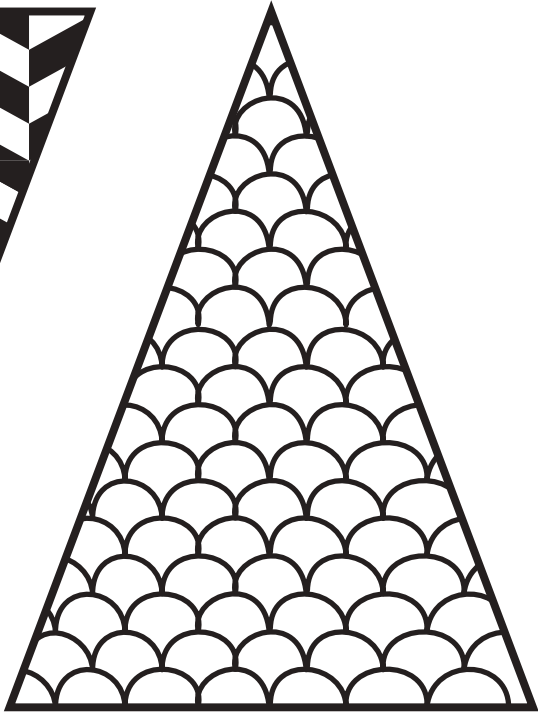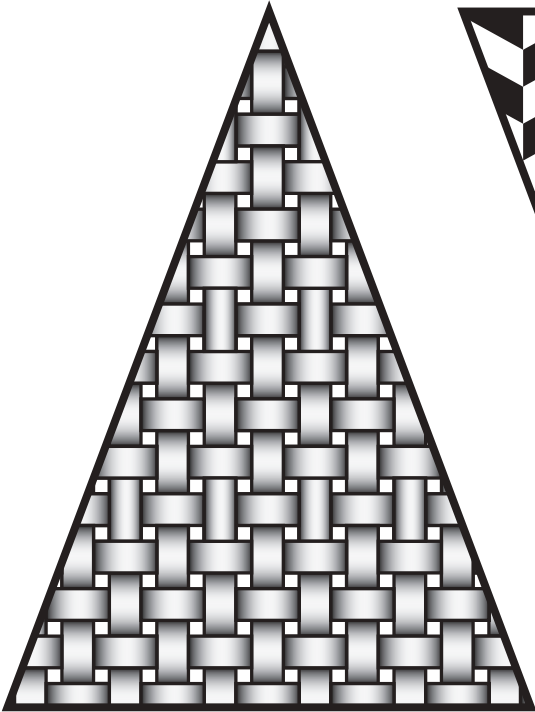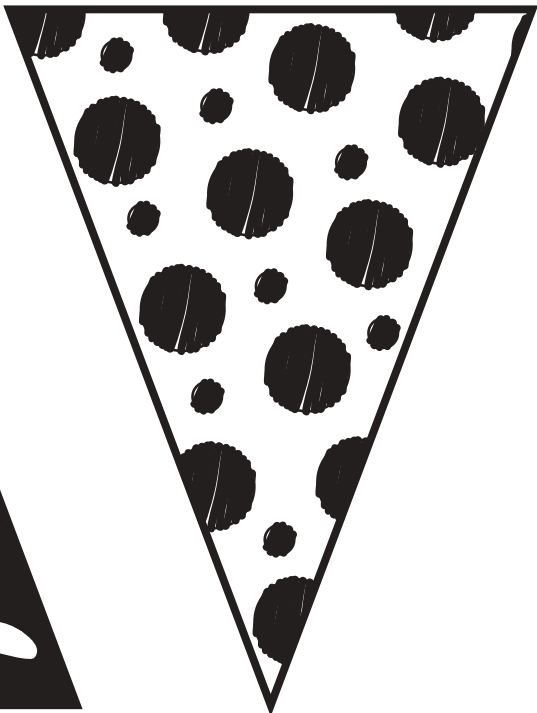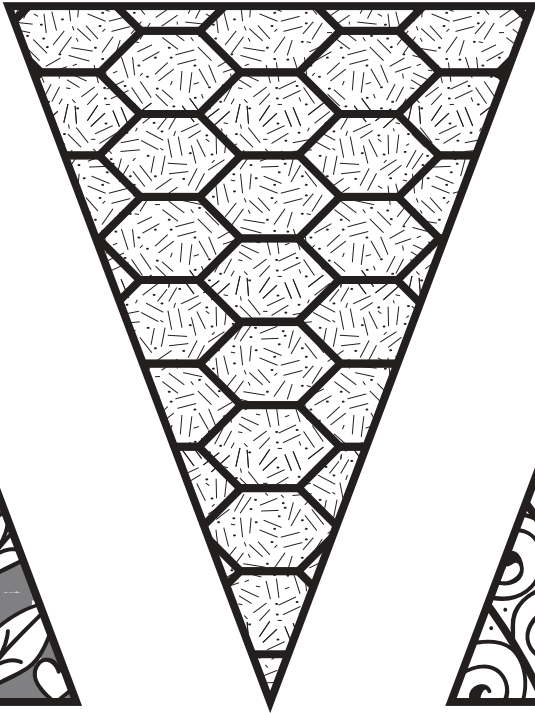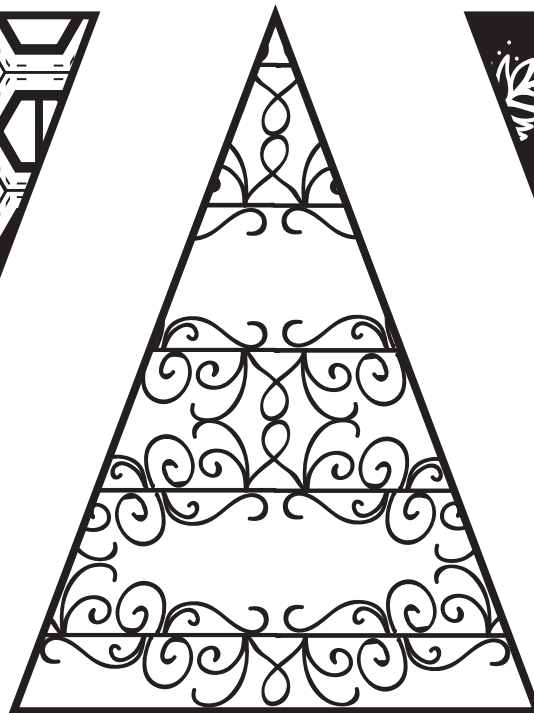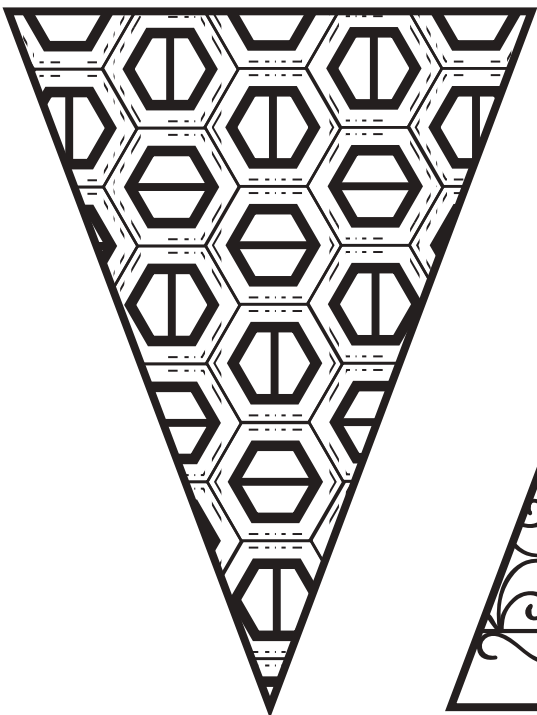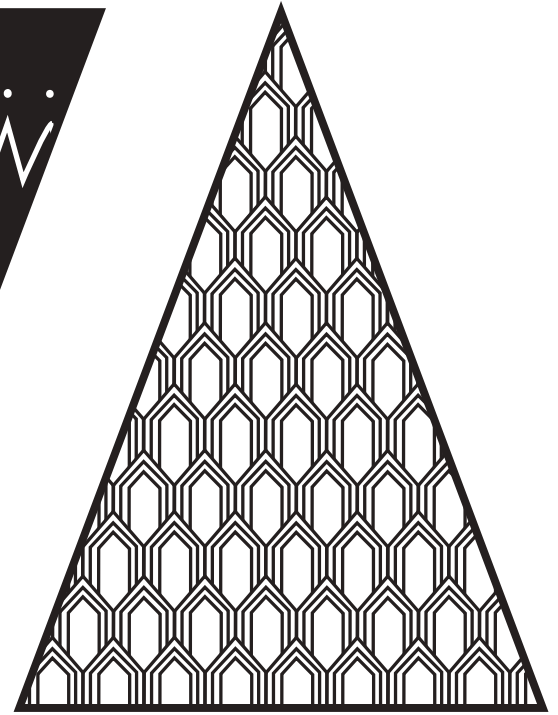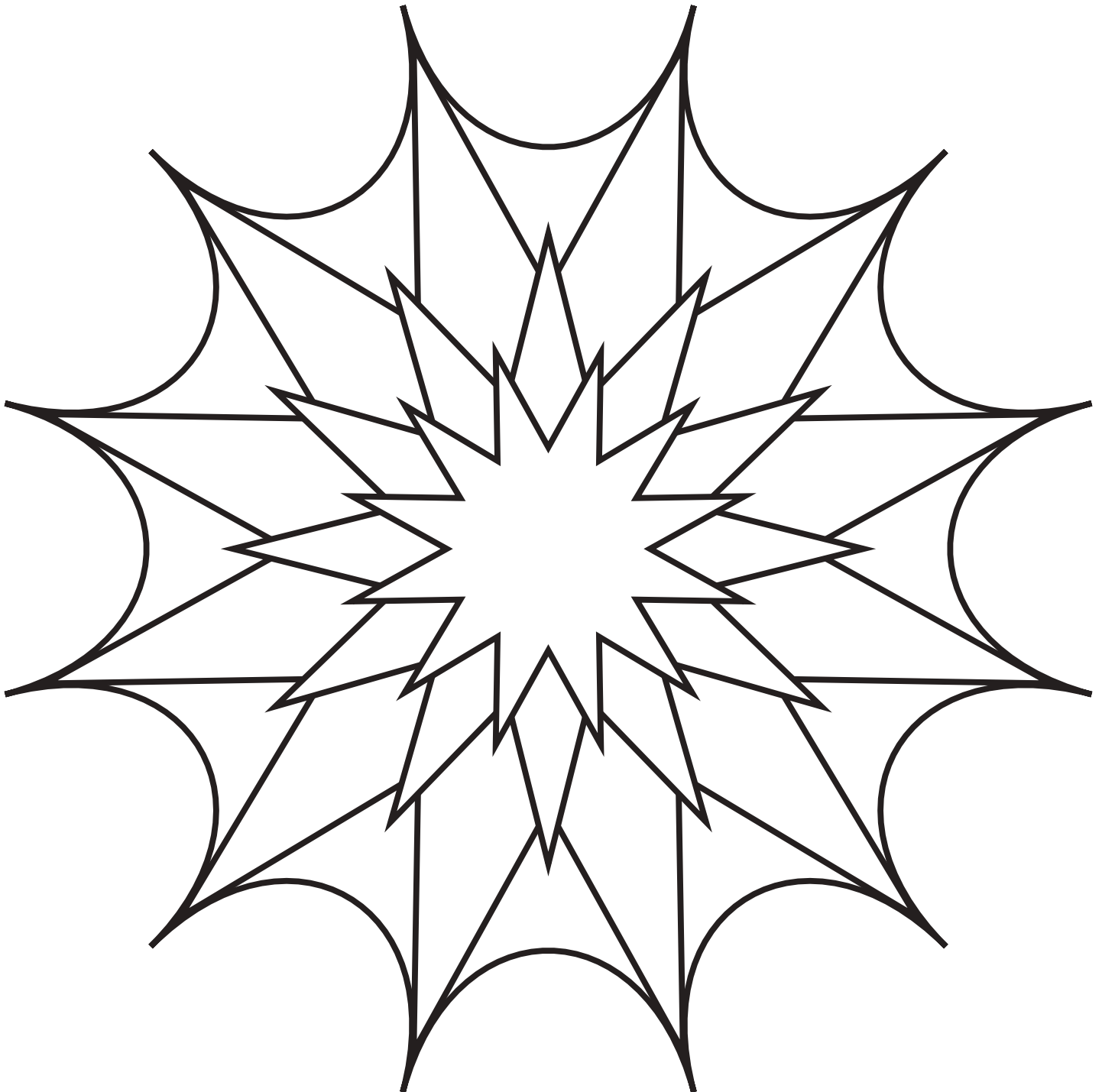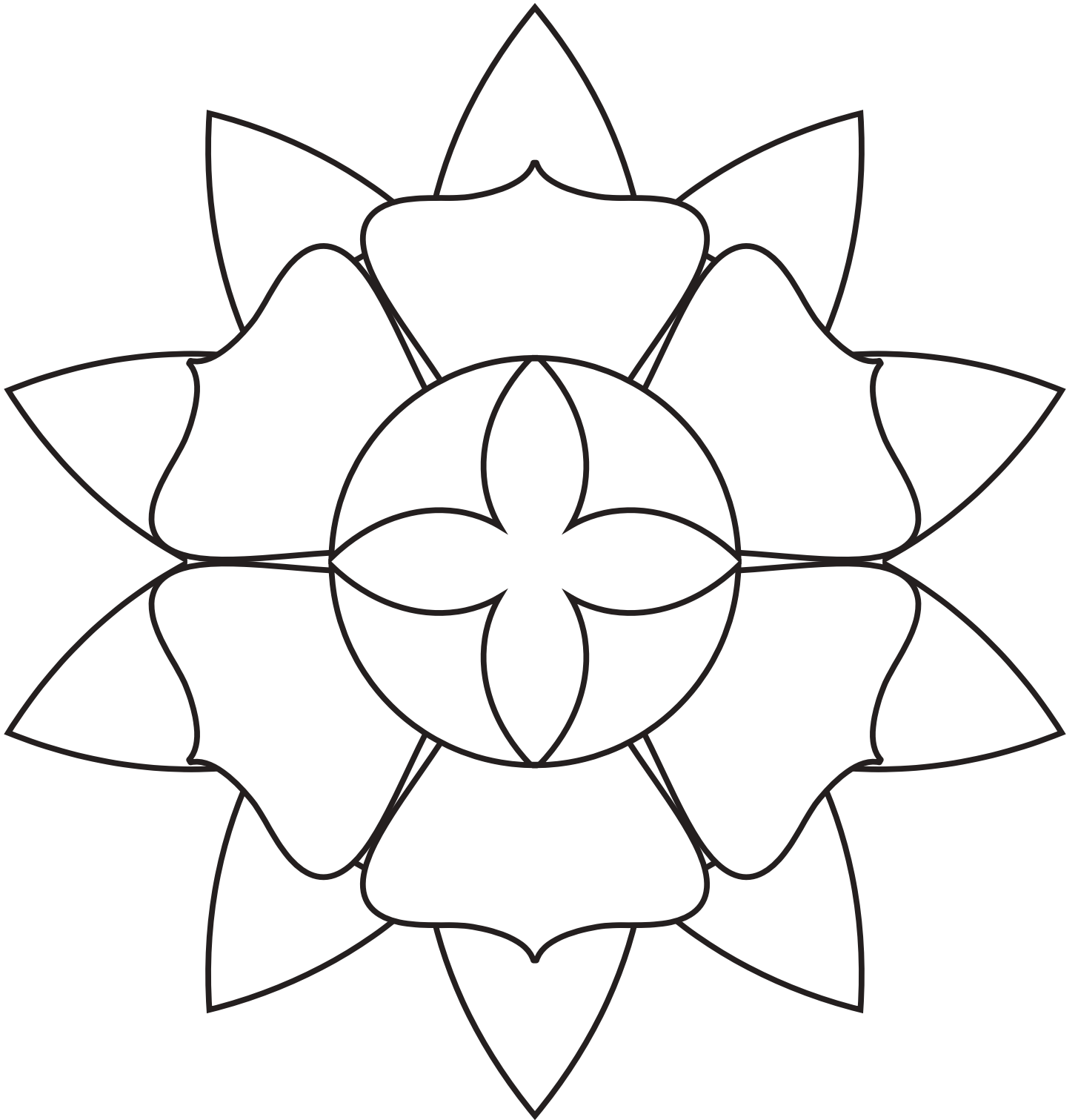
Fill Patterns

Fill Patterns
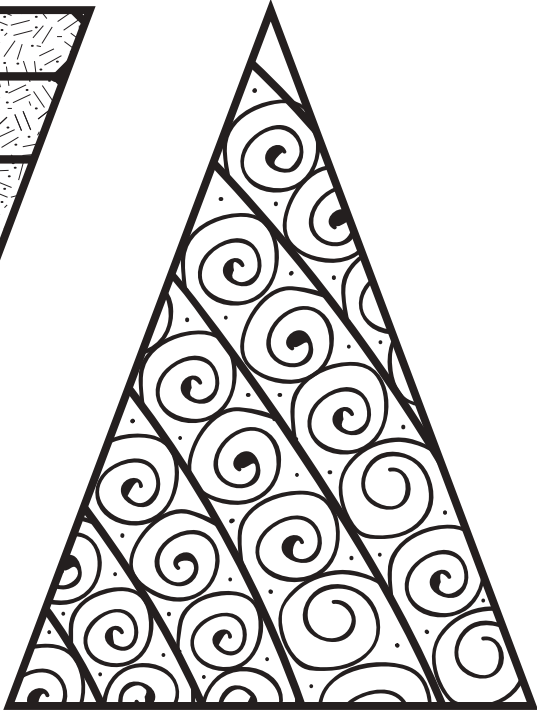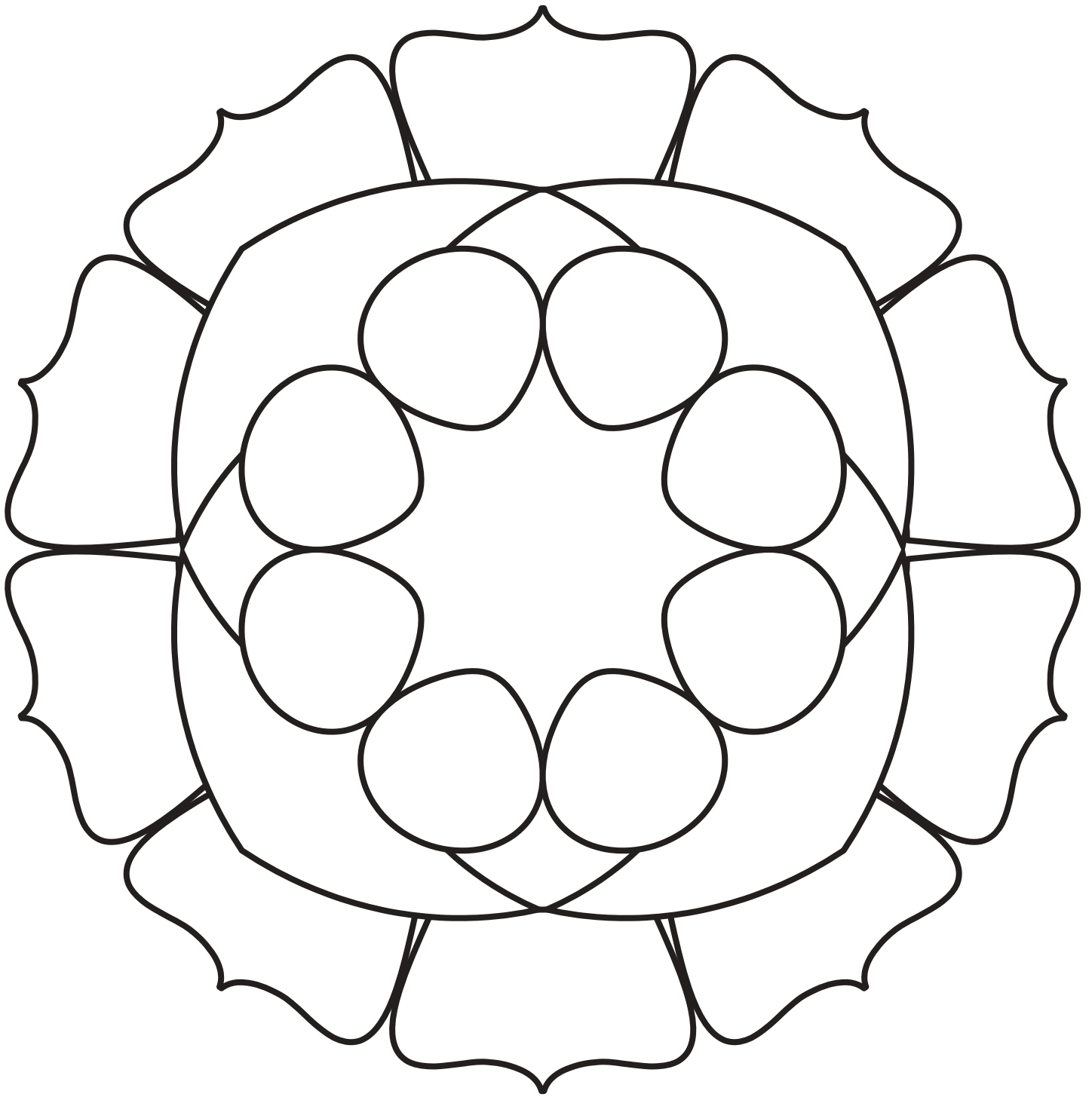
Fill Patterns

