

# MINDFUL MANDALAS WORKSHEET BY FARRAH AZAM

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## MINDFUL MANDALAS WORKSHEETS

### What is a Mandala?

Mandalas are intricate, circular patterns that symbolise balance, harmony, and unity in various cultures. Exploring these patterns can enhance mindfulness and help us connect with our inner selves.

### Connection to Nature:

Mandalas are not only present in art but also in the natural world. Patterns like the spirals of seashells, flower petals, and tree branches mirror the elegance of mandalas. These organic forms invite us to appreciate Allah's creation and encourage mindfulness in our daily lives.

In nature, we often encounter mandala-like designs, symmetrical and circular patterns that embody universal principles of balance and interconnectedness. These patterns can often be compared to geometric forms found in Islamic art, where similar designs symbolise divine order and unity. Both natural and artistic mandalas remind us of the beauty, harmony, and interconnectedness of all things, reflecting the divine presence in the world around us.

## Examples



## MENTAL BENEFITS OF COLOURING MANDALAS

### Relaxation and Mindfulness

Colouring mandalas serves as a form of meditation, helping you calm your mind and focus on the present. Engaging with these patterns fosters a sense of peace and tranquillity.

### Emotional Expression

Mandalas provide a personal space to express your emotions non-verbally. As you colour and create, you can explore feelings that may be difficult to articulate in words.

### Creative Outlet

Colouring encourages creativity and can be a joyful experience. By personalising your mandalas, you can experience a sense of accomplishment and pride in your unique creations.

### Colour and Emotion

Colours can reflect our emotions and represent different feelings. There are examples below or choose your own descriptions.

- Green: peace and tranquillity or \_\_\_\_\_
- Blue: serenity and spirituality or \_\_\_\_\_
- Yellow: happiness and energy or \_\_\_\_\_
- Gold: light and beauty or \_\_\_\_\_
- Red: anger or frustration or \_\_\_\_\_
- Black: sadness or feelings of being overwhelmed or \_\_\_\_\_
- Grey: uncertainty or low energy or \_\_\_\_\_

Encourage yourself to reflect on your current feelings and choose colours that resonate with your emotions. Remind yourself that all emotions are valid, and that colouring can help you process these feelings. It's also important to remind yourself that there is no right or wrong way of doing this. Expression is personal and unique to you as an individual.

