



Boys & Girls Clubs  
of Hamilton



## Outdoor Mindfulness

Exploring Family togetherness and Mindfulness one Breath of  
Fresh Air at a Time

### Make a Nature Mandala

A great way to explore nature and practice mindfulness is creating  
patterns with materials found in nature.

What to Do:

- Collect natural materials, for example rocks, sticks, leaves, tree nuts, pine needles, shells and flowers.
- Then decide where you would like to create your mandala. Decide where to make your mandala and choose a centerpiece that you place in the middle of the work area.
- Use the other objects to create at rings around the centerpiece, a little bit like tree rings, and try to create recurring patterns.



The **nature mandala** art will grow through the process.

Encourage your child to select different objects for their size, texture or colour and add them to the artwork