

# FRISCO PUBLIC Library

## Activities at Home

### Draw Your Own Mandala

#### Supplies

- Plain paper
- Pencil
- Compass
- Ruler
- Protractor
- Eraser

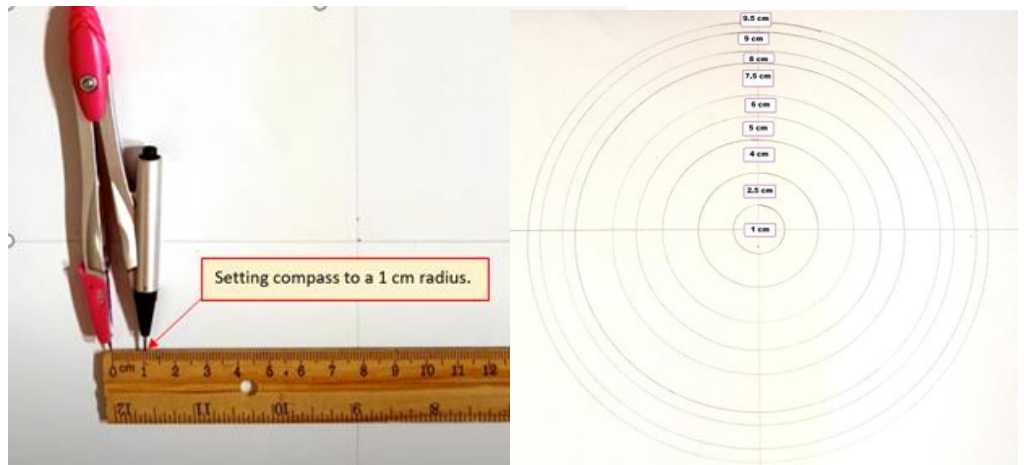
#### Instructions

1. Use the ruler to find the center of the paper.

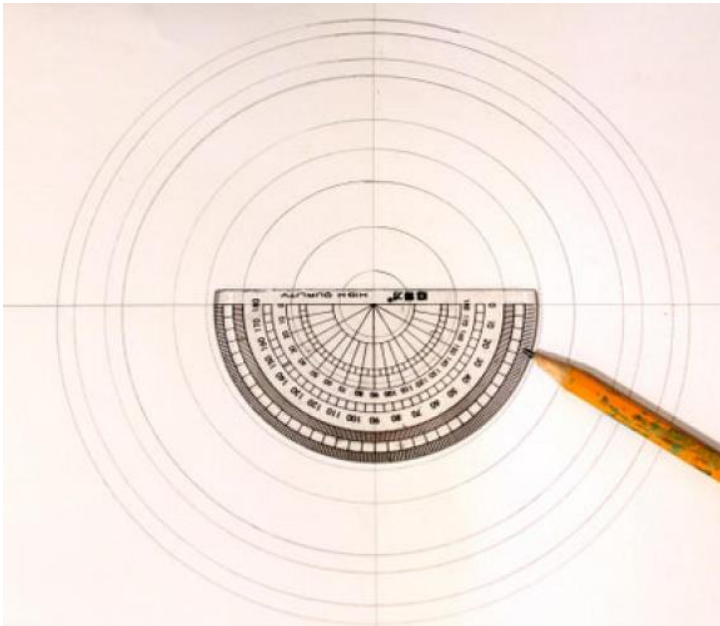


2. Use a compass to create rings with the following radii:

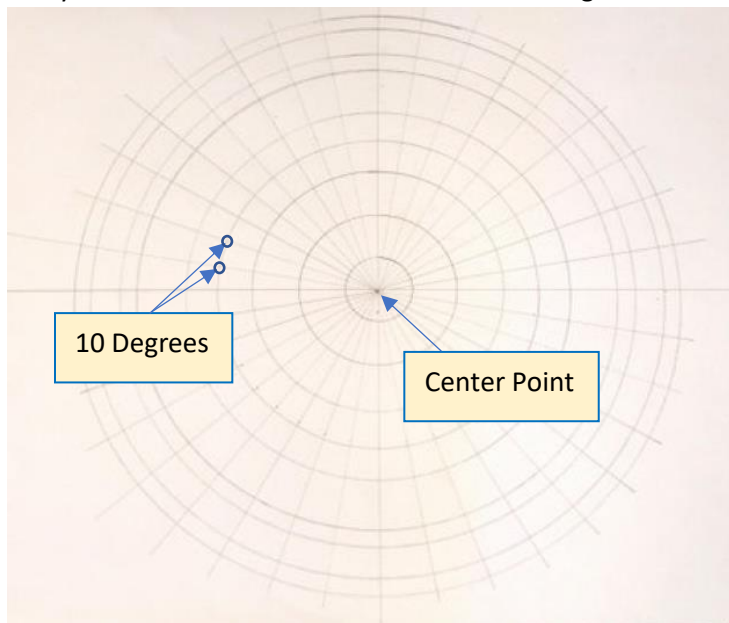
- a. 1.0 cm
- b. 2.5 cm
- c. 4.0 cm
- d. 5.0 cm
- e. 6.0 cm
- f. 7.5 cm
- g. 8.0 cm
- h. 9.0 cm
- i. 9.5 cm