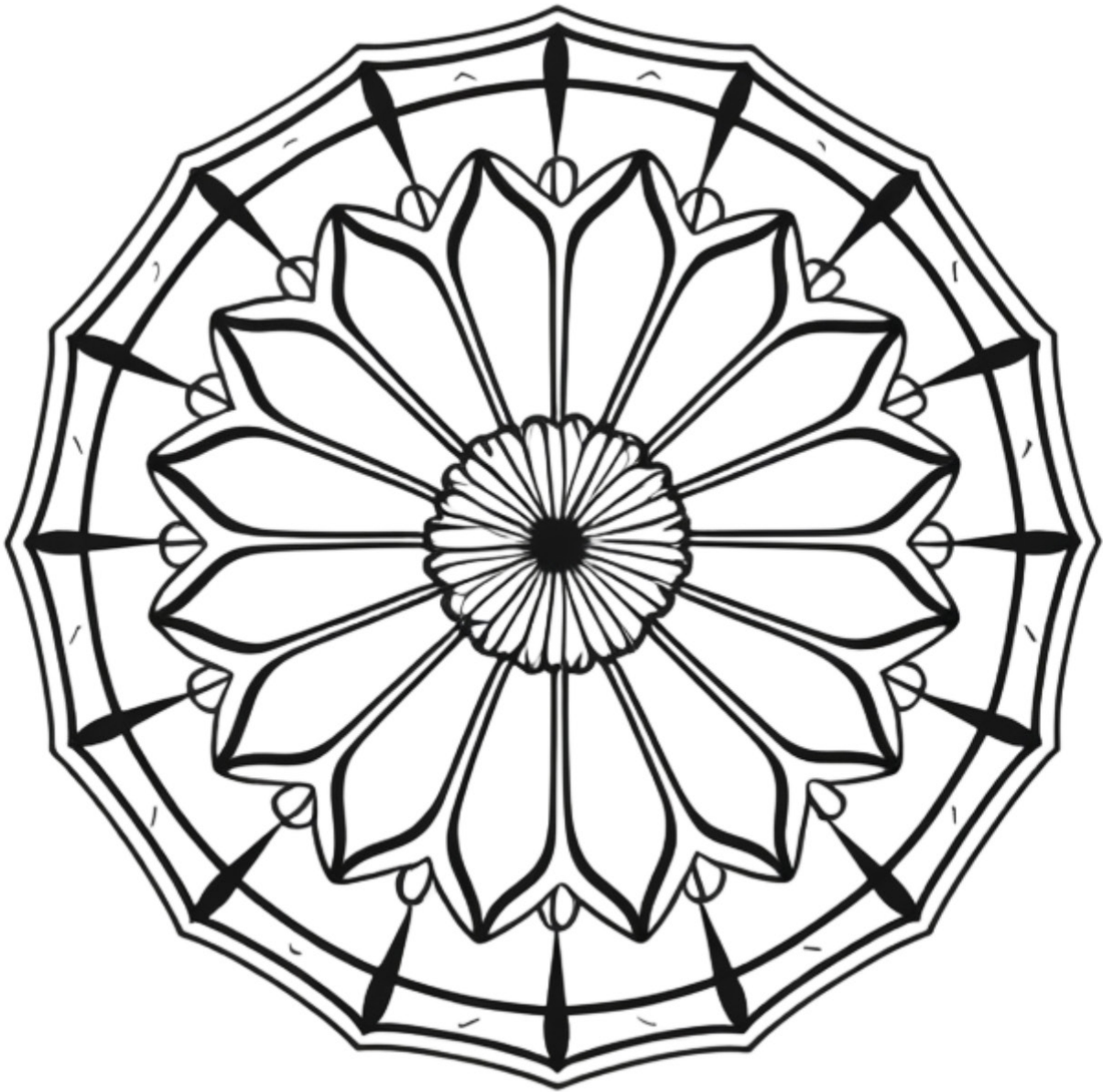
### **Tips for Colouring Mindfully**

- Choose a quiet space free from distractions.
- Focus on your breath as you colour; take deep, calming breaths to centre yourself.
- Embrace freedom in your colour choices, reflecting your emotions without judgment. Don't worry about staying inside the lines. It doesn't matter!

### **Task:**

Start by colouring in the templates according to the colour-emotion guide provided above.