Fill Patterns
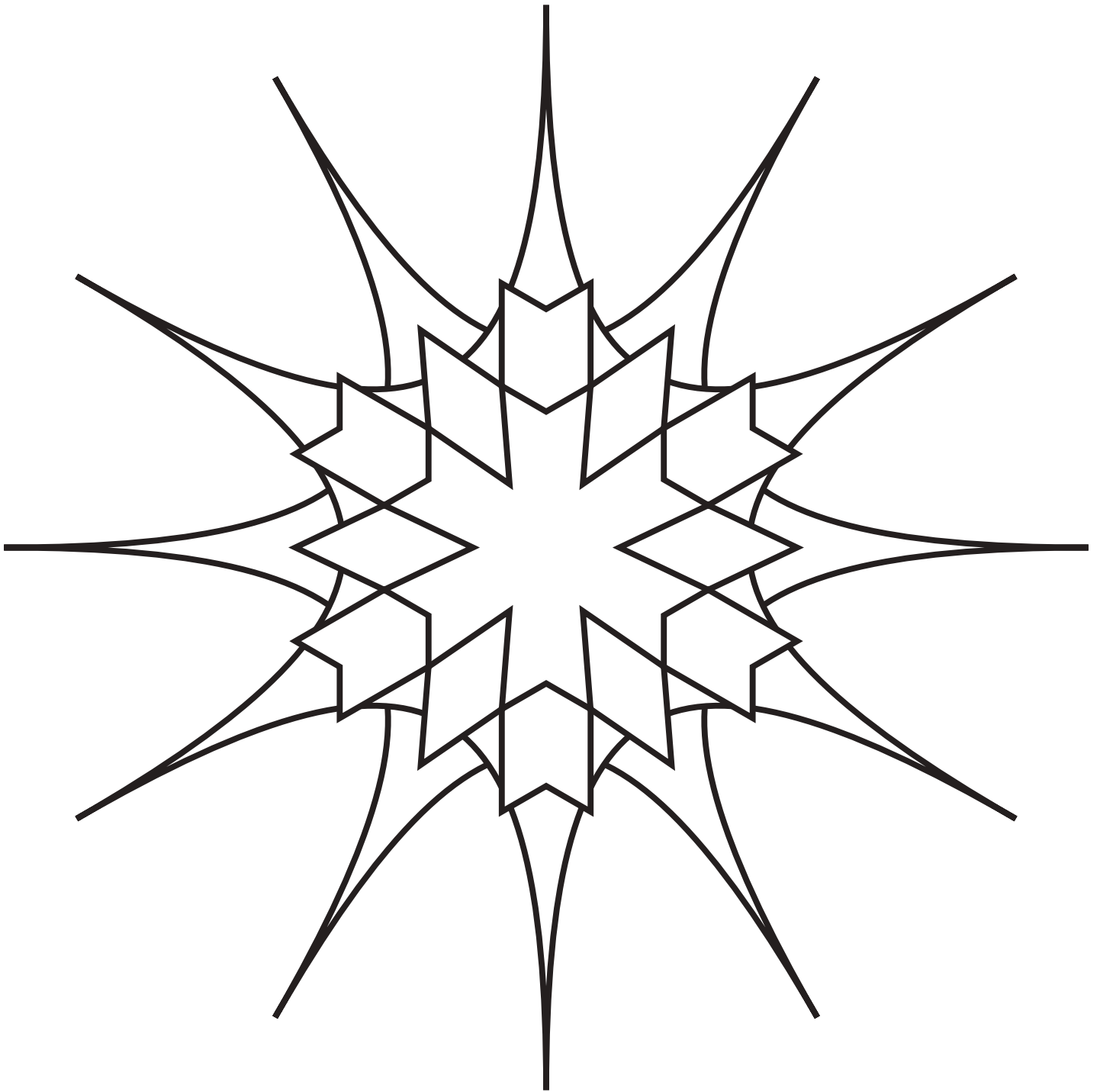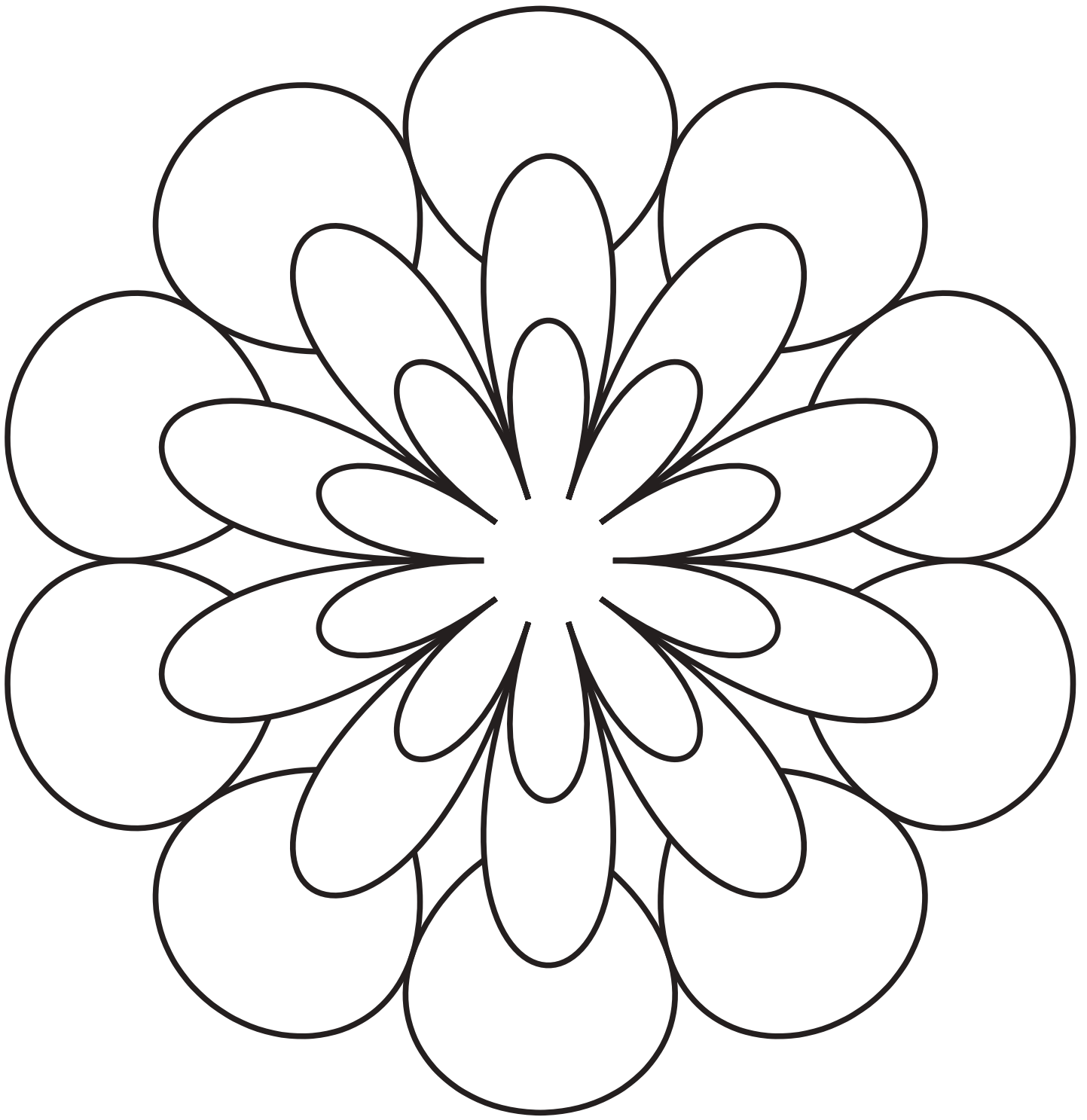
Fill & Design Practice

Over the next several pages you will find mandala designs with empty shapes and sections. This is your opportunity to practice filling in a mandala once you've created its major shapes. You can use fill patterns from the Design Library, or create your own!
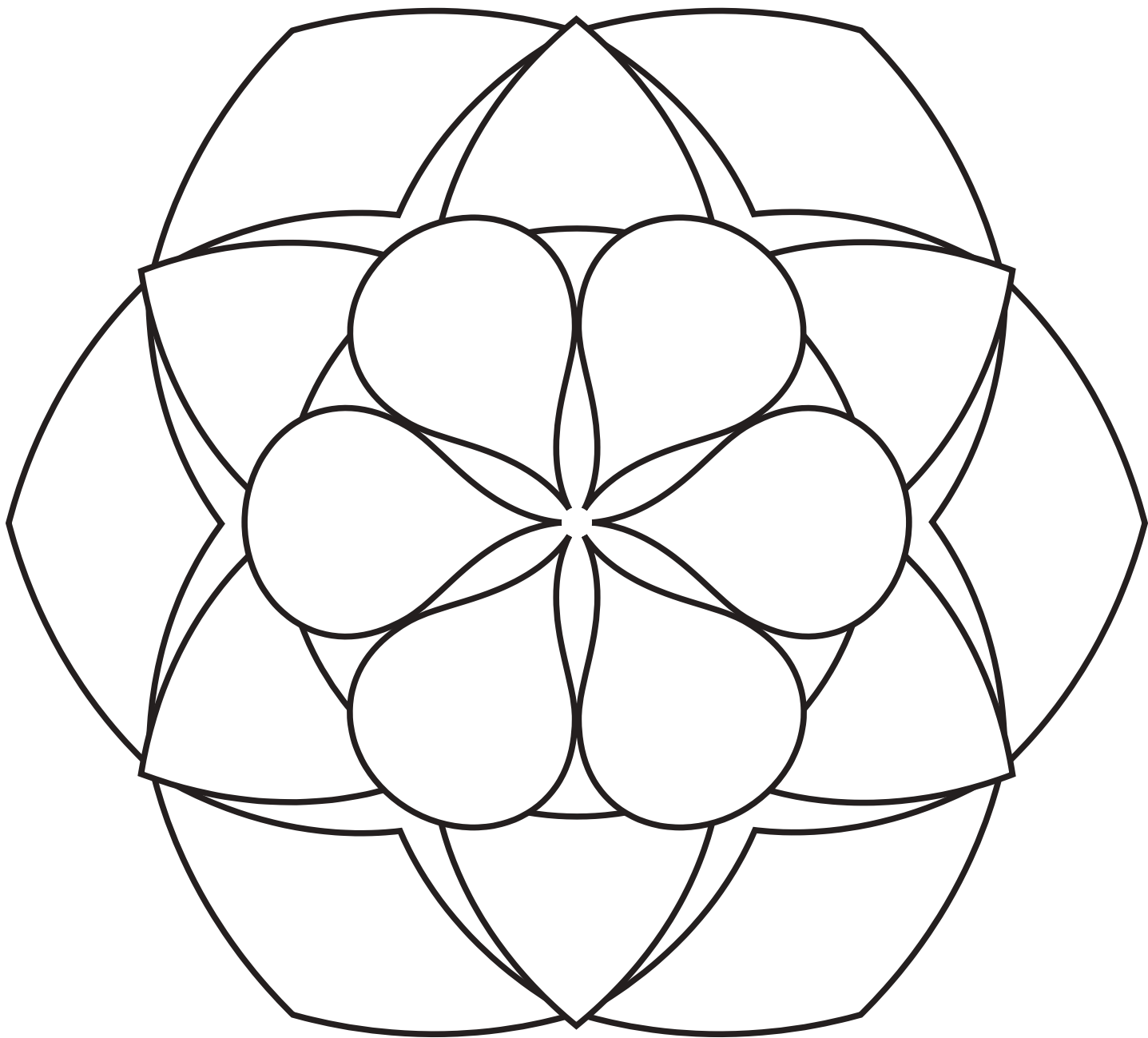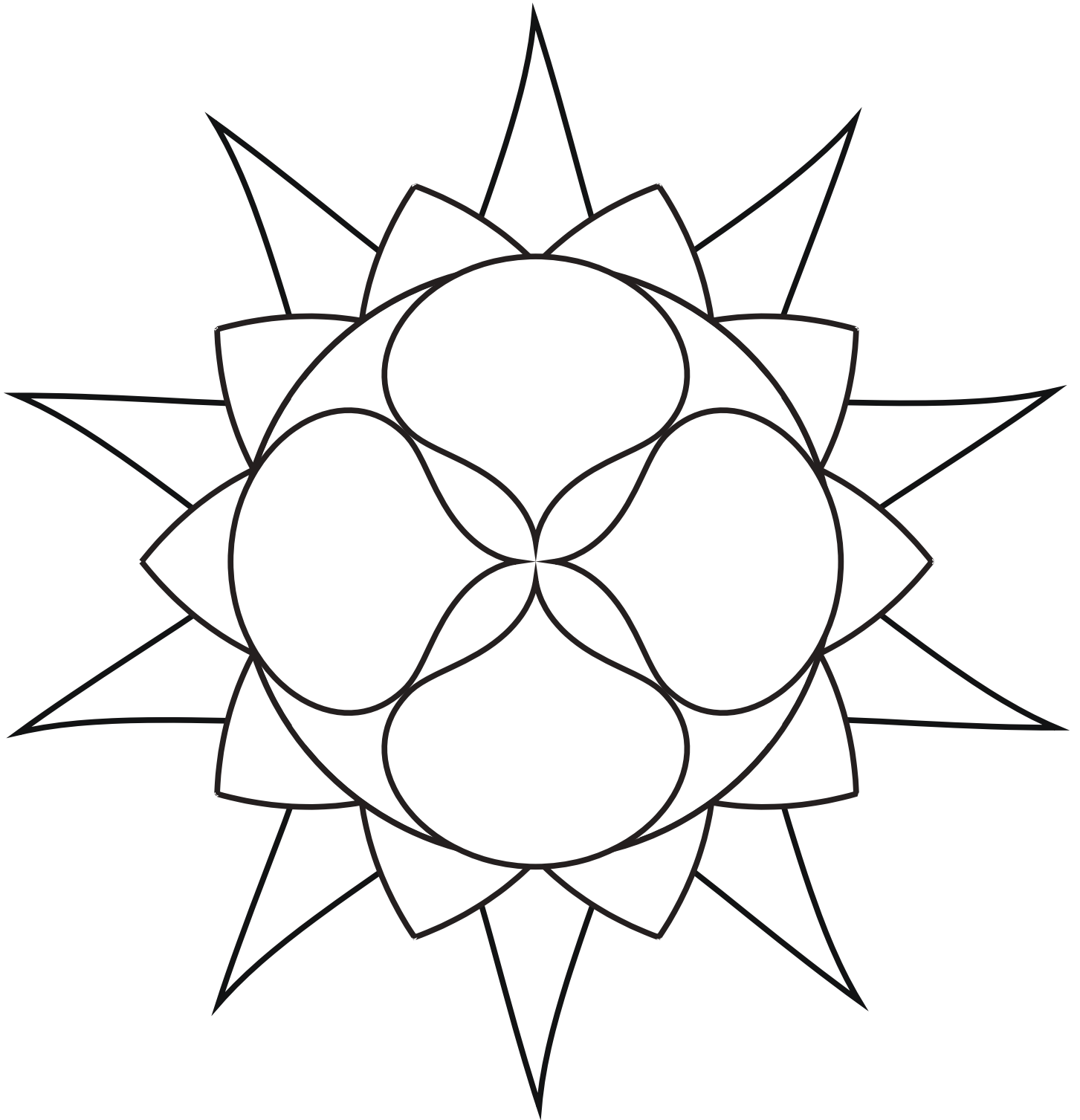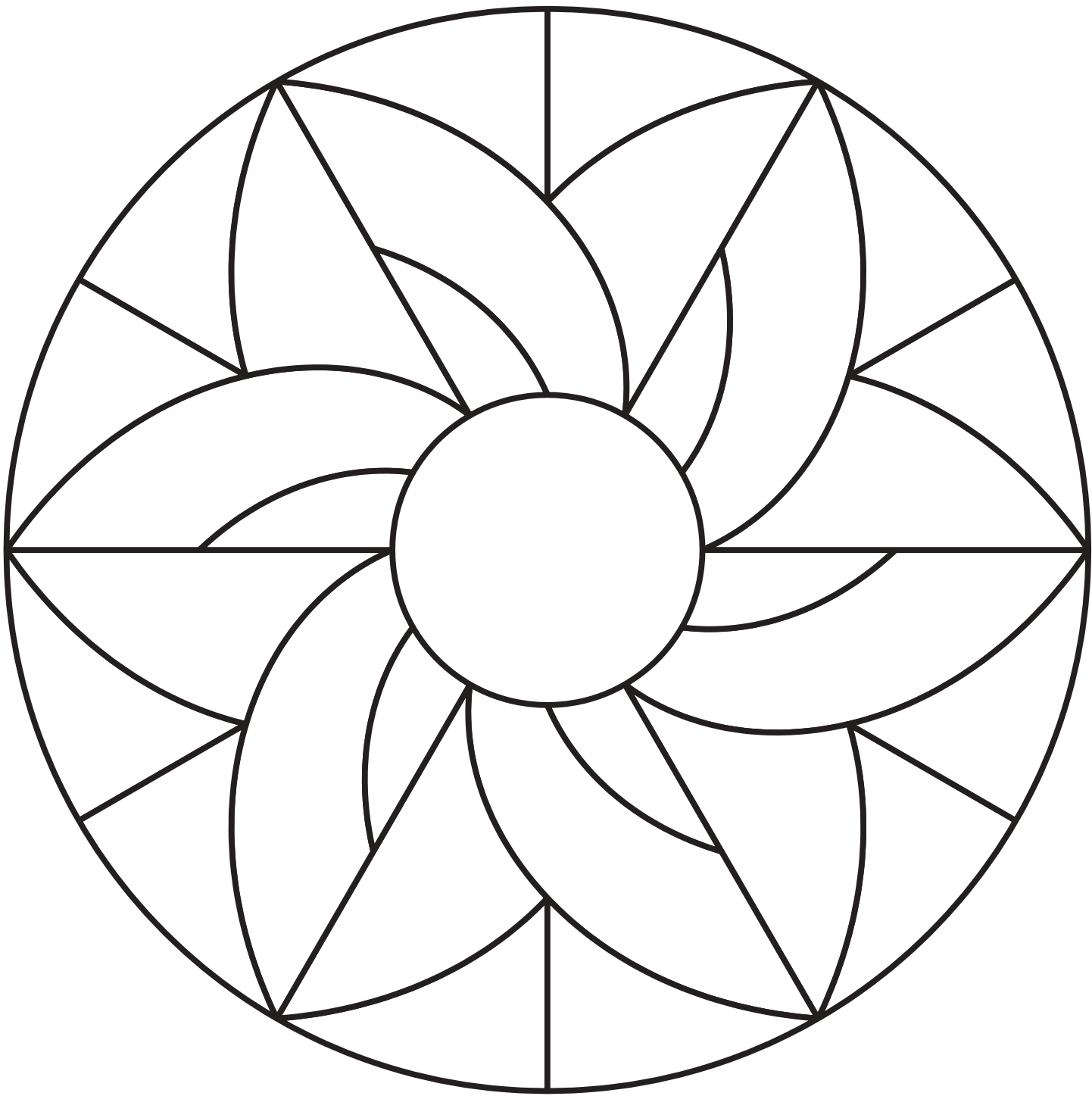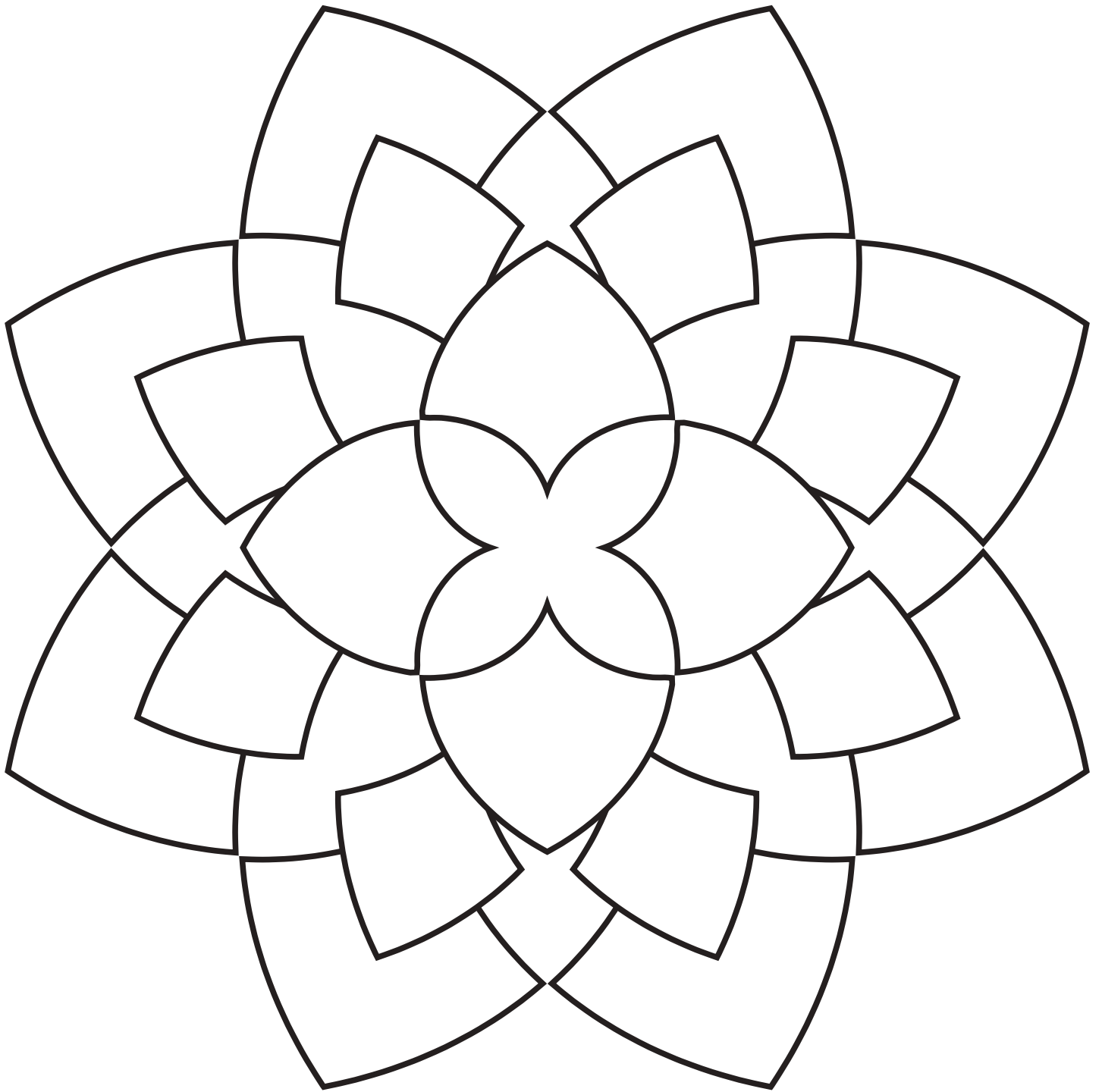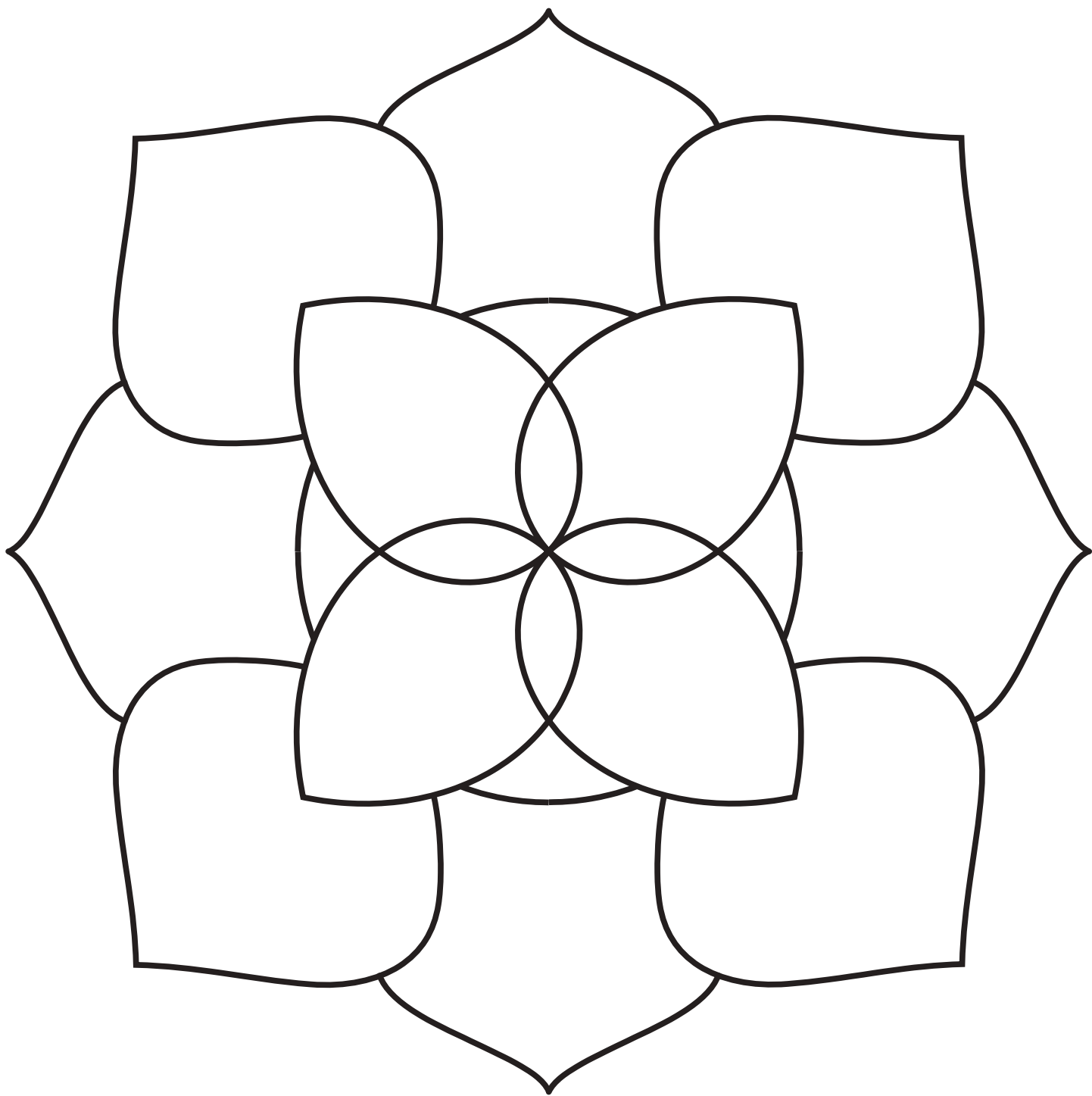
Review: Completing a Mandala

