



Spolufinancováno
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Art Lesson Plan: Mandalas for Mindfulness

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Age: The fifth grade (children 10-11 years old) – suitable for older kids as well

Time: 2 lessons

Materials Needed:

- White drawing paper (A4 or A3)
- Pencils and erasers
- Compasses / plates / saucers (for circles)
- (Woodless) coloured pencils /crayons /markers
- Mandala image examples (printouts or projected)
- Soft music (optional, for background during drawing)

Learning Objectives:

By the end of the lesson, students will be able to:

- Understand what a **mandala** is (in simple terms)
- Identify **shapes** and **patterns**
- **Create their own colorful mandala design**
- Use **colour vocabulary** and basic English to talk about their artwork

□ Key Vocabulary:

- Mandala
- Circle, line, shape, pattern
- Colour words: red, blue, green, yellow, etc.
- Calm, beautiful, repeat, draw

Lesson Outline:

Motivation (5 minutes) – “*The Magic Circle*” Story

Teacher's Script (use expressive voice and show a mandala image while telling the story):

"Today, I want to tell you a secret... Long ago, in a peaceful land, artists made special pictures called **mandalas**.

These pictures had magic. Not the scary kind – but quiet magic.

When people looked at them, they felt *calm*, *happy*, and *strong*.

The pictures were always round like the sun, with beautiful colours and shapes that went round and round.

Each mandala was like a window into a happy, peaceful world.

And guess what? **Today, YOU are going to be the artist.** You will make your own magical mandala!"

This kind of motivation helps:

- Grab attention
- Connect emotions to the activity
- Make students excited to start their work
- Give a simple story they can remember and connect with later

2. Introduction to Mandalas (5 mins)

Show a few **mandalas** and ask:

- “*What colours do you see?*”
- “*What shapes can you find?*”
- Teach/review words: *circle, line, curved line, colour, repeat, pattern*
- “*Do you think this picture has magic?*” 😊
- Say:

- *“A mandala is a picture made in a circle. Circular patterns have symbolized the idea that life never ends and everything is connected.”*
- *“It has many patterns and colours.”*
- *“It helps people feel calm and happy.”*
- *“It is a symbol of balance.”*

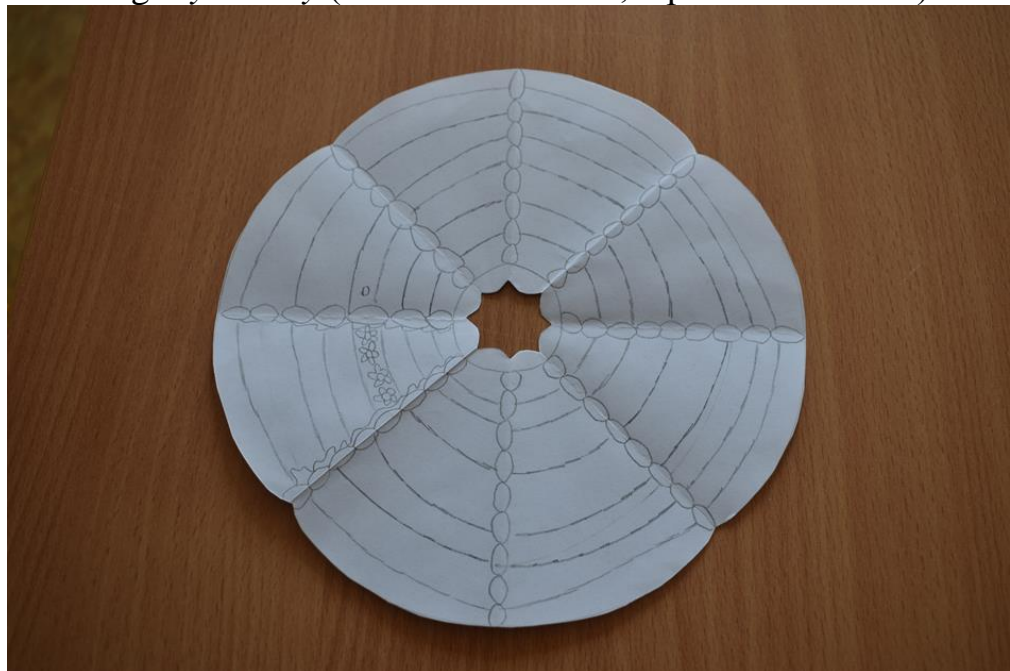
3. Guided Drawing (10–15 mins)

- Step-by-step, lead them to draw a simple mandala:
 1. Draw a big circle.





2. Draw lines to divide it like a pizza (4 or 8 parts) or fold the paper in half, then again in half (possibly again in half)
3. In each section, draw repeating shapes (triangles/flowers/lines, ...) – same in each part.
4. Encourage *symmetry* (what's on one side, repeat on the other).







4. Colouring & Music Time (50 mins)

- Let students draw and colour their mandalas. Play soft background music for a calm vibe. Encourage creativity in children.
- Walk around, help with vocabulary and give positive feedback:
 - *“What pattern is this?”*
 - *“I like your pattern!”*
 - *“Wow! Beautiful colours!”*
 - *“Very creative!”*







5. Show & Share (5–10 mins)

- Ask volunteers to show their mandalas and say one or more sentences about their mandala.

You can use sentence starters on the board to support them.

Wrap-Up

Quick Review Game

- Flashcard quiz: Show a shape or colour → students shout the name.
- Ask: *“How do mandalas make you feel?”* (Happy! Calm!)

Extensions (Optional):

- Make a class mandala on a big poster – each student adds one part.
- Connect with mindfulness: 1 minute of calm breathing while looking at mandalas.