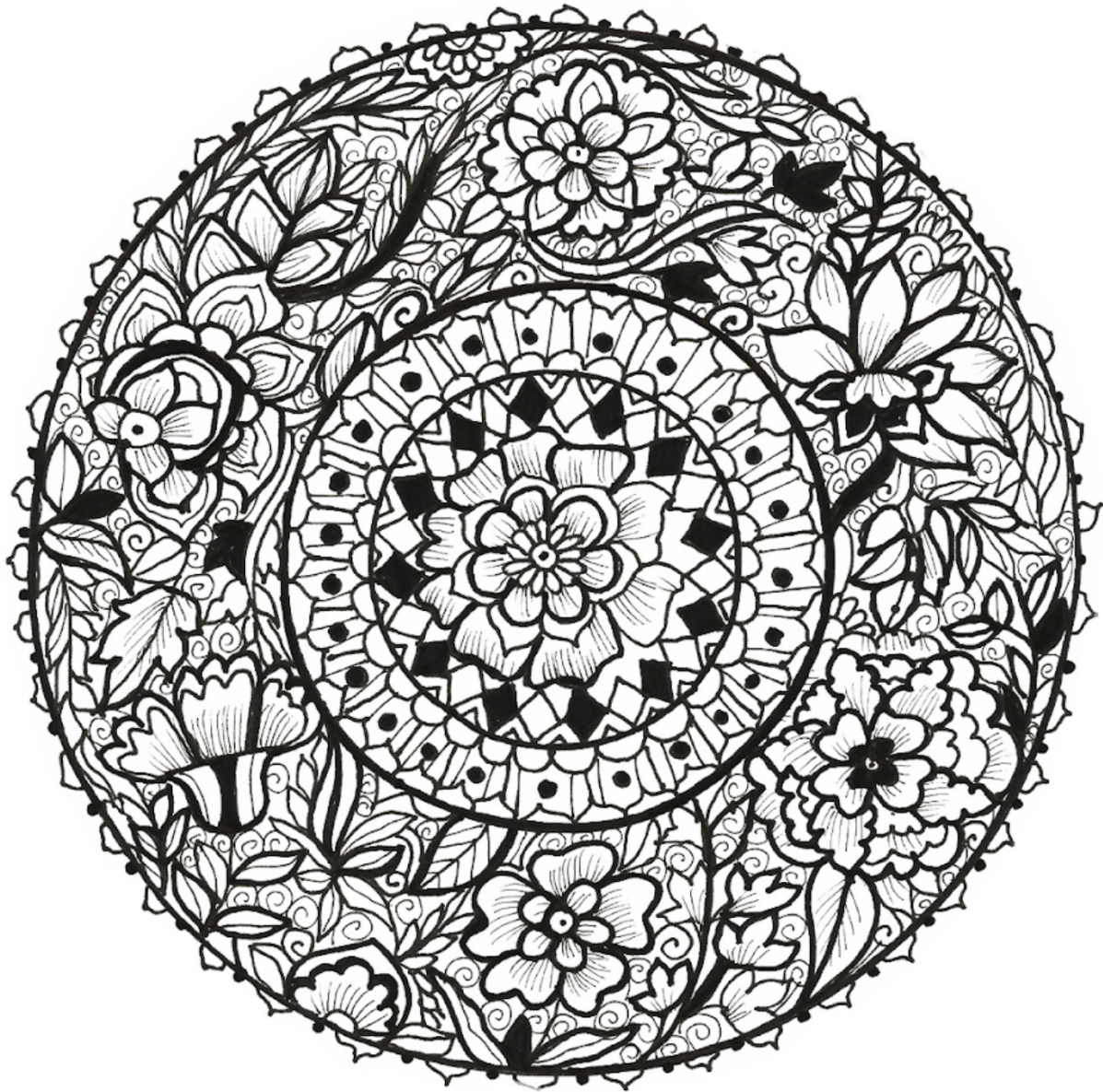






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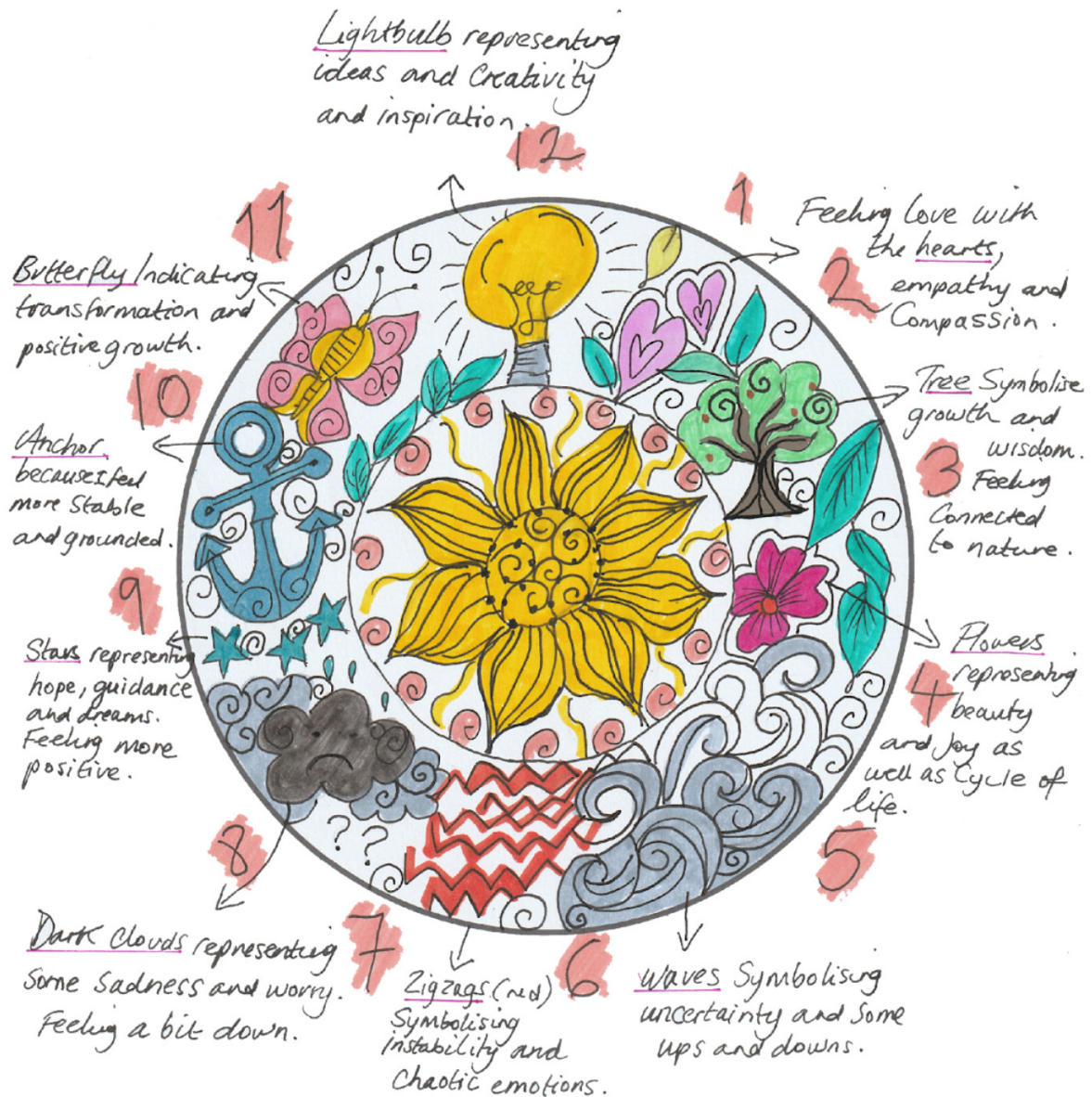
## FREEFORM EMOTIONAL EXPRESSION MANDALA

My Emotional Expression Mandala is a freeform circle that visually maps out my feelings using symbols, drawings, and colours. Below is my personal mandala for today, reflecting how I felt emotionally. Not everyday feels as positive as today did. I structured it like a clock, placing each emotion at the specific time I felt it. Each symbol I chose has personal meaning, such as a tree to represent growth, clouds for sadness, and a lightbulb for inspiration. I've also used colours to reflect my emotions: yellow for happiness, blue for calm, and red for frustration. In the centre of the mandala, I've drawn a yellow sun, symbolising that my day was positive overall. Had it been a challenging day, I would have drawn a grey cloud to represent a darker day and mood.