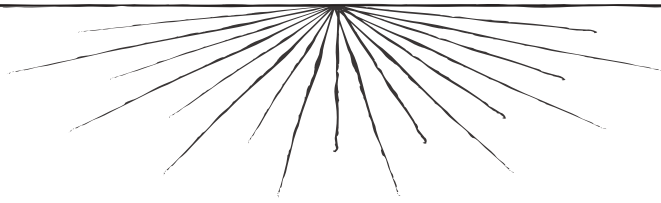It's almost time to make your own mandalas.

First, let's review what we've learned. You can use a grid to create designs, like the one below, by repeating patterns. These designs can be zig-zags, swirls, petals, or other imaginative advanced patterns. If, after designing your mandala, you are left with unfilled areas you can complete them with fill patterns.

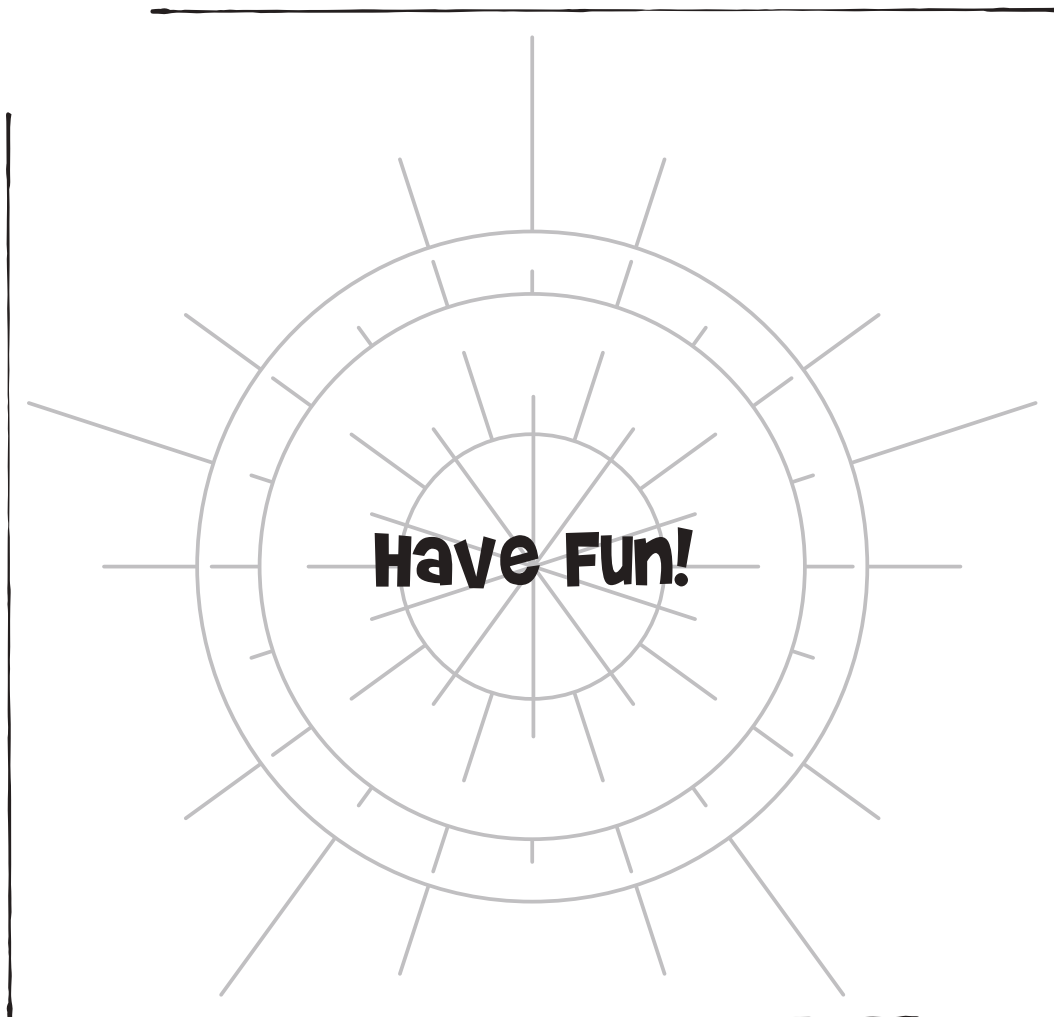Take a crack at finishing the mandala below!
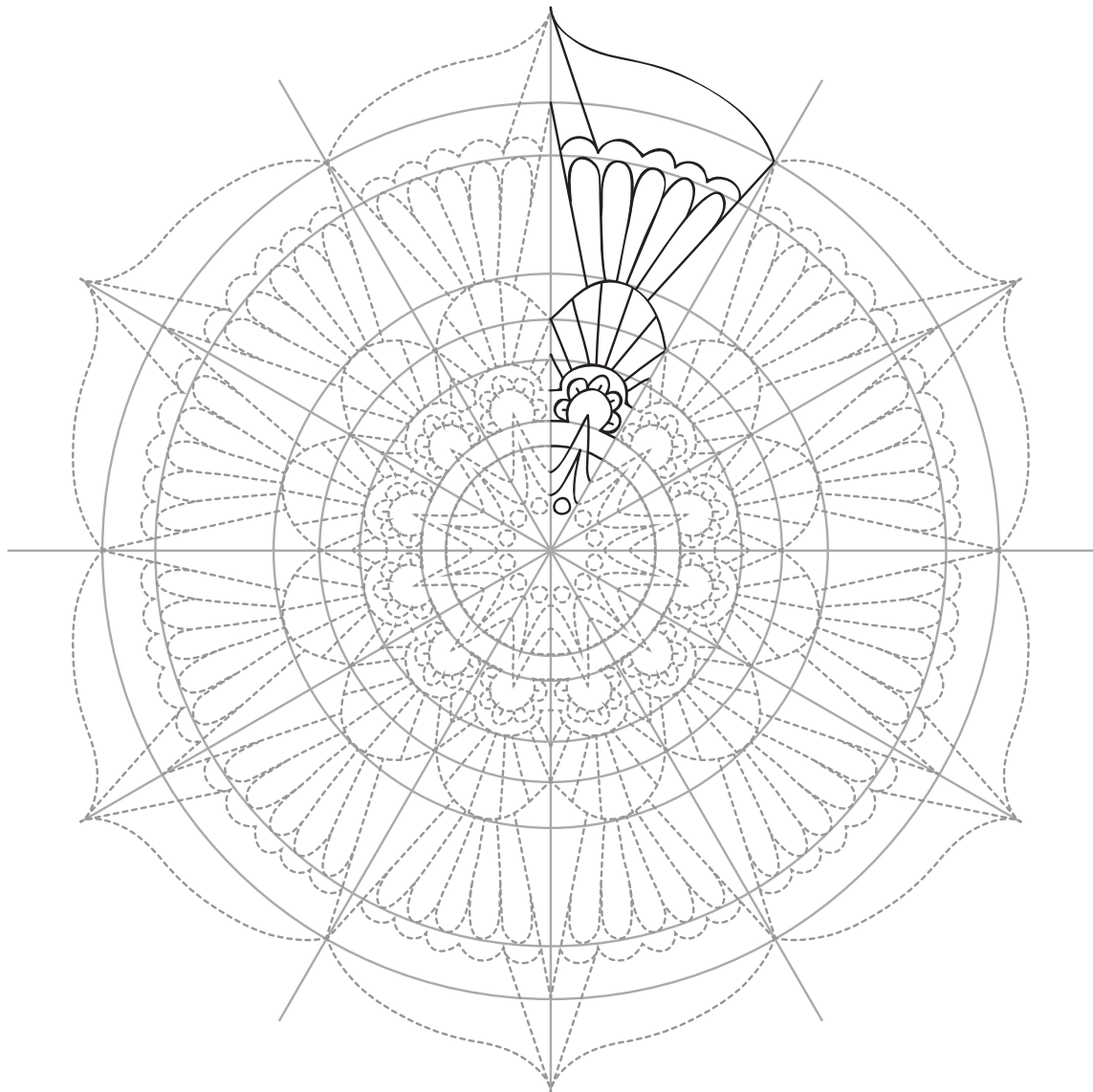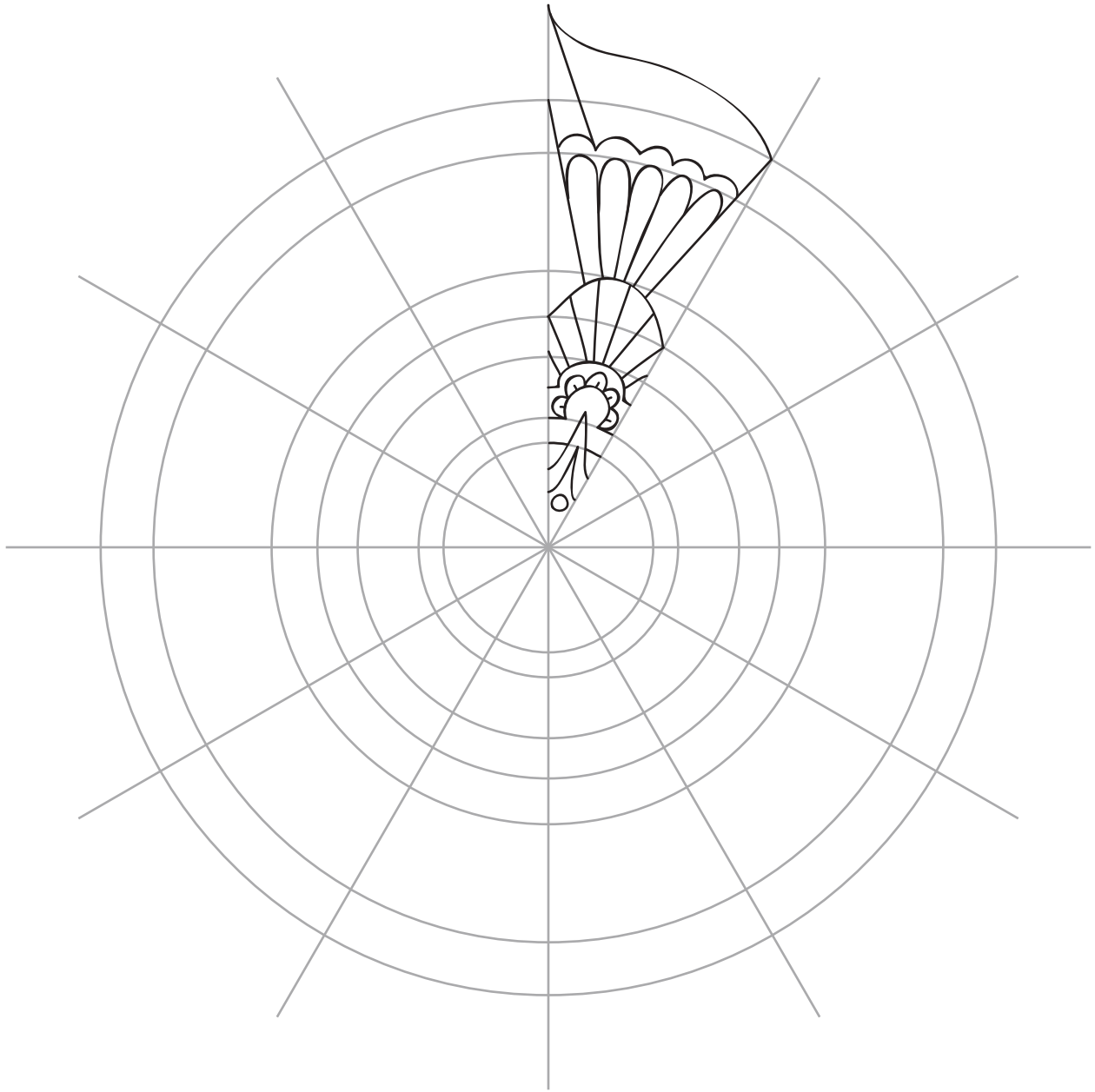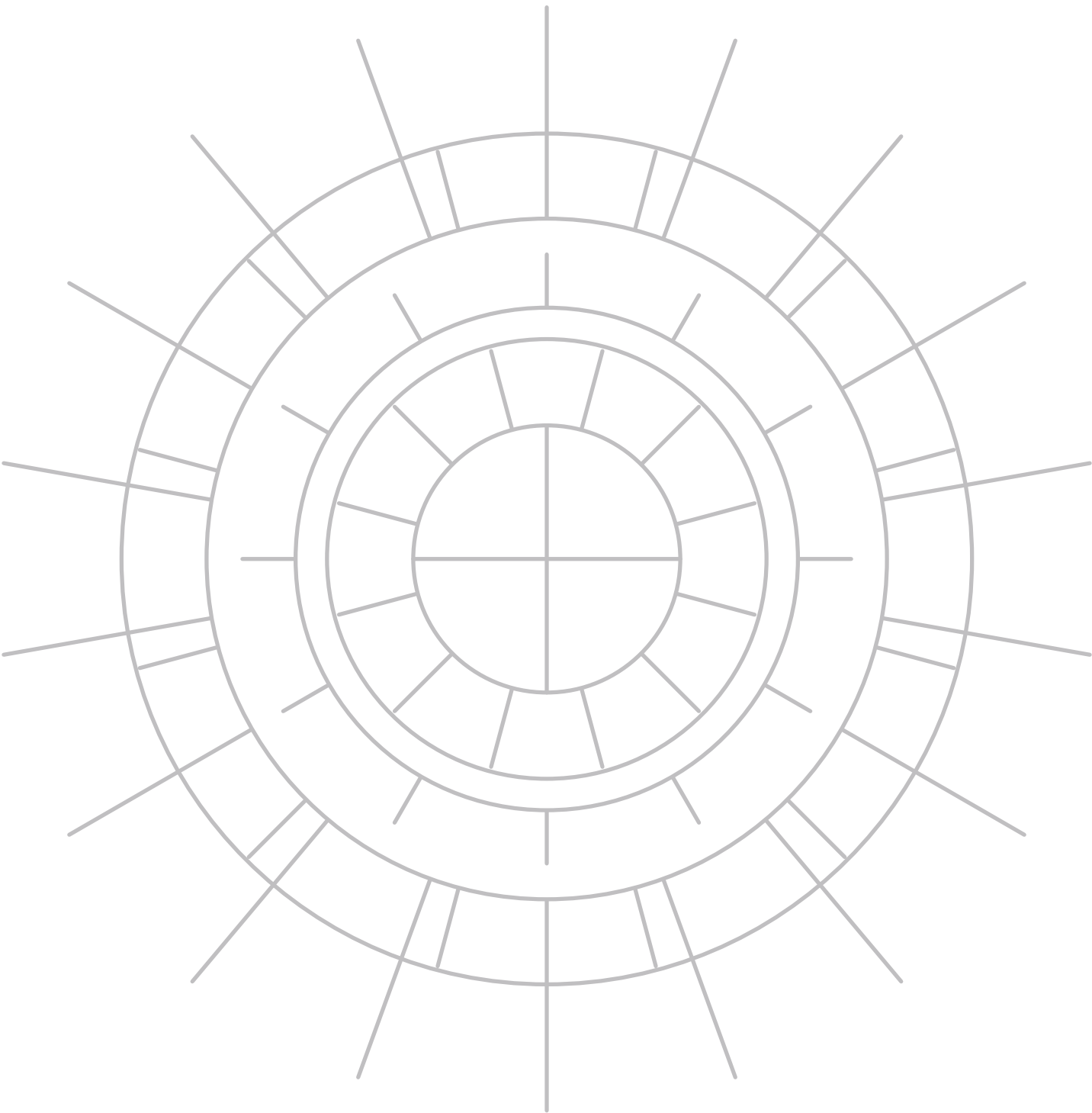
It's Mandala Time!

