

## Meditative Drawing: How to Draw a Mandala Free Hand

Materials Needed:

- Paper
- Drawing Utensil (pencil, pen, marker, crayons, colored pencils or paint)

Instructions:

1. Start with the center. I recommend starting with a small circle or two. Like this:



2. Start adding elements from the inside out. It's easier to keep symmetry on a small scale, so by drawing layer by layer, you can keep your mandala balanced even without using a ruler or a compass.
3. While you draw, try to focus your attention on the tip of the pen and the small part you're currently drawing.
4. Simultaneously, keep your awareness open to encompass the whole mandala—this will train you to draw more proportionately, as well as keep your attention to drift to unwanted thoughts. Here is an example:
5. Add any elements of your choice. You can use the mandala to express your emotions, your creativity, to draw patterns that soothe you, or simply for the pleasure of creating aesthetic beauty. Here are a few examples of patterns you can use:



The most important part is that you maintain attention and awareness on your mandala! Have fun with the patterns and remember that art is what you make it!

Be sure to share with us your creation by using the hashtag #GirlScoutsAtHome, #GSwellness and tagging us @gswcf on TikTok, Instagram, or Facebook!