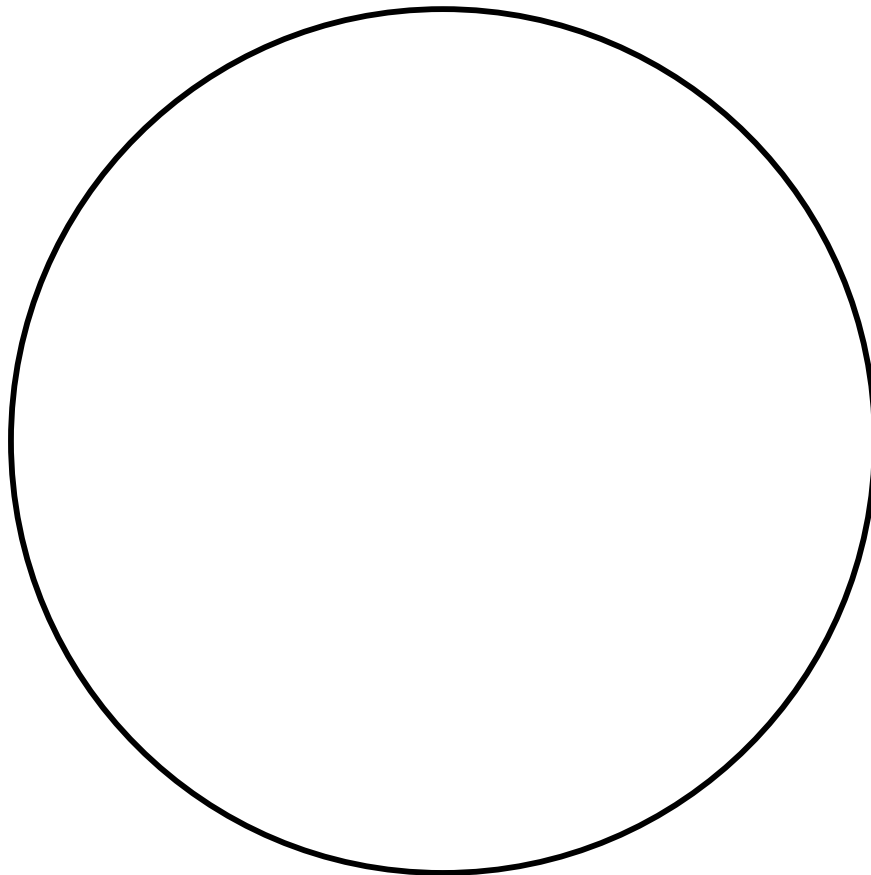
You can design a personal Emotional Expression Mandala by creating symbols, drawings, and colours that are personally meaningful to you. There's no need to use the same symbols I've chosen, and you can feel free to be as creative as you like, letting each symbol and colour reflect the unique emotions and experiences you feel. This mandala becomes a personal and artistic way to understand and connect with your feelings. I have also provided a plain circle template for you to try it yourself. Be as creative as possible.



## Example: My Emotional Expression Mandala



## My Emotional Expression Mandala



## PRACTICING MANDALAS

It can be useful to create and colour mandalas regularly or when you feel like it will be helpful for you.

### Questions for Self-Reflection

Self-reflection helps us understand and process our emotions better. Here are some guiding questions:

*What shapes and symbols did you choose today, and why? How do they reflect how you're feeling?*

**Example Answer:** I chose trees and flowers because they make me feel relaxed and peaceful.

*Did any specific patterns or shapes resonate with you while colouring? What do you think they represent?*

**Example Answer:** I liked the circular waves because they remind me of calmness and flow.

*How does colouring help you feel during stressful or overwhelming times?*

**Example Answer:** Colouring helps me relax and forget my worries for a while.

*What emotions do you find difficult to express in words? How can colouring help with that?*

**Example Answer:** Sometimes I feel sad but don't know how to say it. Colouring helps me show that feeling through creative expression.

*How can you incorporate colouring into your daily routine to check in with your feelings?*

**Example Answer:** I can set aside ten minutes every day after school to colour and reflect on my day.



## DAILY PRACTICE SUGGESTIONS

**Create a Colouring Journal:** Maintain a journal where you can colour a mandala each day and write a few sentences about your feelings during the activity.

**Share and Reflect:** Share your colouring experiences with family or friends to promote connections and discussions about emotions.

## DRAWING IDEAS TO COLOUR BEYOND TRADITIONAL MANDALAS

**Organic Floral Mandalas:** Draw circular patterns that incorporate loosely geometric shapes resembling flowers, with petals that vary in size and shape to give a more natural appearance.

**Free-Form Geometric Patterns:** Create mandalas using rough geometric shapes like circles, triangles, and squares that are not perfectly aligned or symmetrical, allowing for a more organic flow.

**Nature-Inspired Designs:** Incorporate elements like flowing vines, spiralling leaves, and undulating waves within circular forms, emphasising a connection to the natural world.

**Abstract Circular Patterns:** Design abstract patterns that play with shapes and forms inspired by Islamic art, such as spirals, stars, and crescents, arranged in a way that feels harmonious yet organic.