Together, we've explored how to use mandala grids, looked at examples of mandalas, and gone over varying design elements including curved patterns, zigzags, petals, advanced, and fill patterns. You can use these skills going forward, and can always flip back to find ideas!
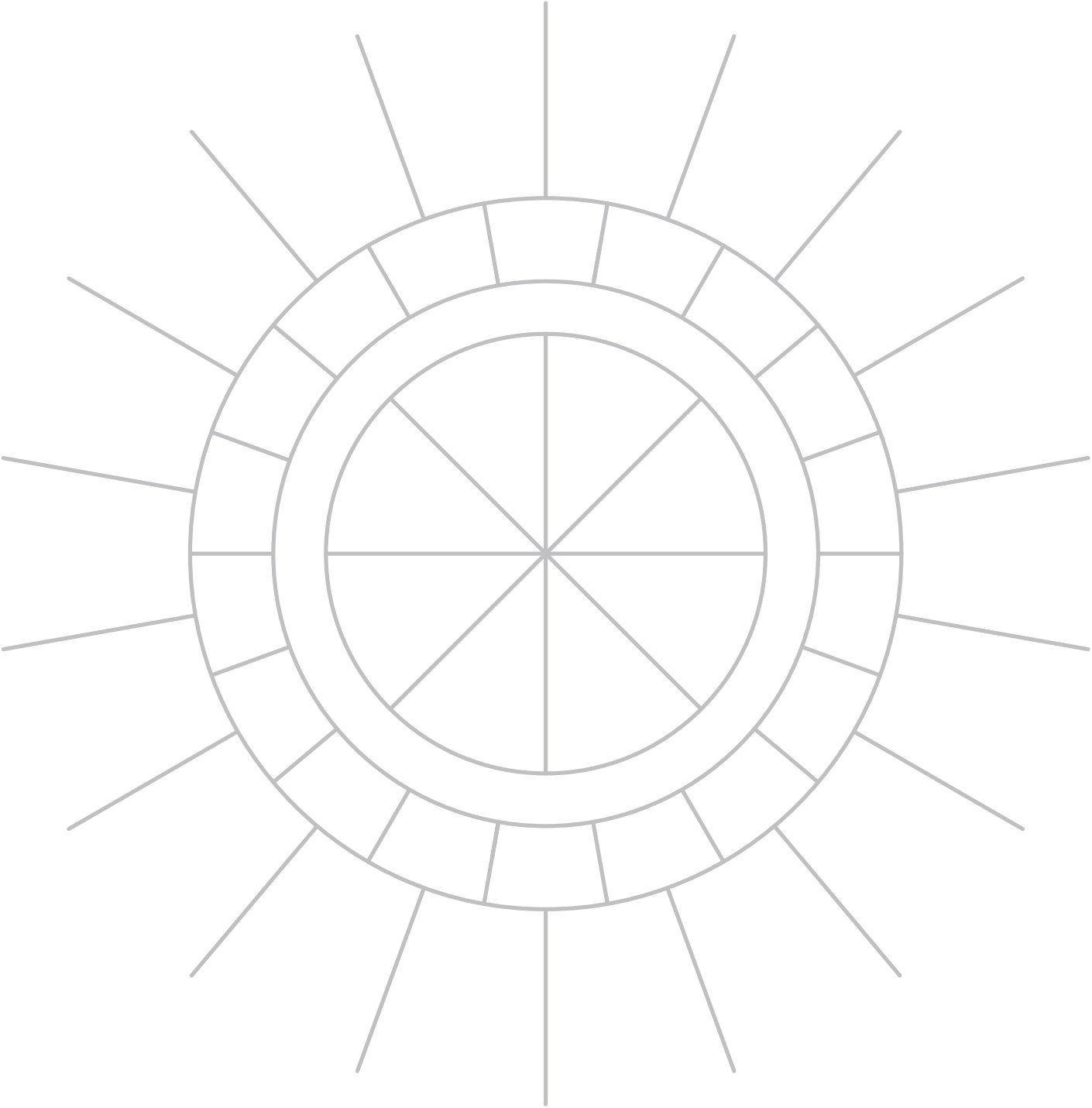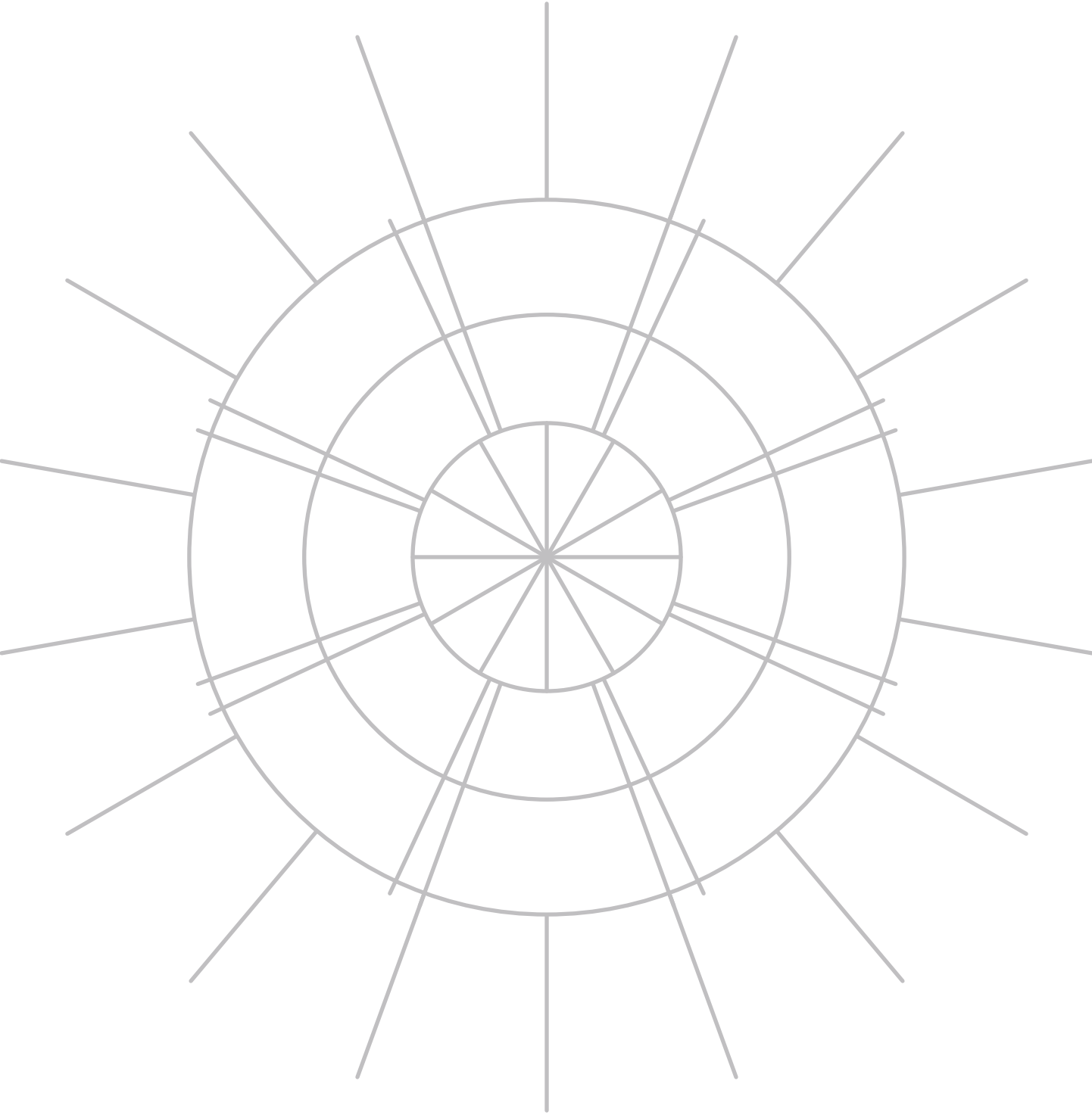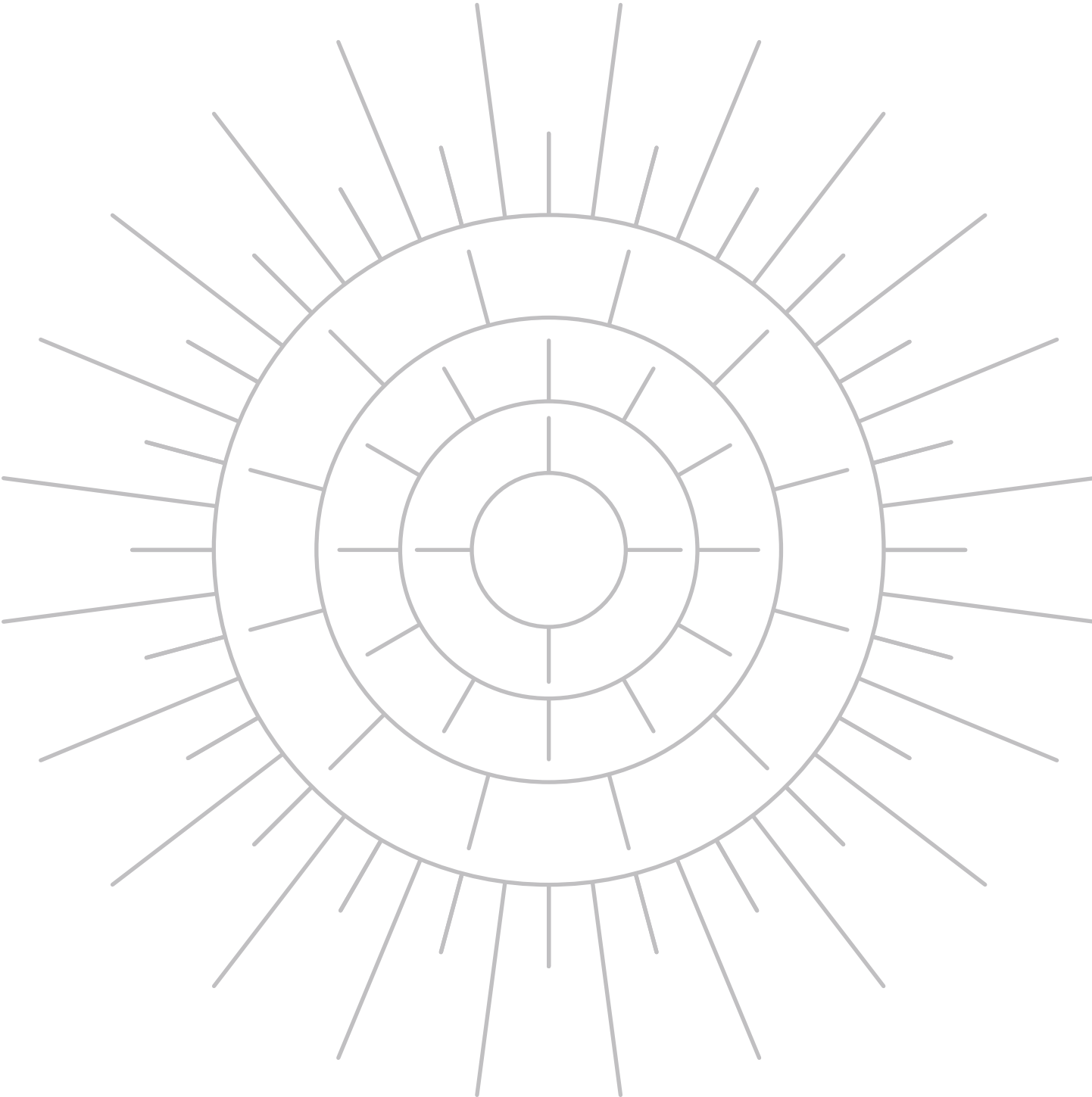
You've got this. It's time to make your own mandalas.

Have Fun!

Date: ____ / ____ / ____

Day: _____ Date: ____/____/____

My Mindfulness Journal

Today, I've been thinking about...

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I am currently working on...

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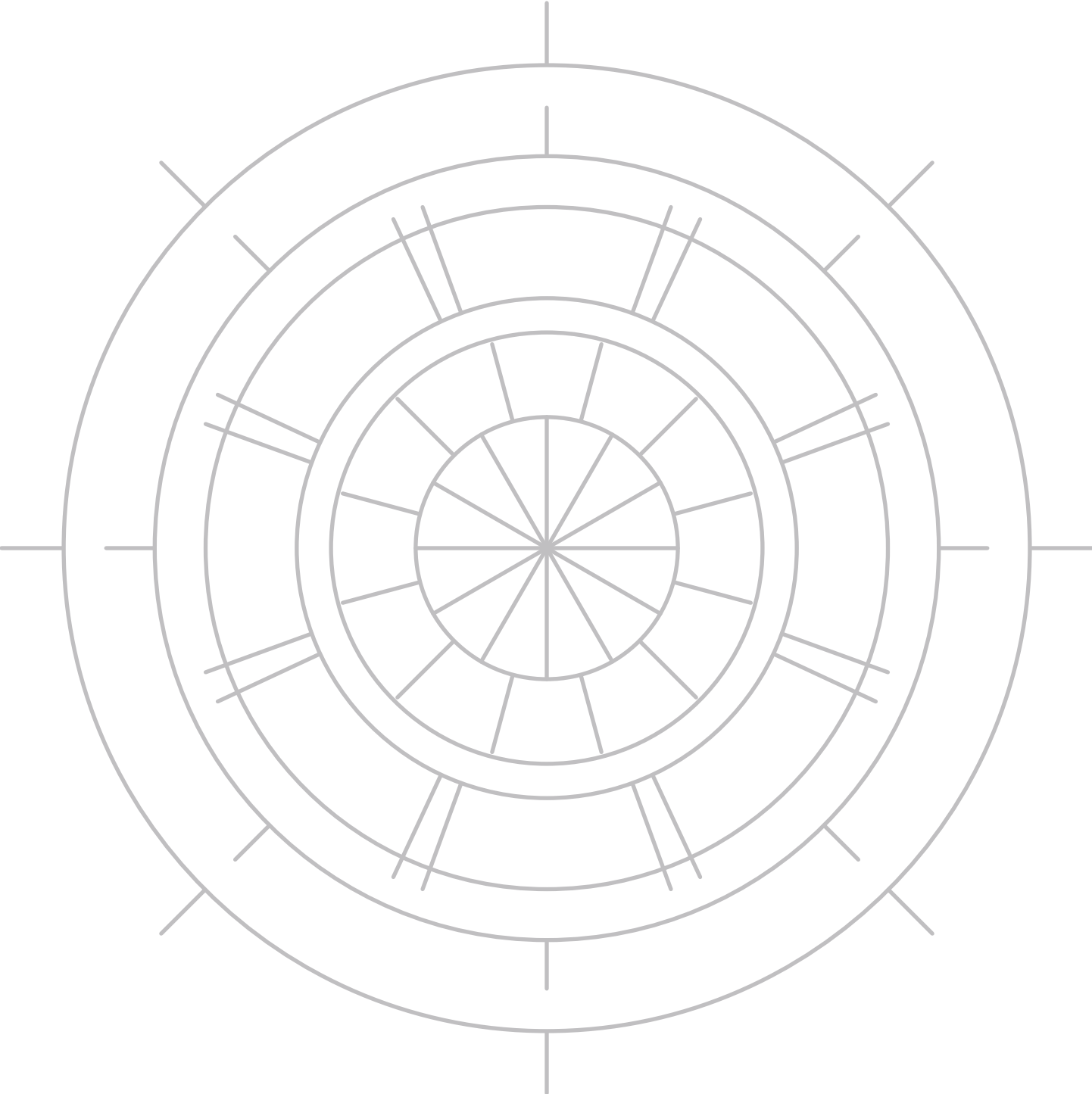▶ _____
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Today, drawing helps me feel...

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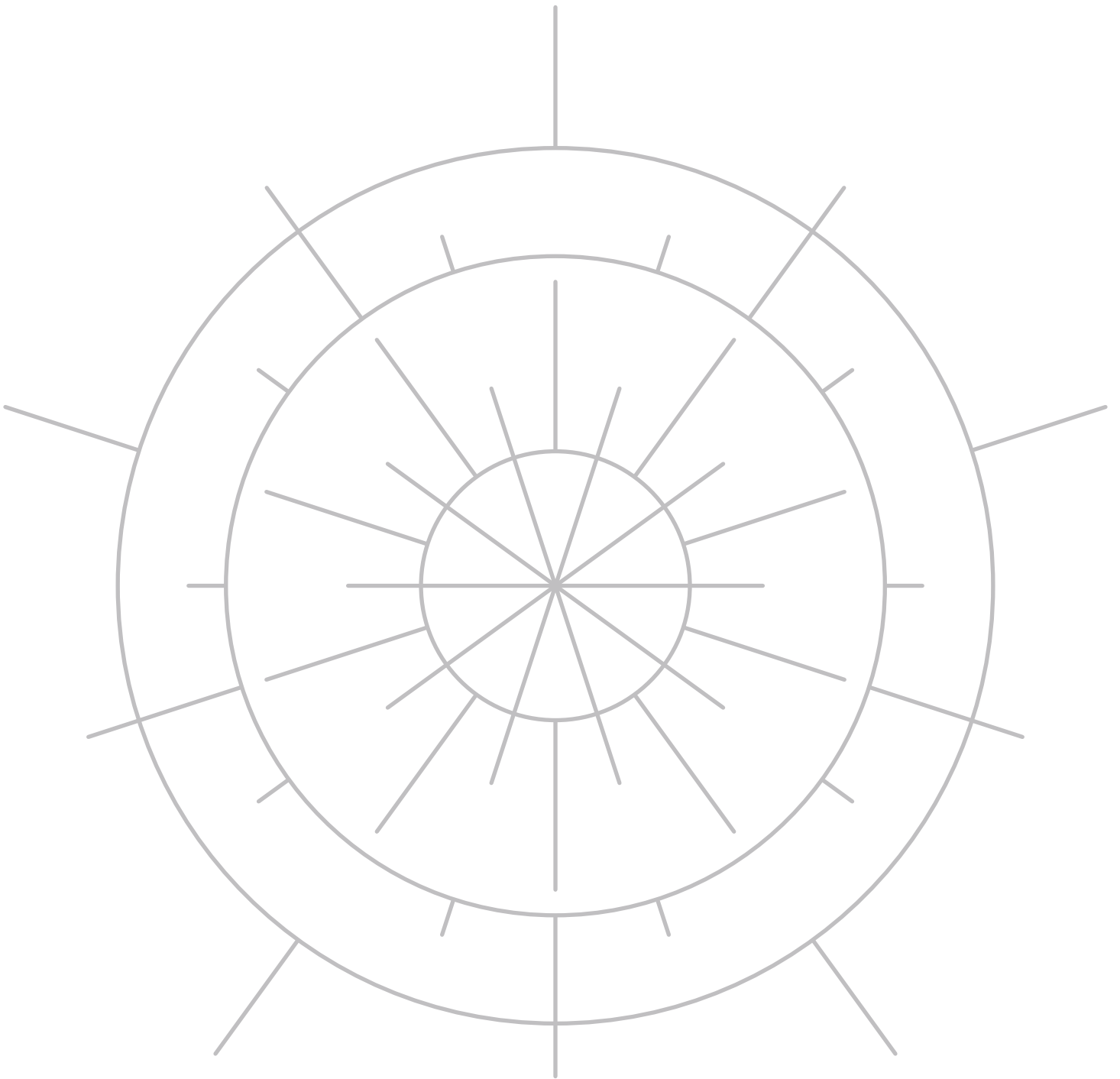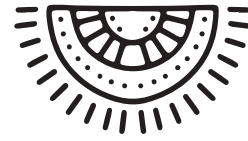Day: _____ Date: ____/____/____

