

**Mandala**, literally meaning 'circle', is a spiritual symbol in Hinduism and Buddhism. Inspired by nature's symmetrical motifs, they are used



as a tool for reducing anxiety. A mandala made with natural materials celebrates the beauty of nature; its transience represents a moment in time.

**Creativitree #6**

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Create patterns radiating from a central point using fallen leaves, pine cones, sticks, petals etc.

Use this side for notes or drawing mandalas!

