

# Nature Mandala

A mandala is a circular pattern. You can make your own mandala with natural objects. Here's how:

- 1 Choose a quiet place outdoors. You will create your mandala on the ground.
- 2 Collect natural materials like leaves, flowers, seeds, stones, berries, twigs and shells.
- 3 Choose a special object to place in the middle.
- 4 Now arrange other items in a circle around the centre of your mandala.
- 5 Add another circle of objects around that... and another circle... and another...
- 6 Keep going until your mandala is complete.

**Stand back and admire your creation!**

Now – can you change your mandala?

Add some new things?

Take some things away?

Change the shape?

Now make a different pattern with new natural objects.



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**You're a nature artist!**

# Mandala Natur

Patrwm crwn yw mandala.  
Galli di greu mandala gyda  
phethau naturiol. Dyma sut:

**1** Dewisia le tawel  
tu allan. Byddi di'n  
creu dy mandala  
ar y llawr.

**2** Casgla ddeunyddiau  
naturiol fel dail, blodau,  
hadau, cerrig, aeron,  
brigau a chregyn.

**3** Dewisia rhywbeth  
arbennig i roi yn y canol.

**4** Nawr gosoda eitemau eraill  
mewn cylch o amgylch  
canol dy mandala.

**5** Ychwanega gylch arall o  
wrthrychau o'i amgylch...  
a chylch arall...  
ac un arall...

**6** Cadwa i fynd nes bydd dy  
mandala wedi gorffen.

*Sefa nôl ac edmyga dy greadigaeth!*

Nawr – galli di newid dy mandala?

Ychwanegu  
pethau  
newydd?

Tynnu  
rhai  
pethau?

Newid  
y siâp?

Nawr gwna batrwm gwahanol gyda  
phethau naturiol newydd.



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Gweithgaredd  
wedi'i greu gan

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*Rwyf ti'n artist natur!*