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Date:_____/_____/_____

Day: _____ Date: ____/____/____

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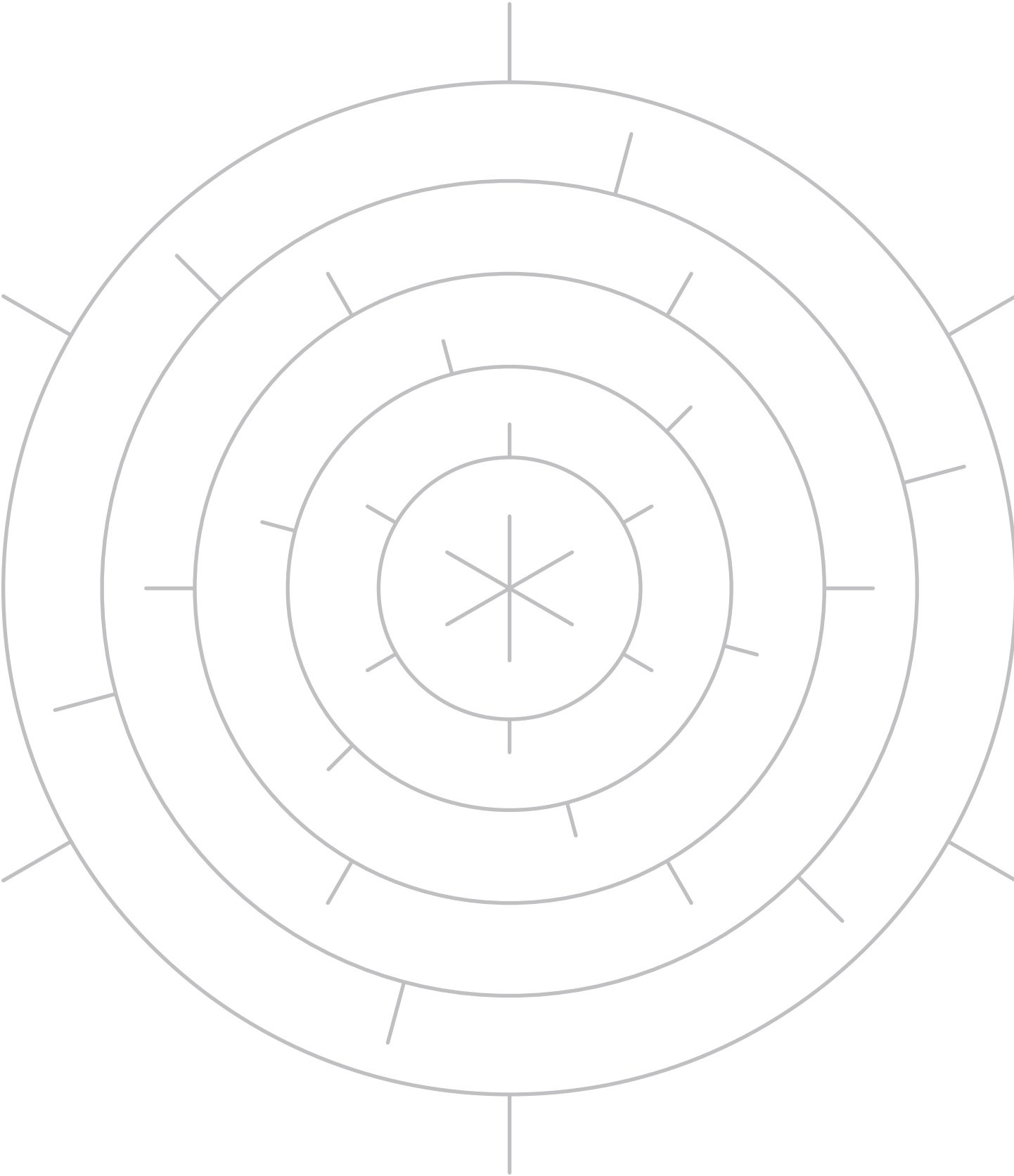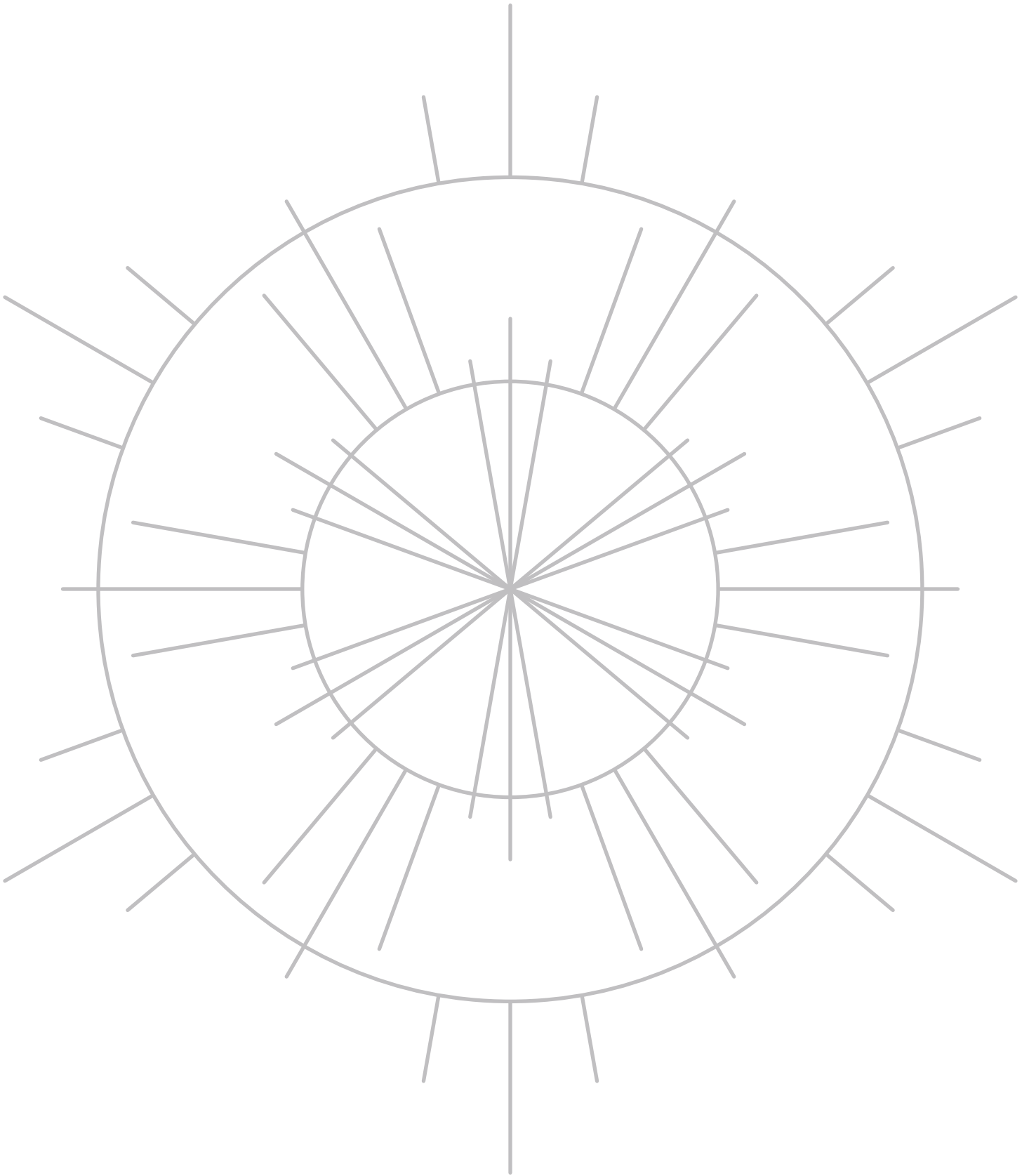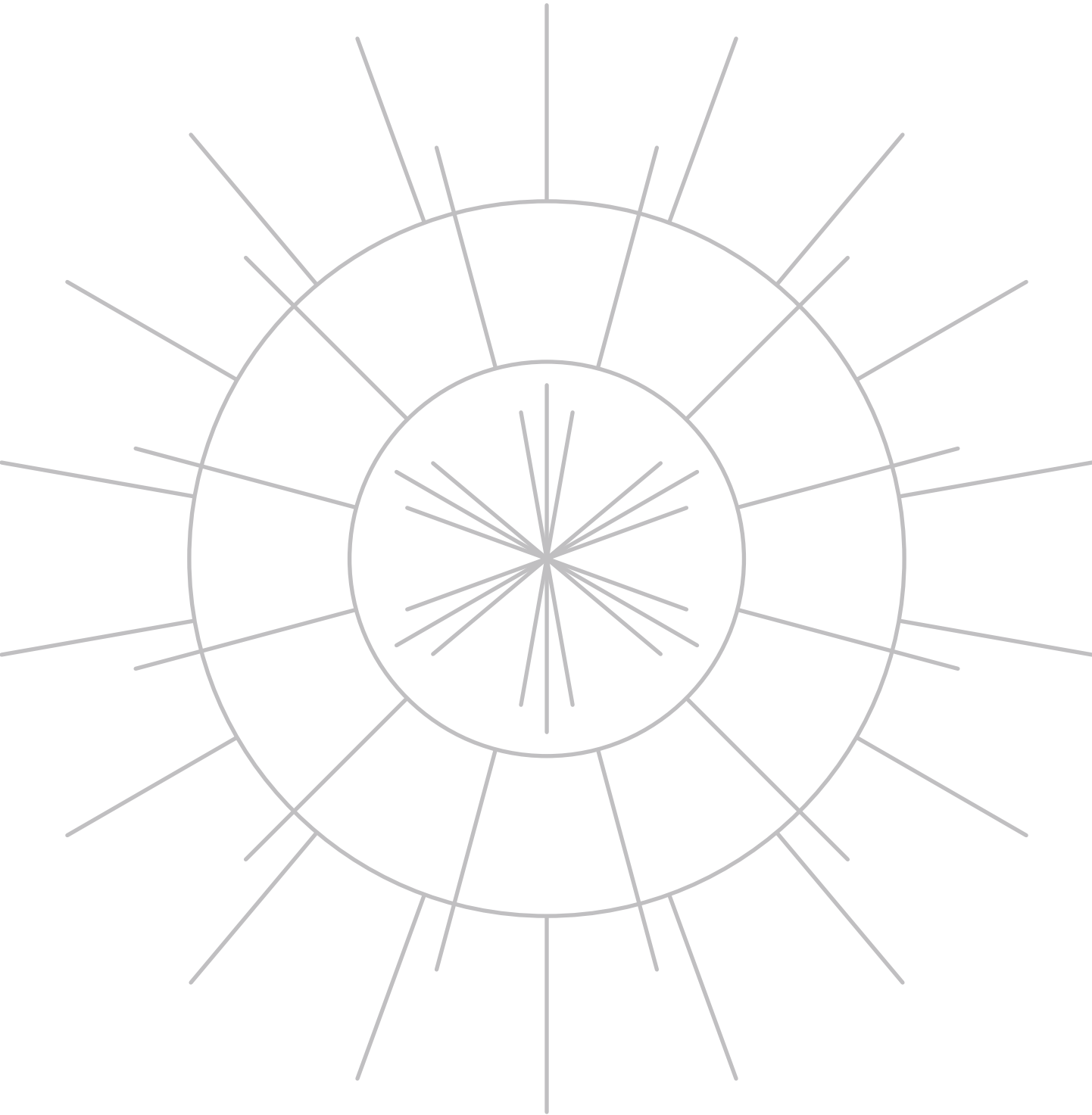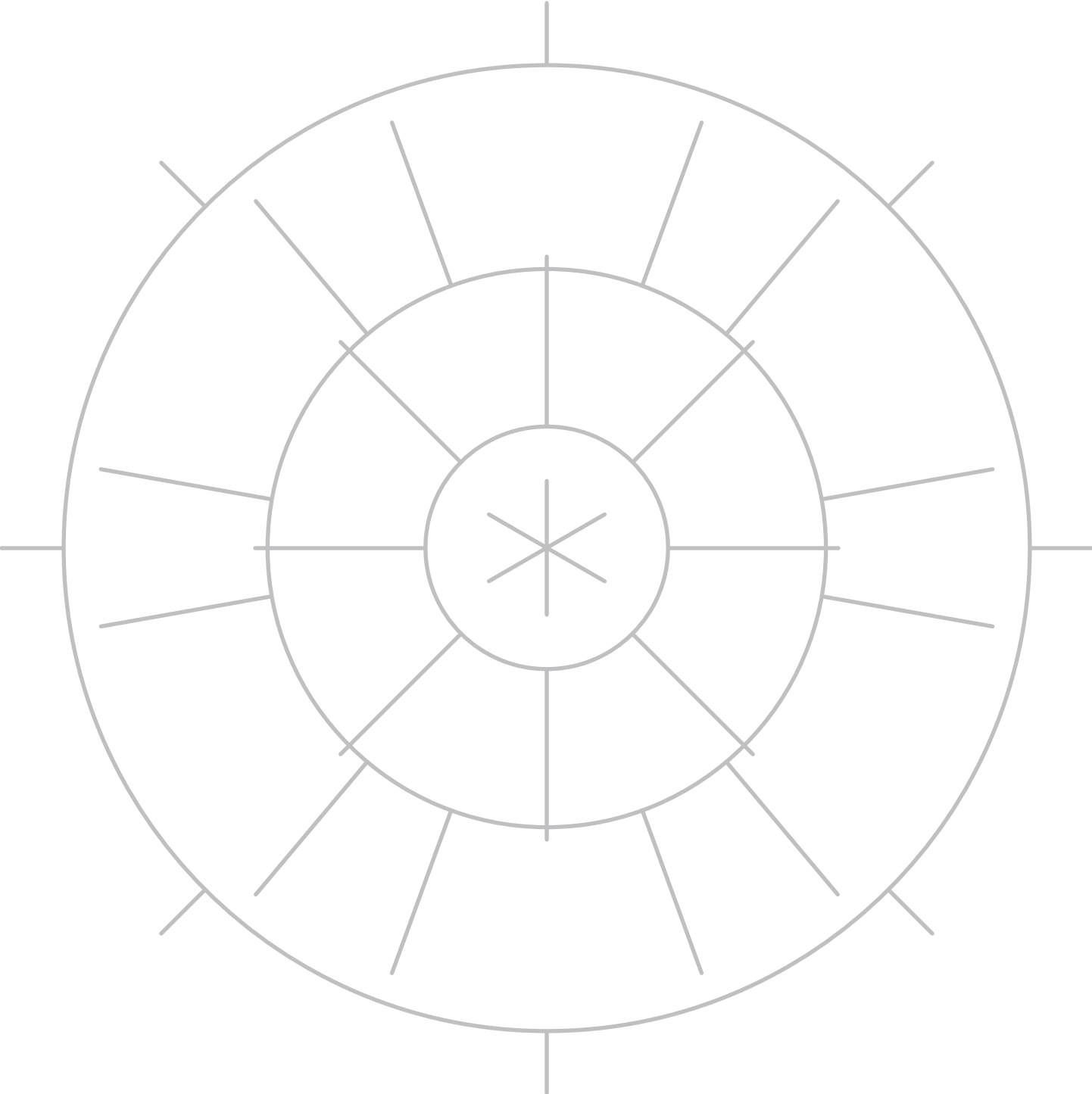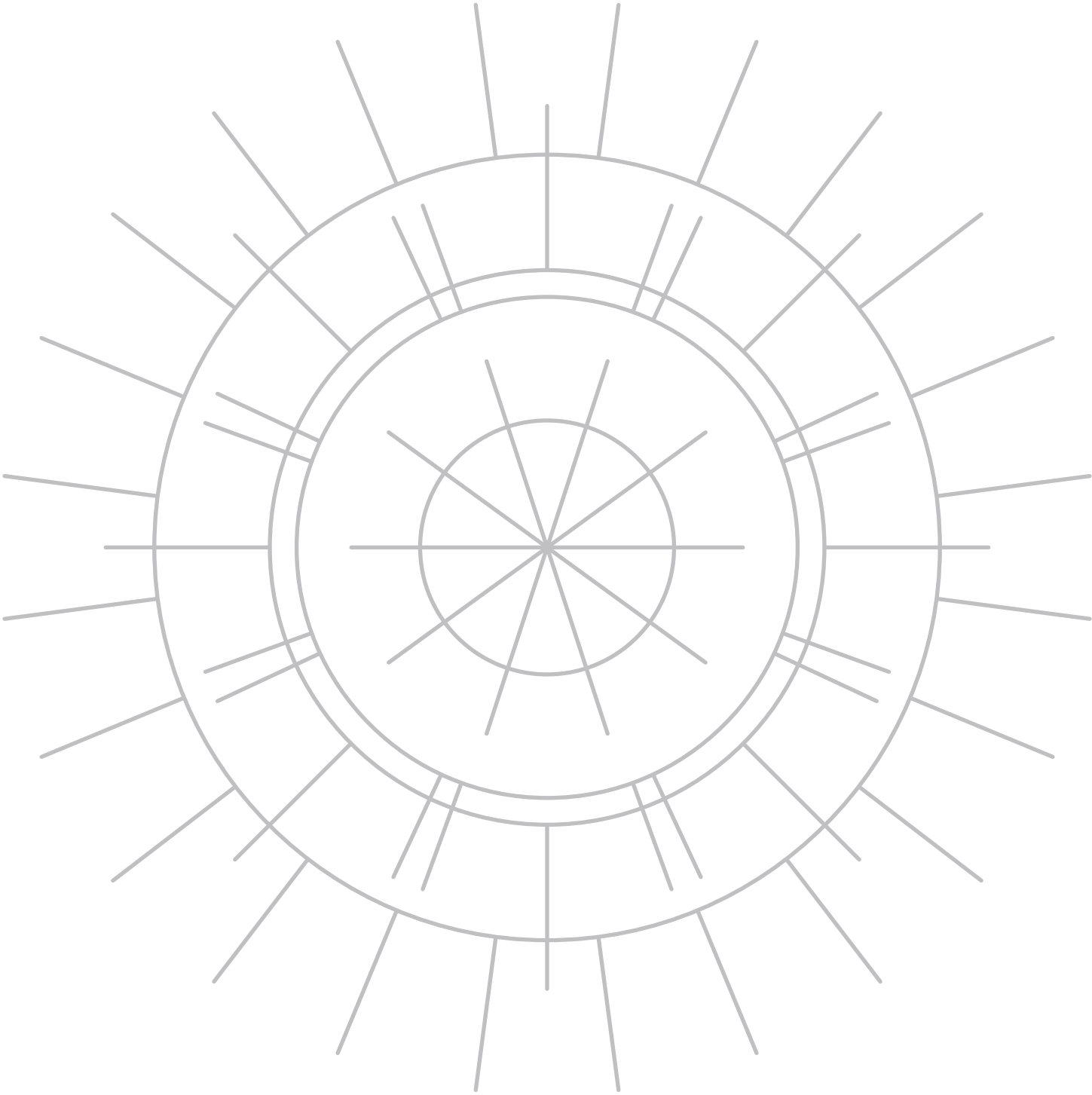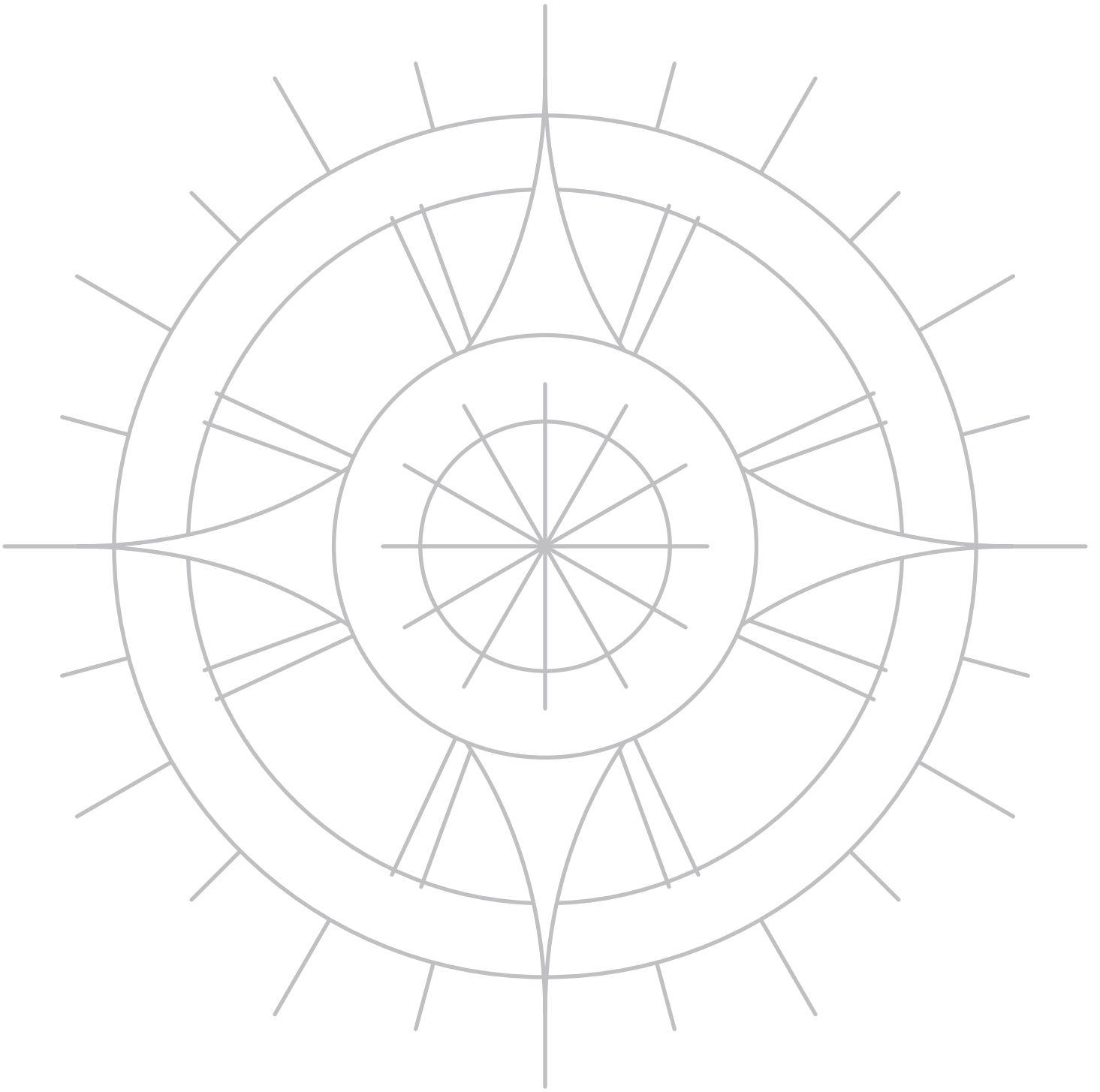
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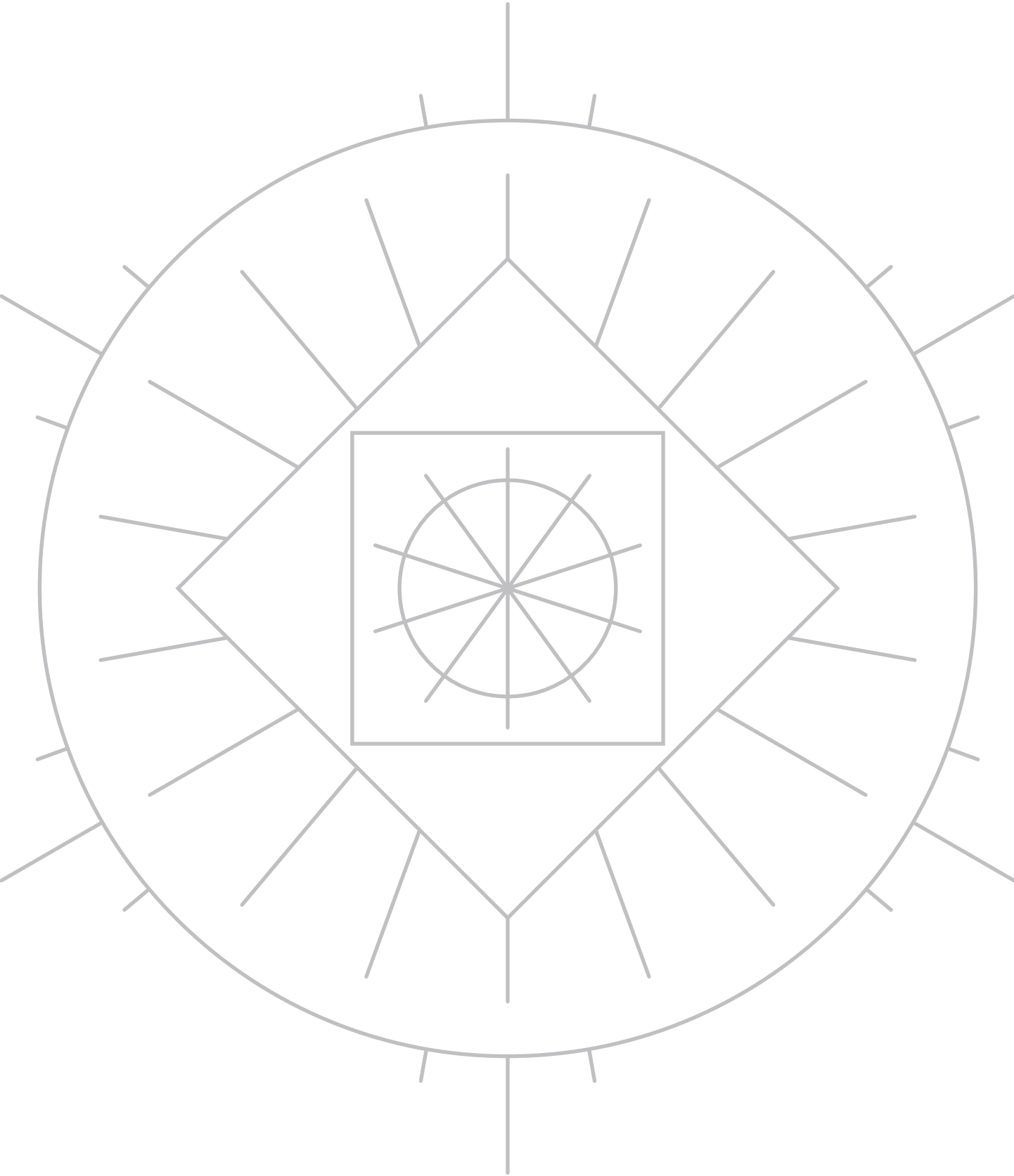
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My Mindfulness Journal

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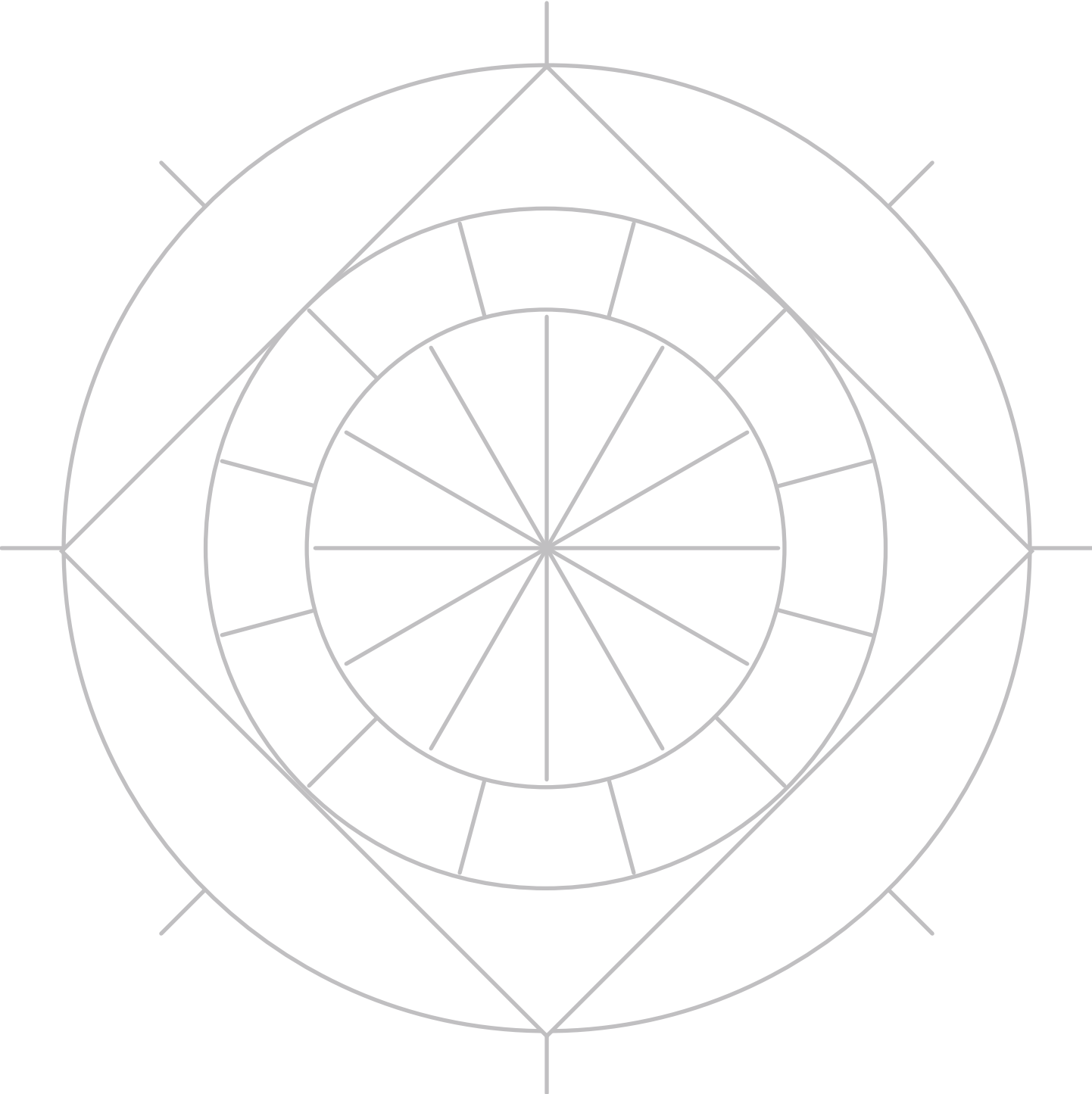
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My Mindfulness Journal

Today, I've been thinking about...

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Today, drawing helps me feel...

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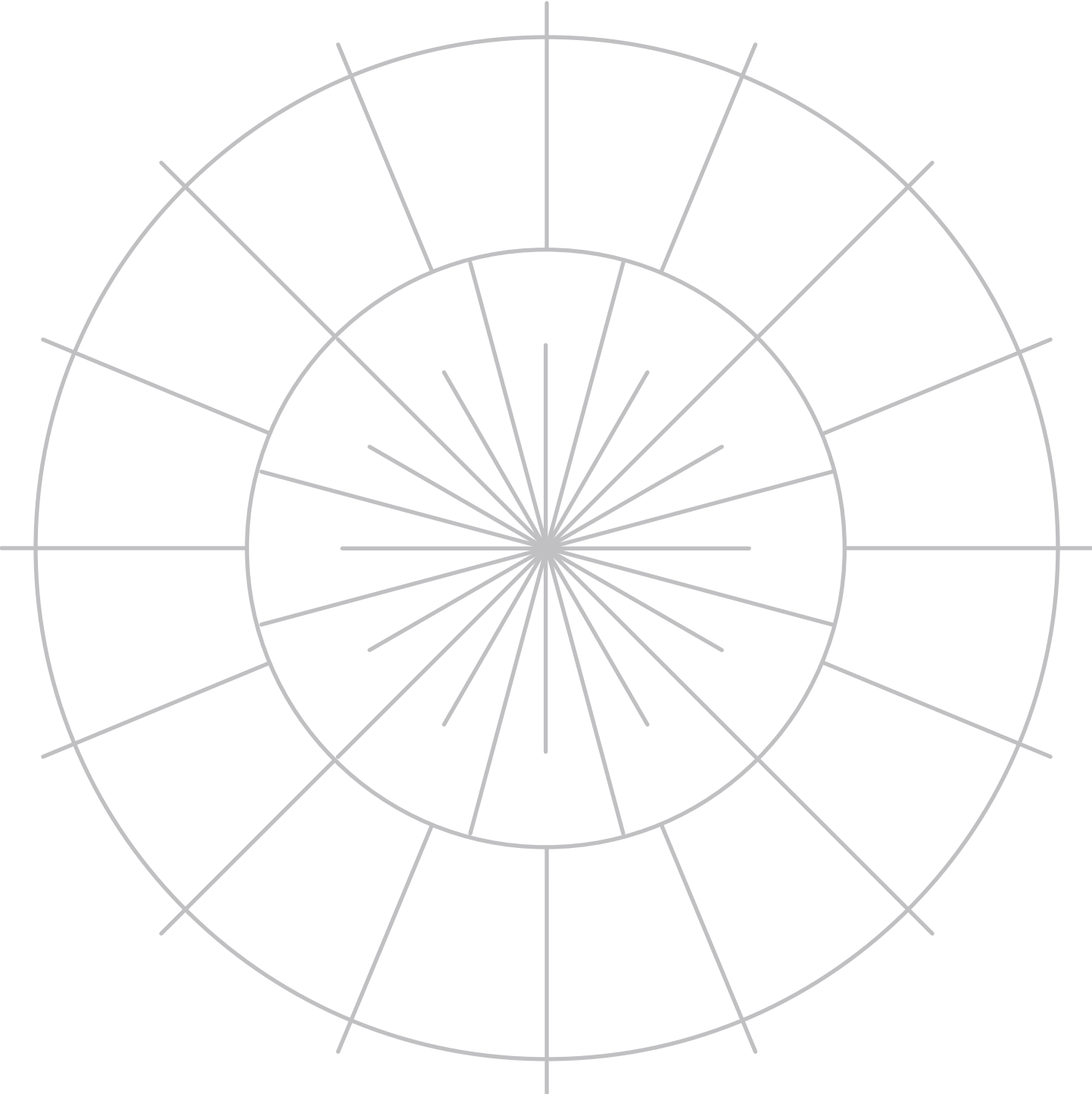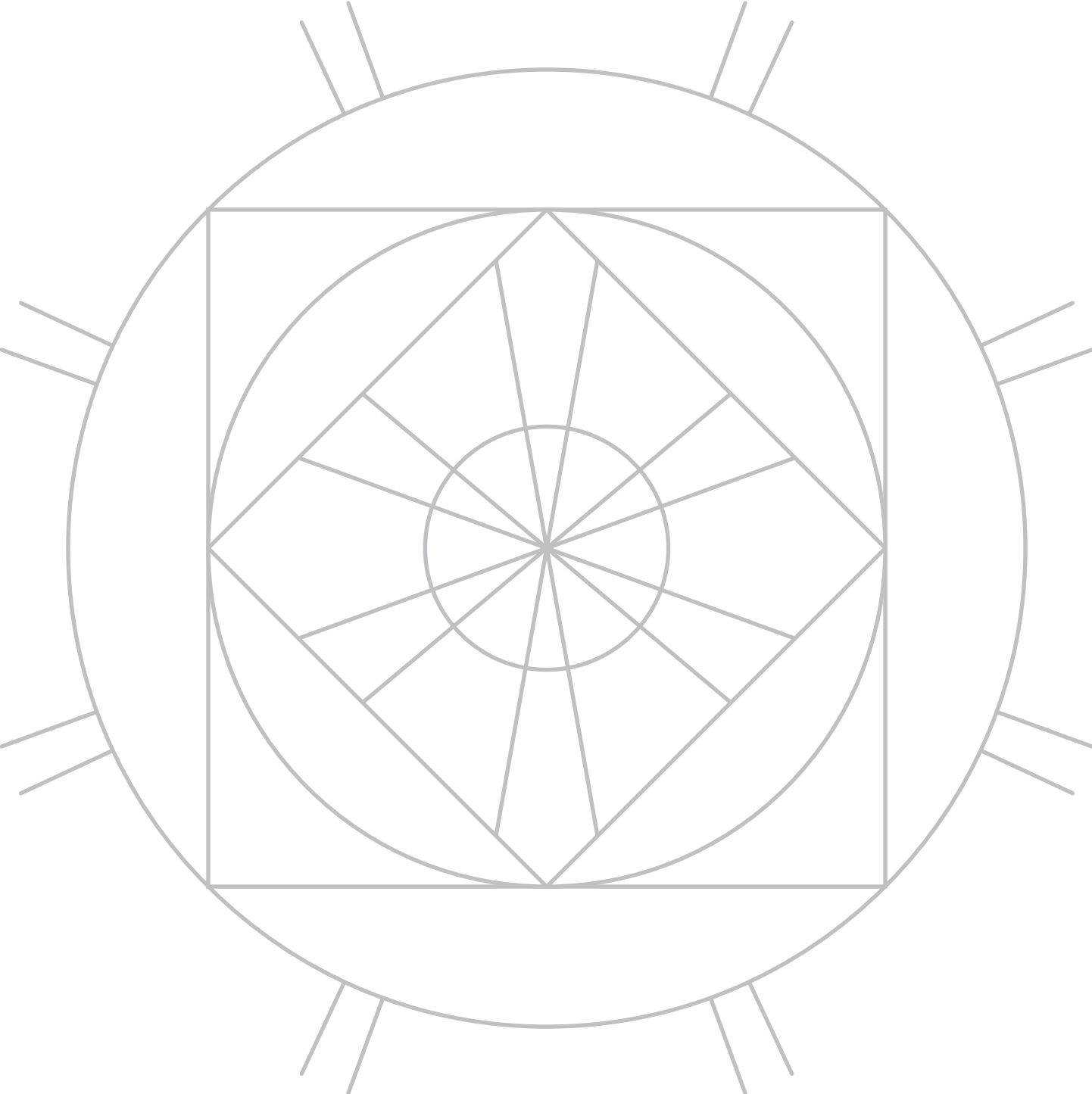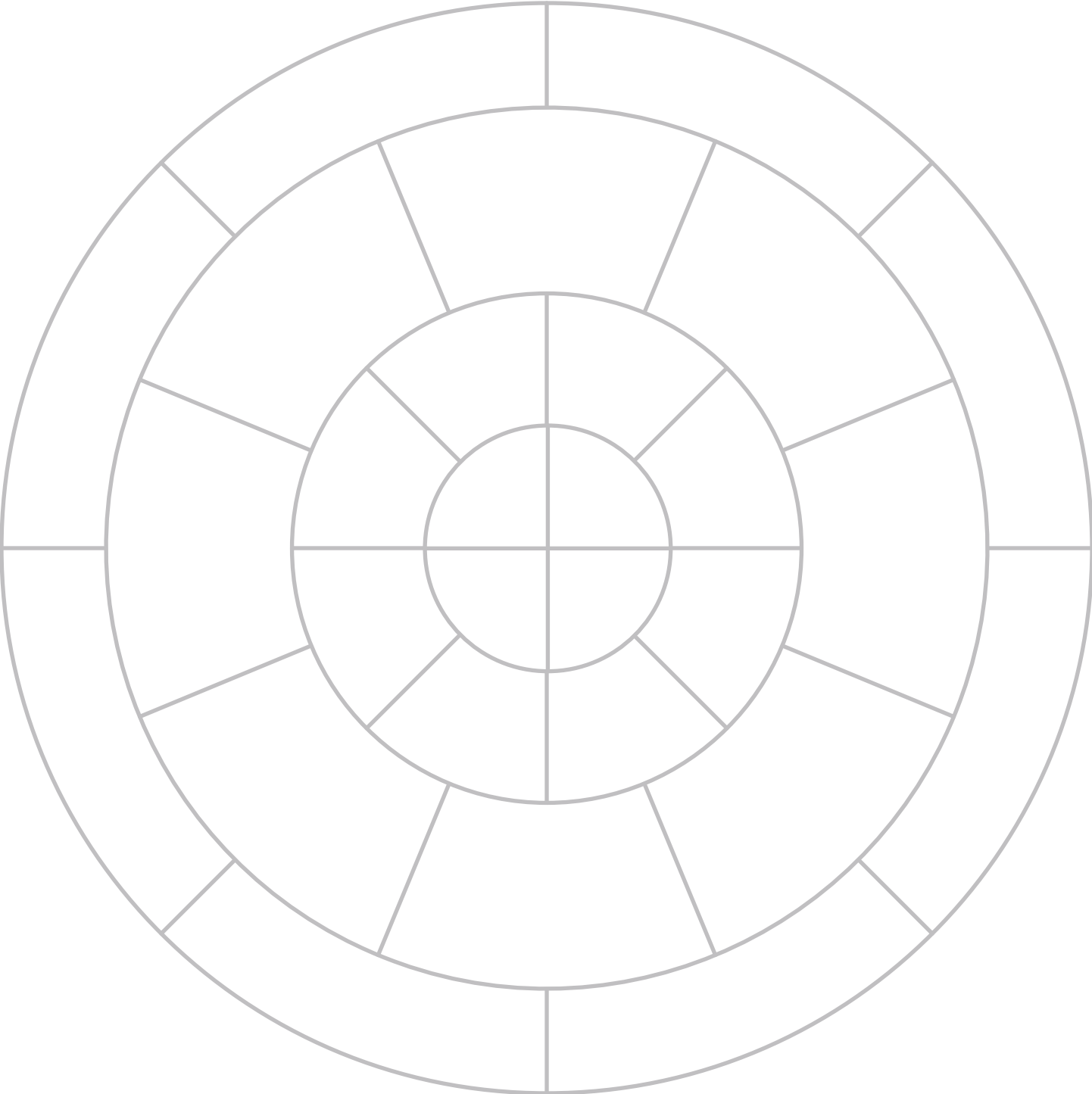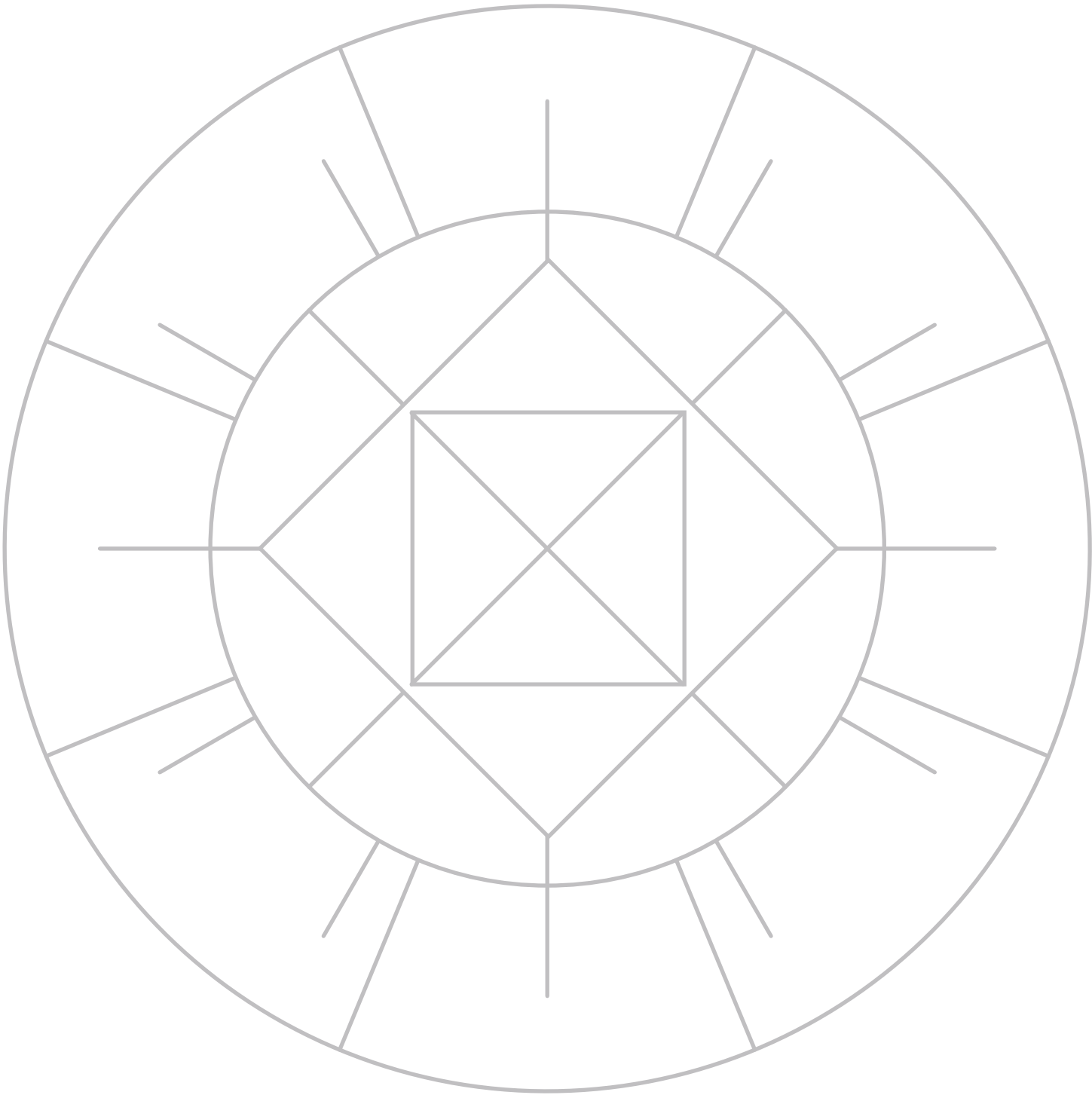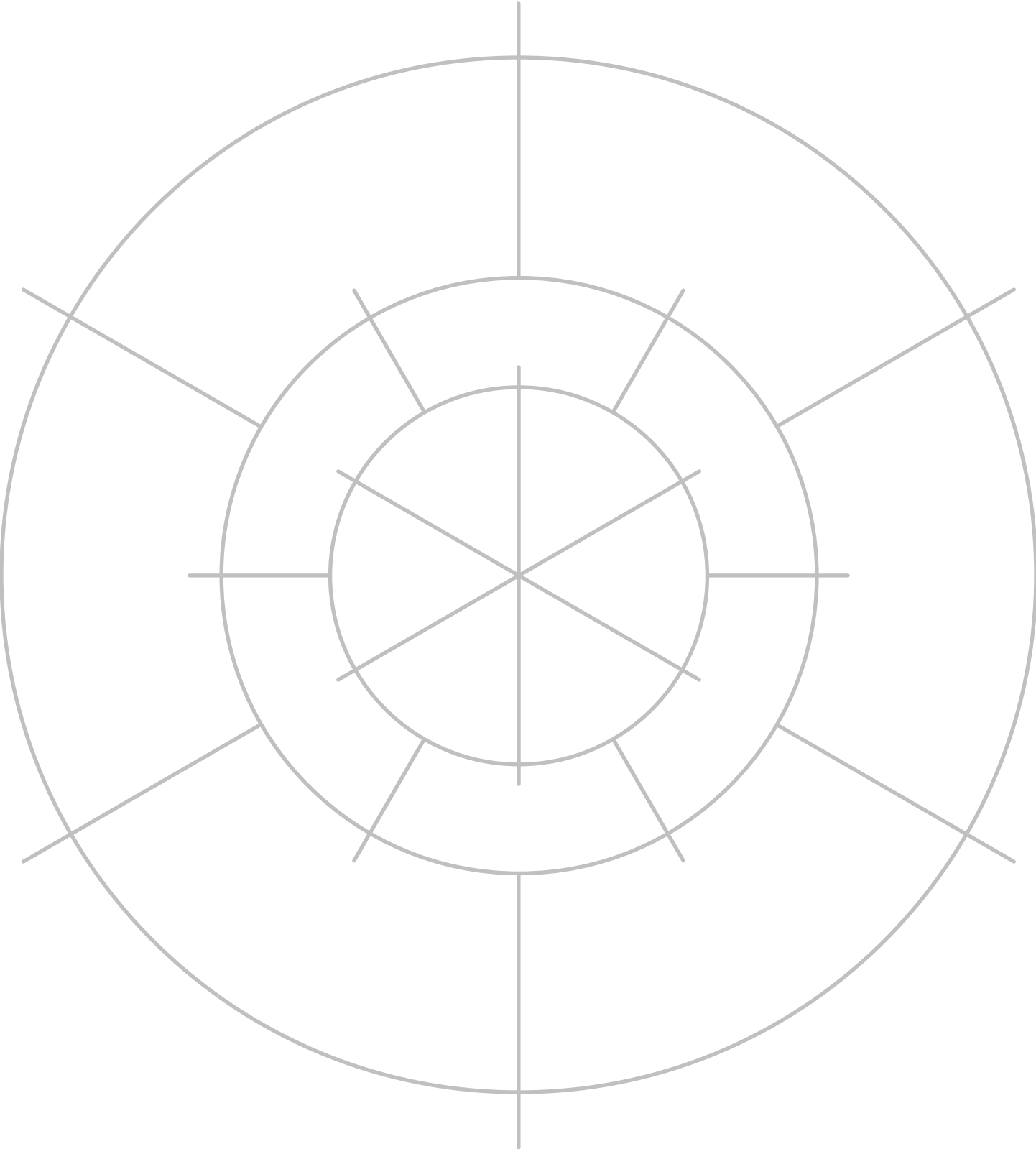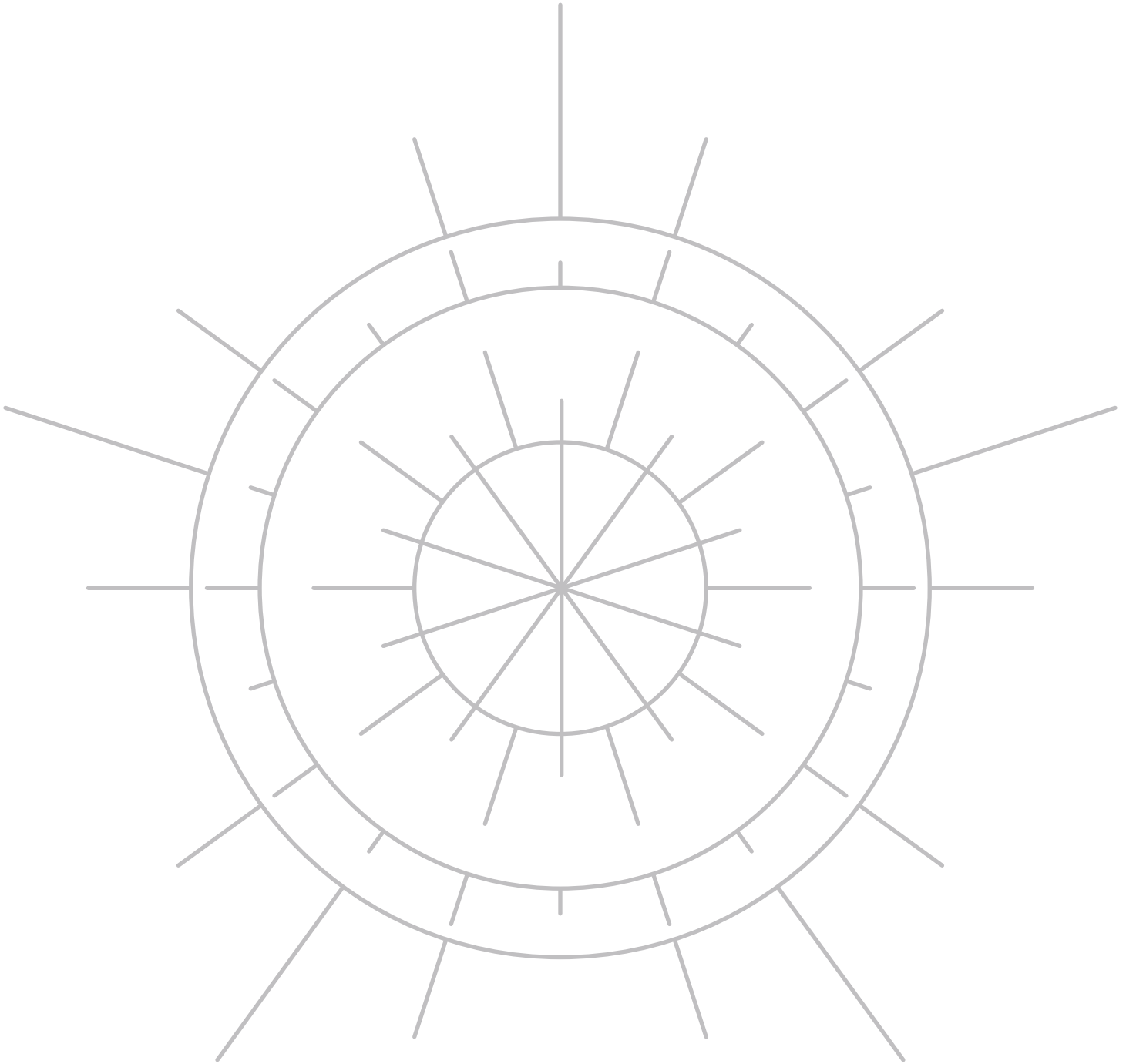Date:____/____/____

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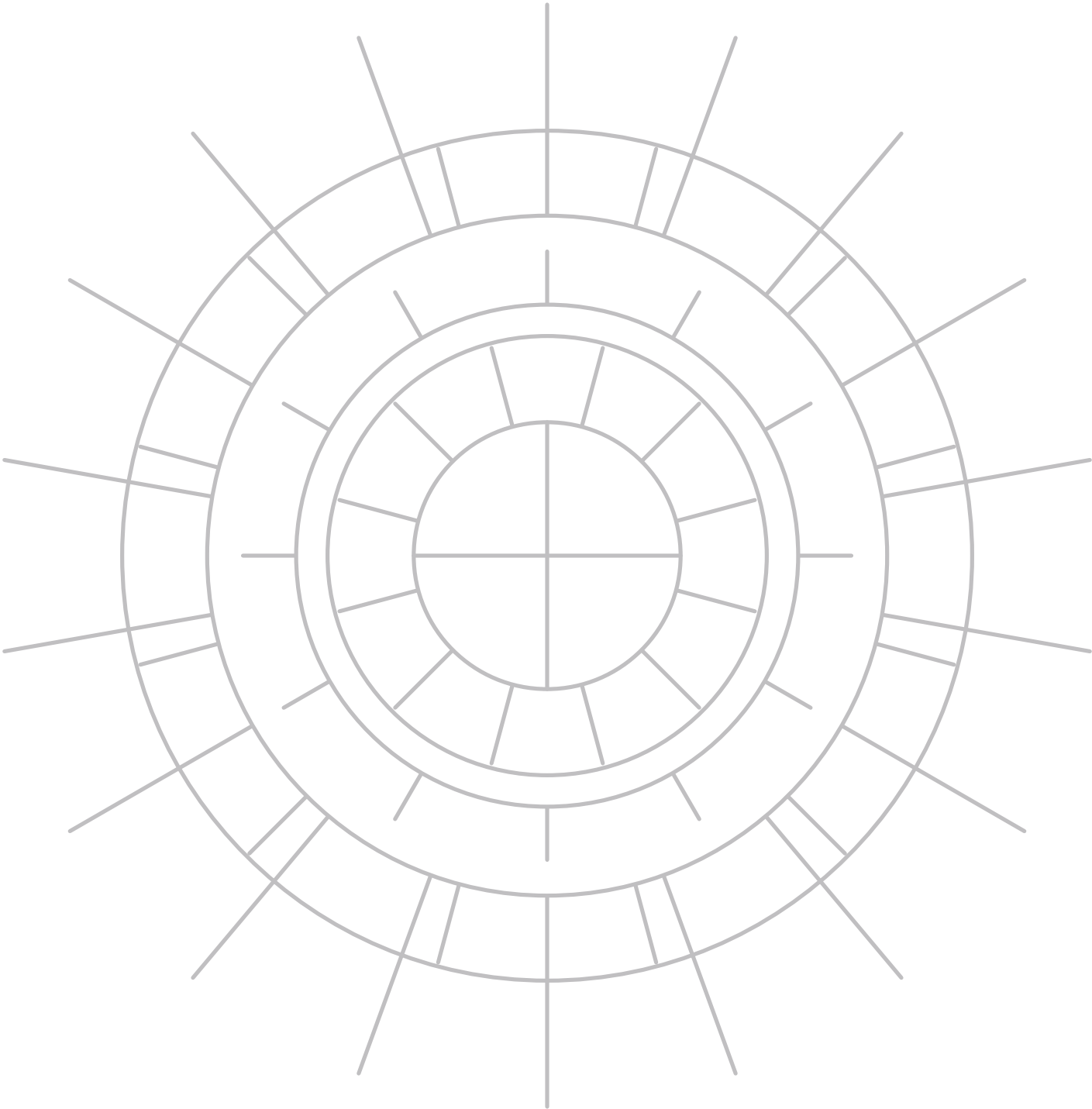Today, drawing helps me feel...

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Day: _____ Date: _____/_____/_____

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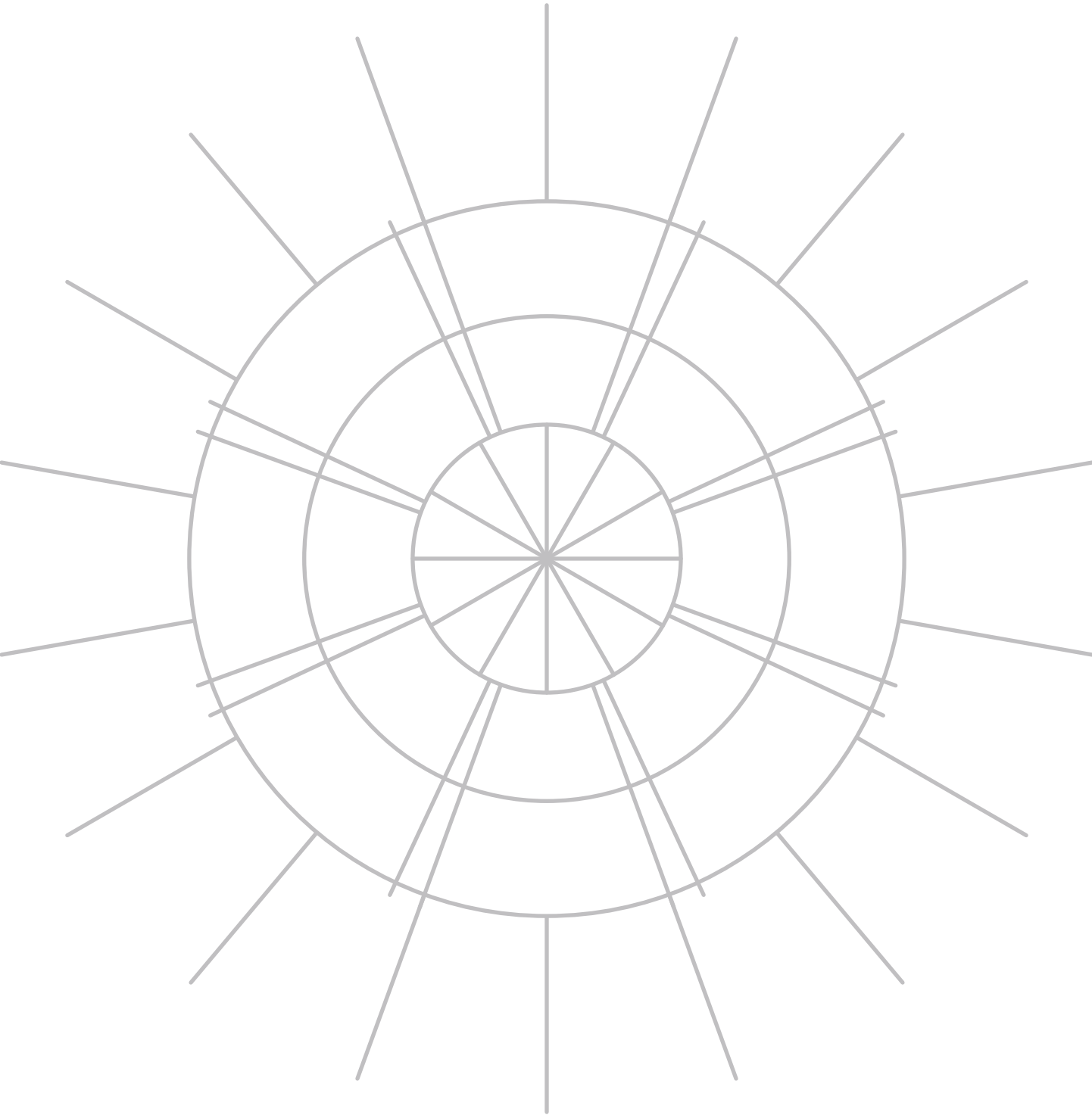► _____
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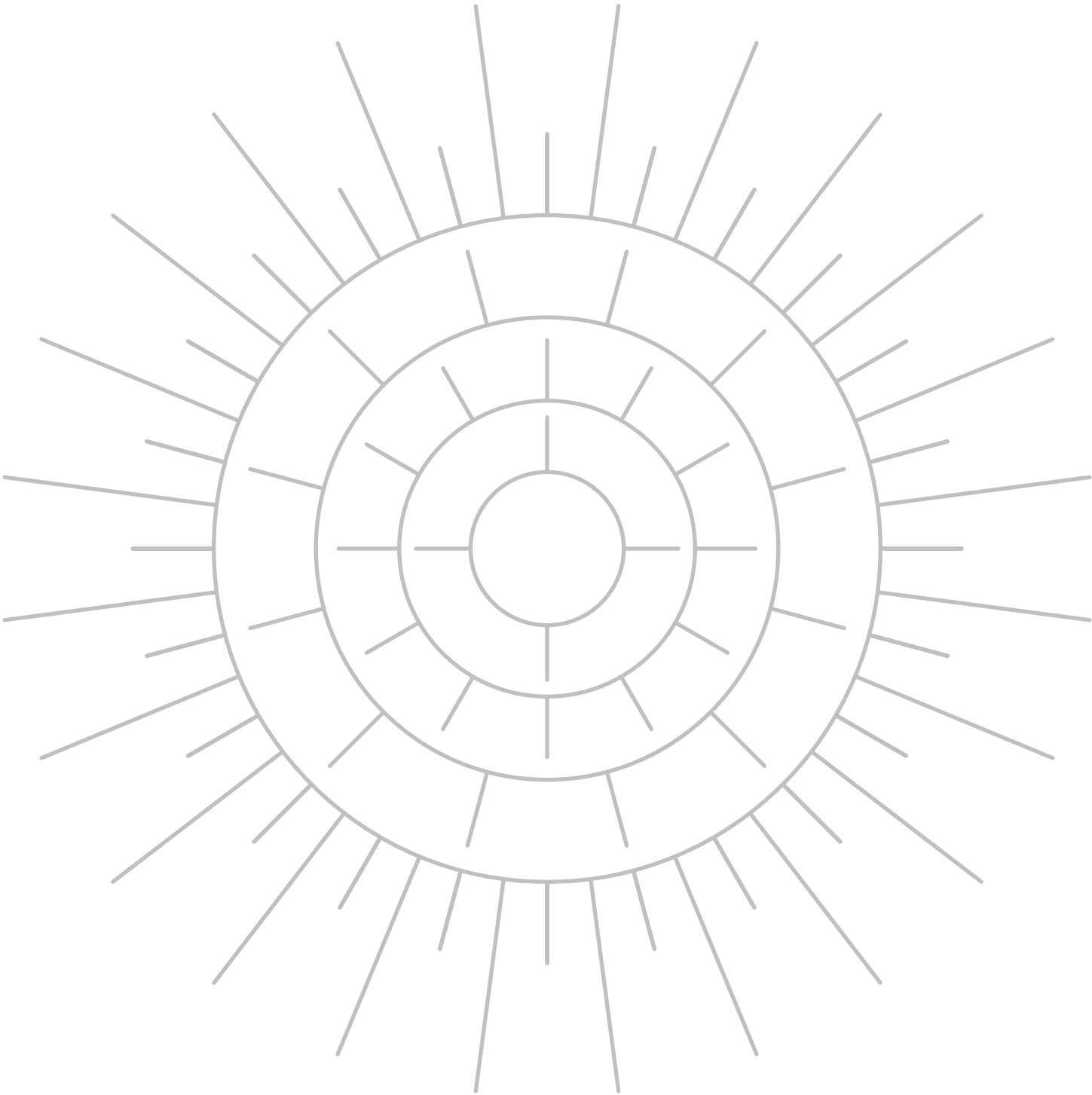
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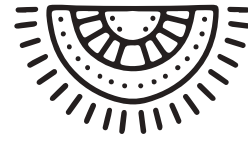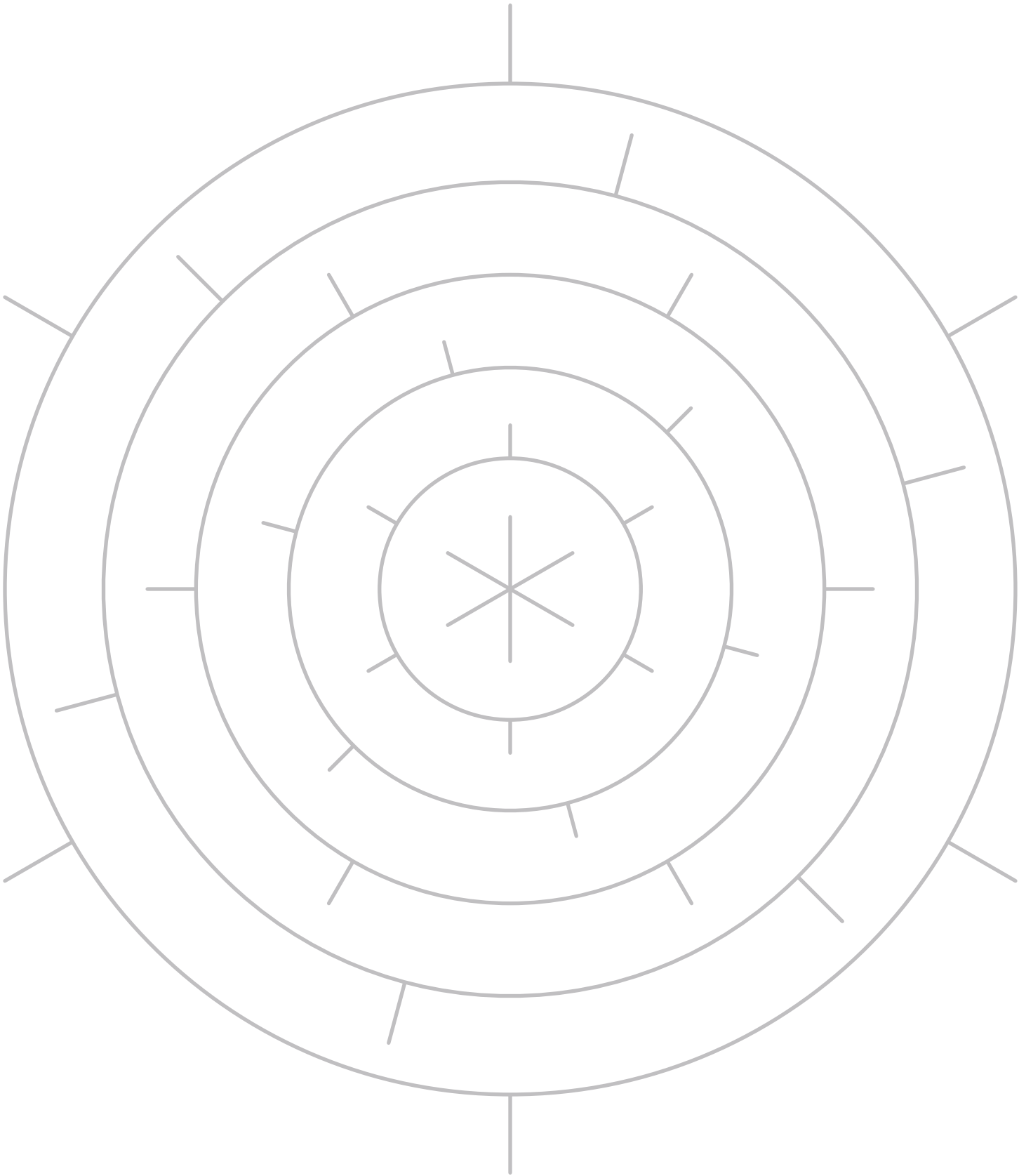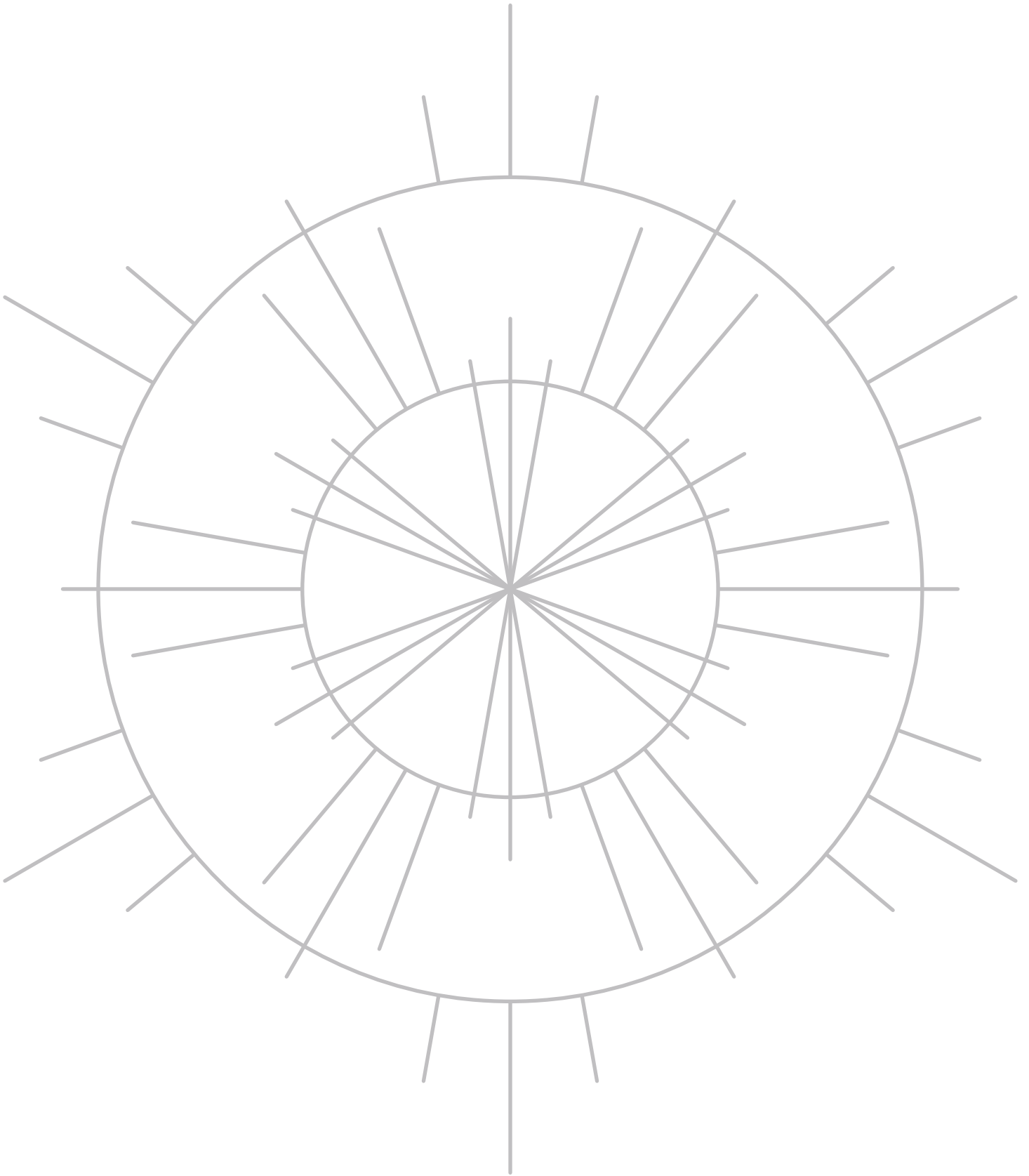
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My Mindfulness Journal

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My Mindfulness Journal

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I am currently working on...

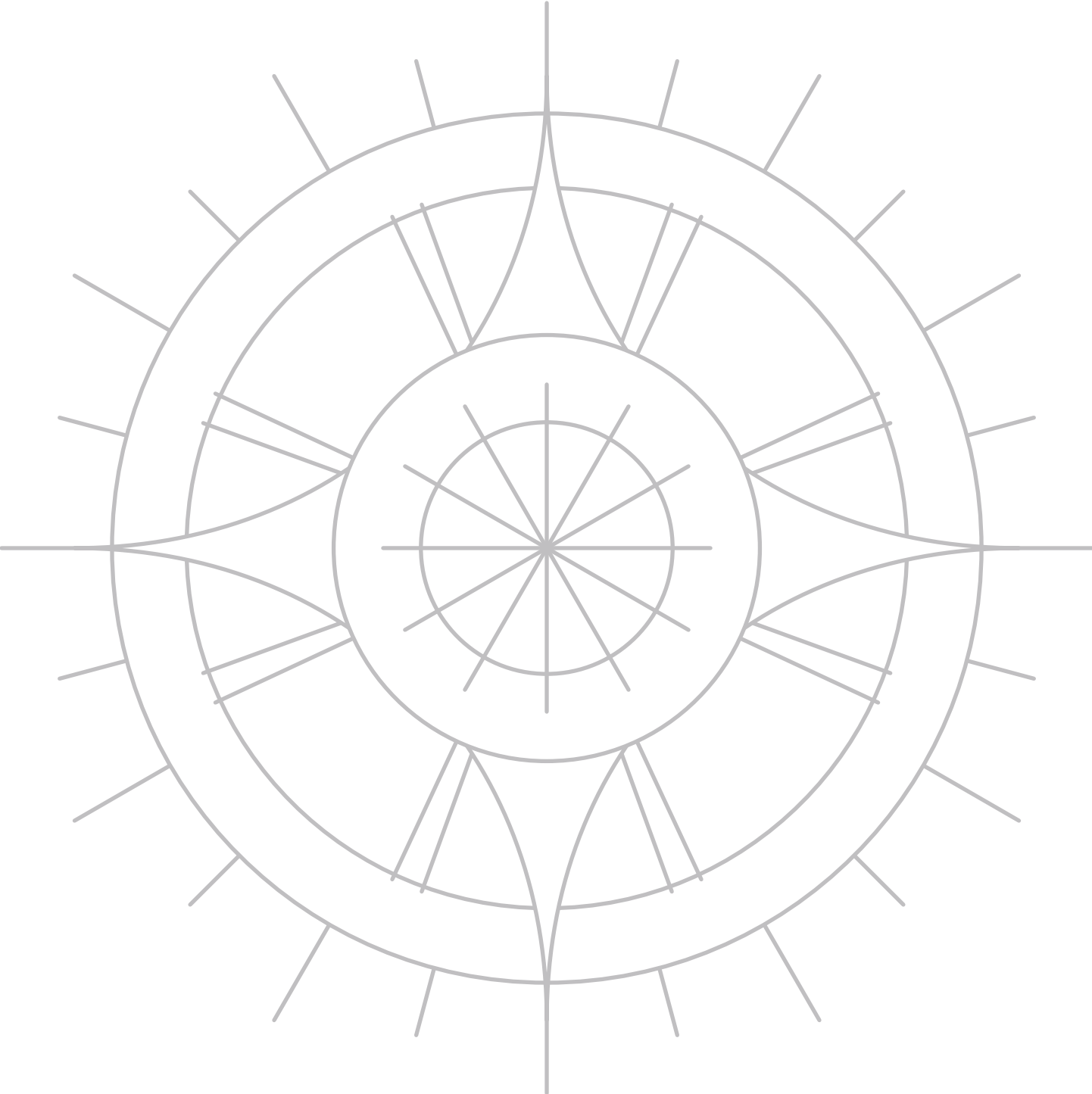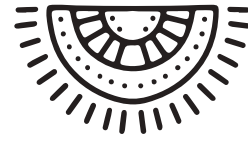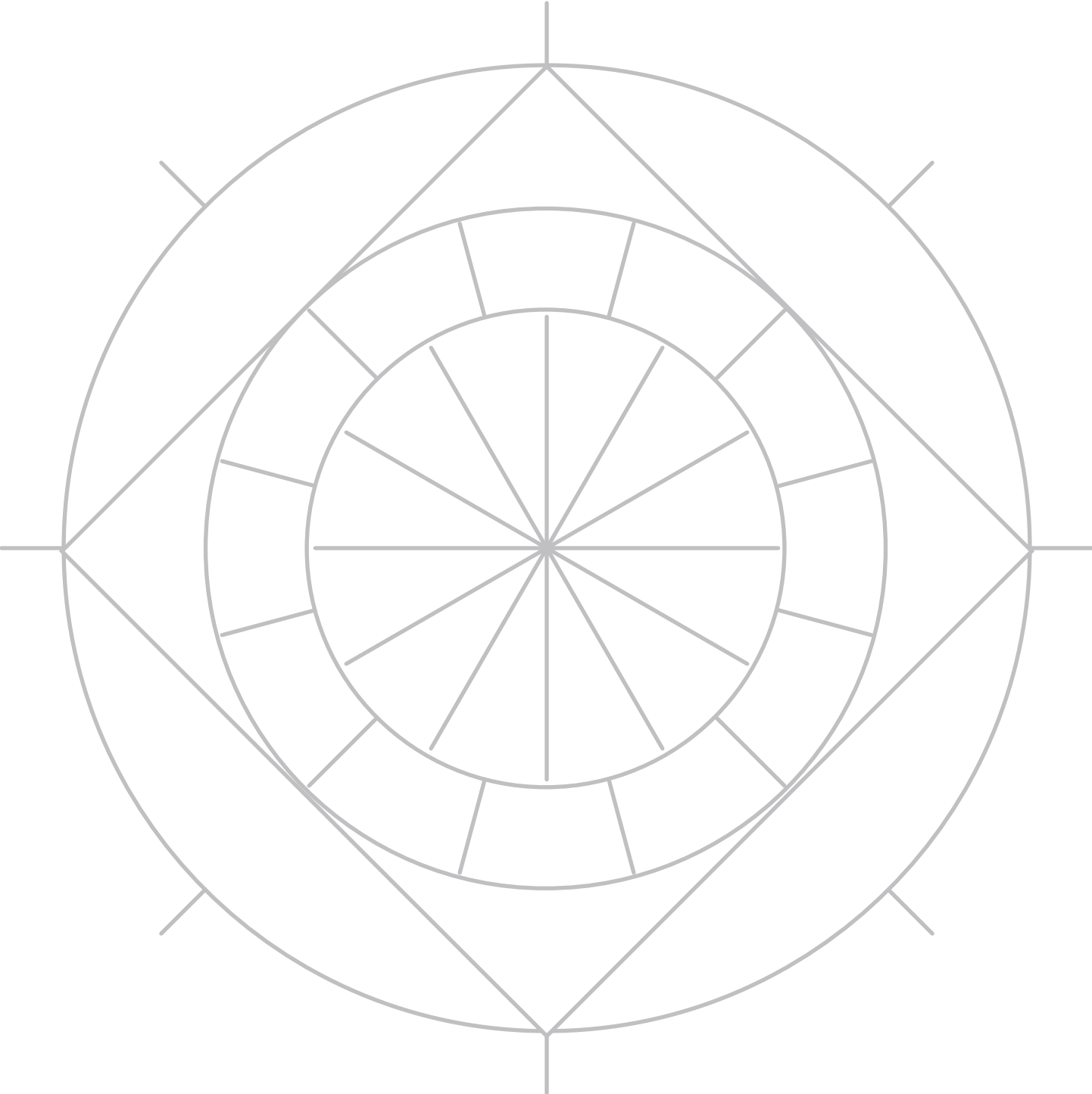► _____
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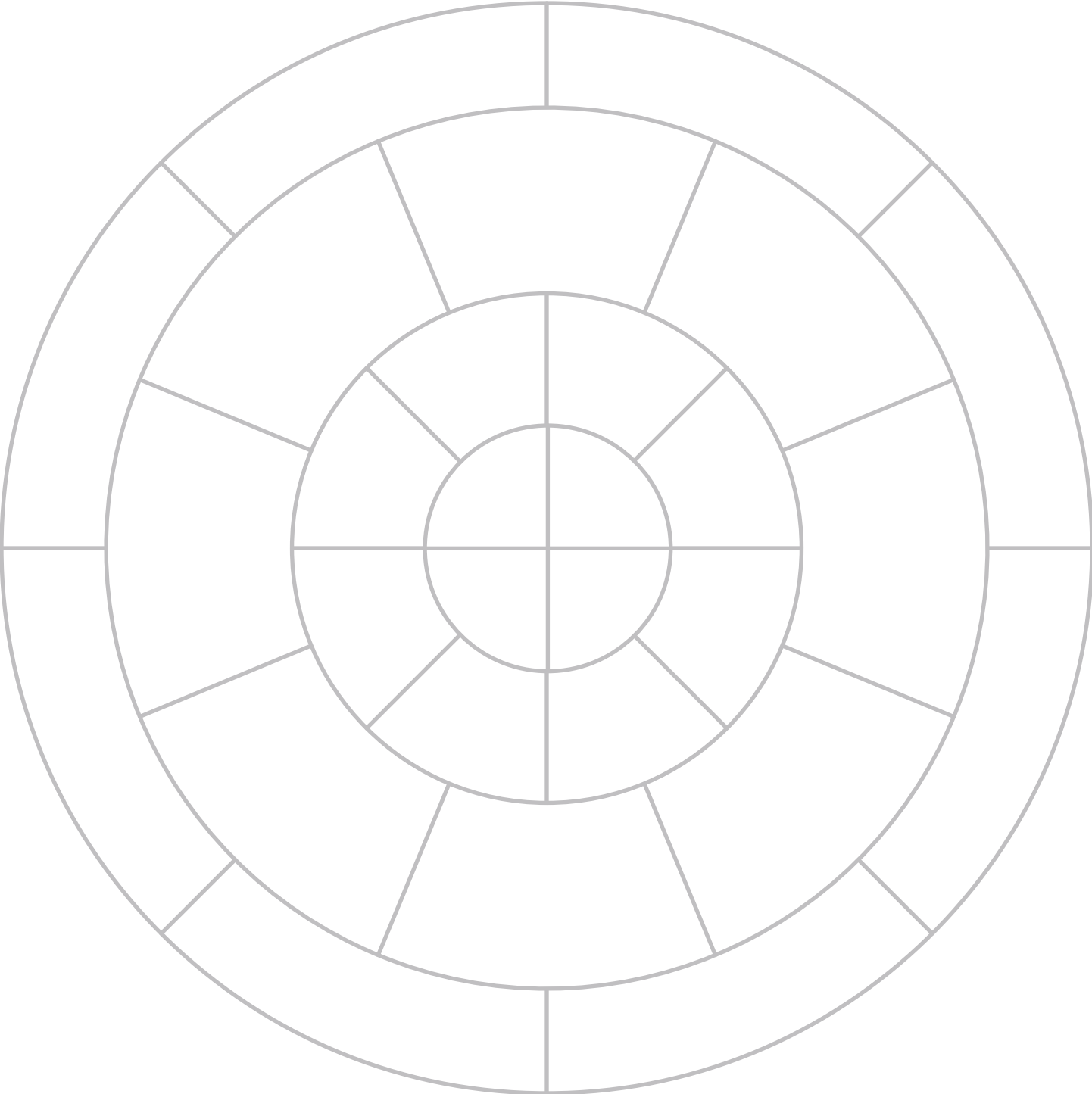► _____

Today, drawing helps me feel...

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Don't Stop Now...
Make Your Own Mandala Grids!

Making your own mandala grid is easy!
All you need is a ruler, a compass, a protractor and a pencil.
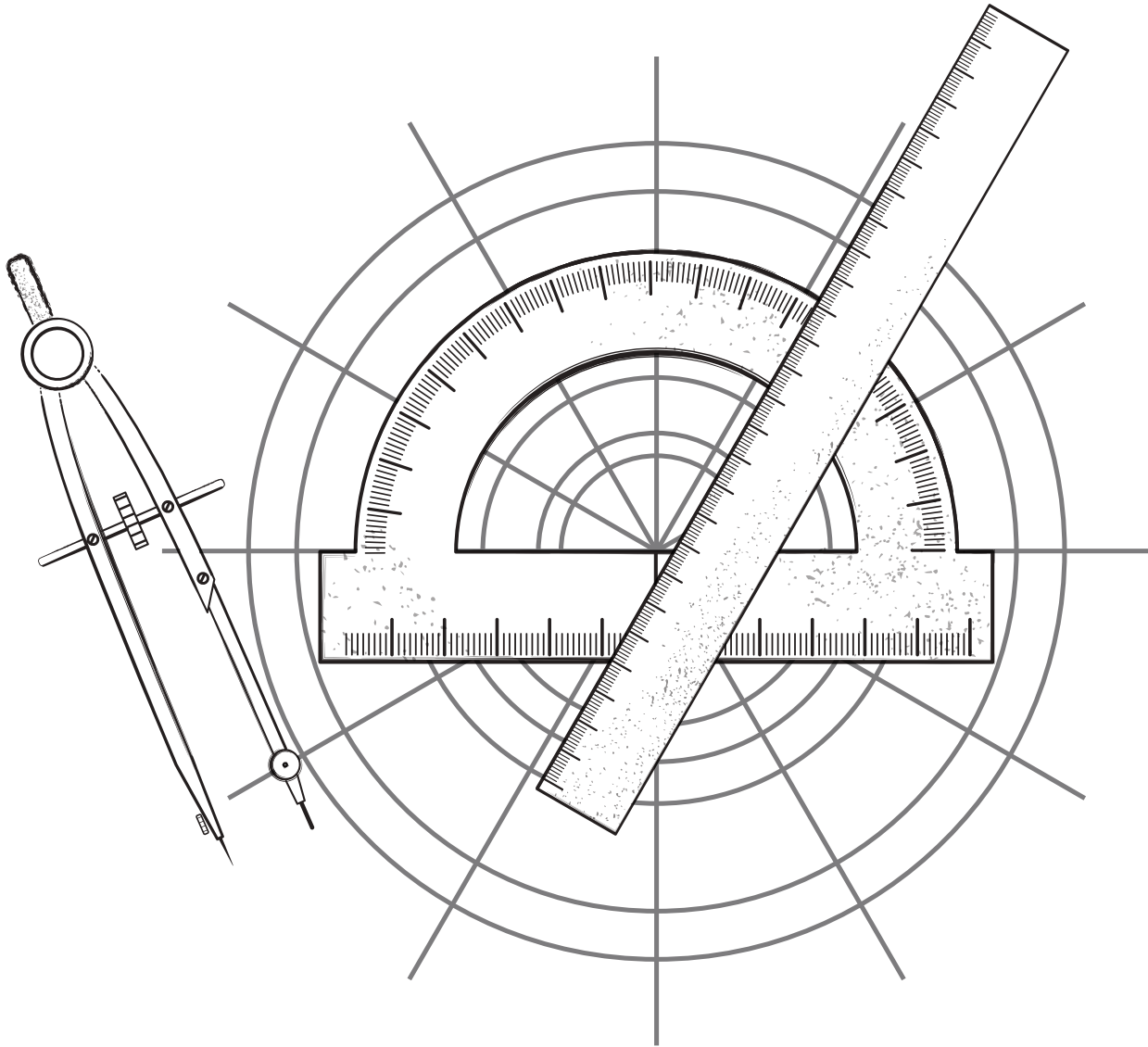
Draw a group of concentric circles (circles that share the same center point). Then use a centered protractor to mark angles at even intervals. Finally, draw radiuses with a ruler to mark the sections of your mandala. And then use all of your ideas from this book to continue to draw mandalas to your heart's content!

Did you enjoy this Drawing Adventure?

If you'd like to purchase the print version of your free bonus drawing books for kids, you can find them at these links:

The Drawing Book for Kids

https://amzn.to/2KMHEkK
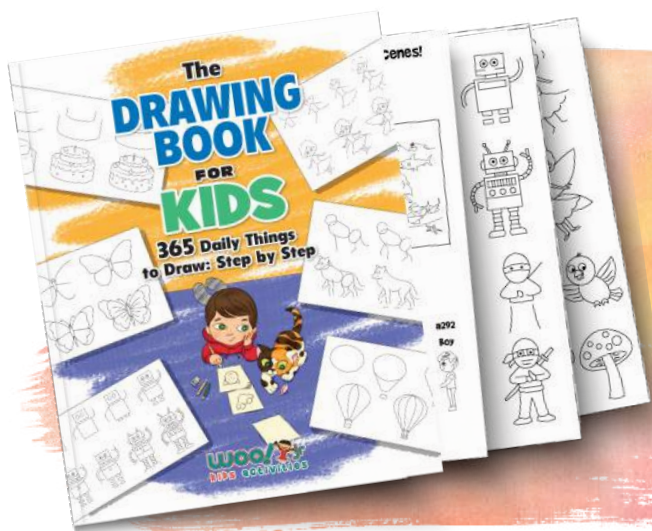
The Mindfulness for Kids Mandala Drawing Book

https://amzn.to/2Znu2Ak

Feel relaxed & mindful while drawing beautiful mandalas with this fun, creative and approachable mindfulness book for kids!

Part activity book, part art journal, this book gives kids practical tools to put mindfulness into action.

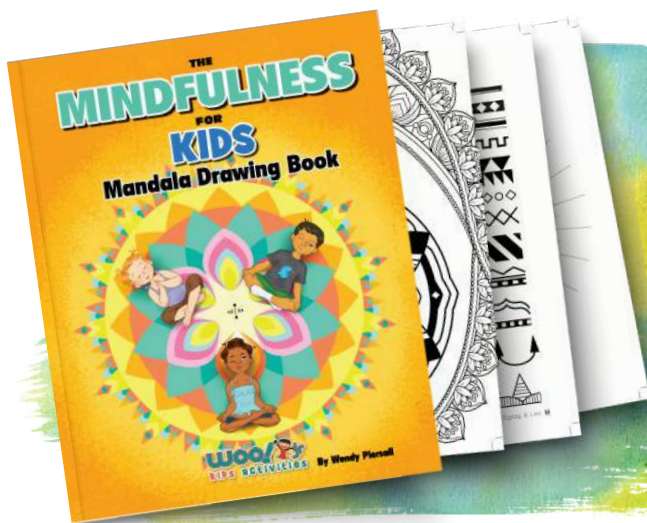The **Mindfulness for Kids Mandala Drawing Book** includes full step by step mandala drawing instructions, a design library, and journal prompt pages to encourage readers to be mindful of their thoughts and feelings.

We promise that no artistic ability is needed to produce beautiful results!

MORE from Woo! Jr. Kids Activities

wendybird press

CROSSWORD PUZZLES for KIDS

The DRAWING BOOK FOR KIDS
365 Daily Things to Draw: Step by Step

WORD SEARCHES for KIDS