3. Use a protractor to mark every 10 degrees.



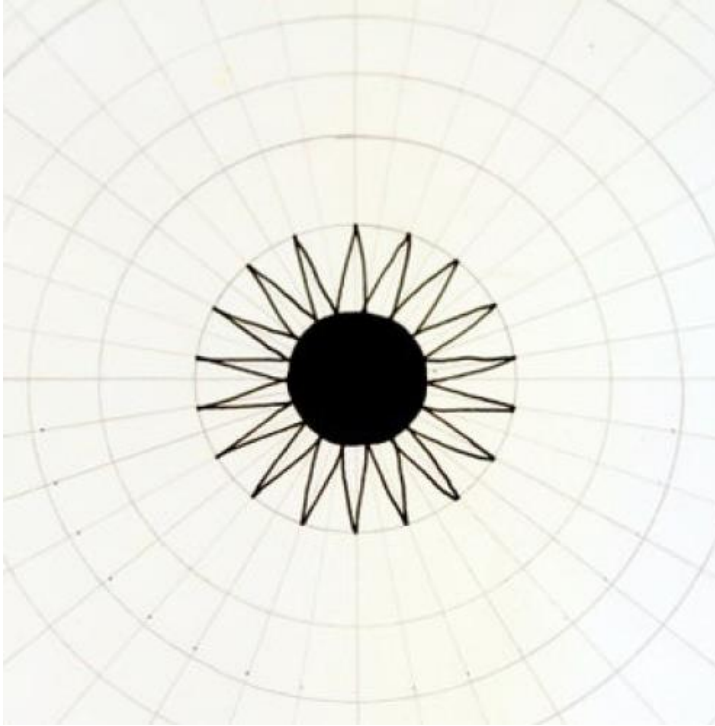
4. Use your ruler to trace lines that cross the 10 degree marks with the center point.



You have your basic mandala grid completed.  
Next you can add some design elements using your drawing pen.

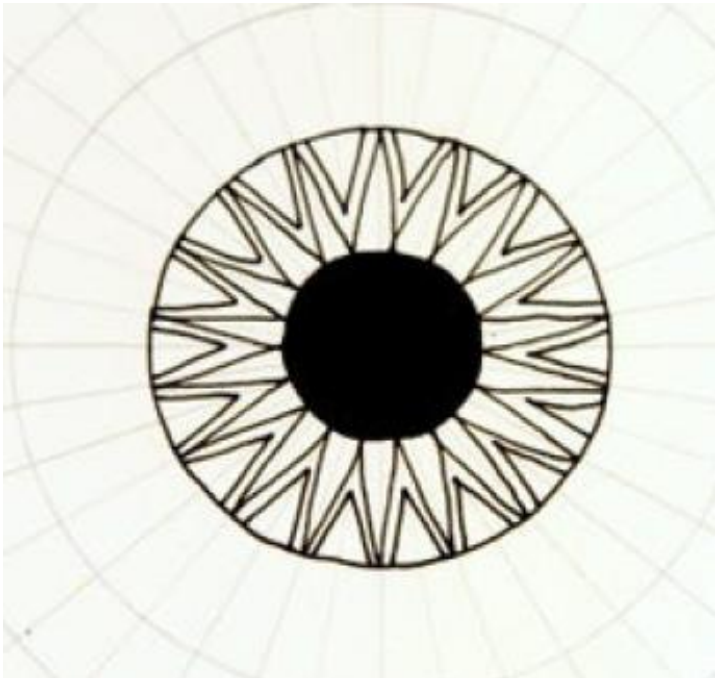
5. Color in the center.

On the second row, use two grid sections to create triangles:

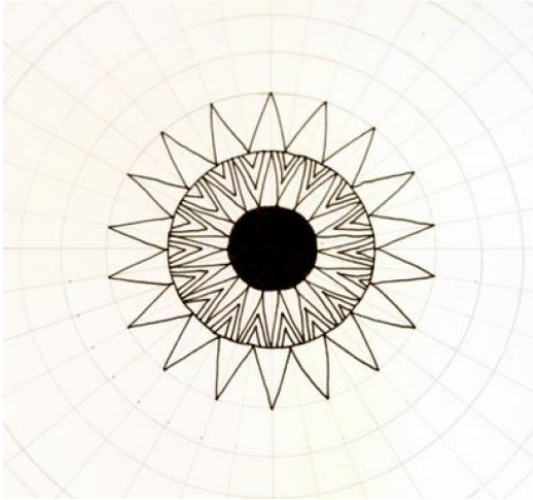


6. Add a reversed triangle in each two grid sections.

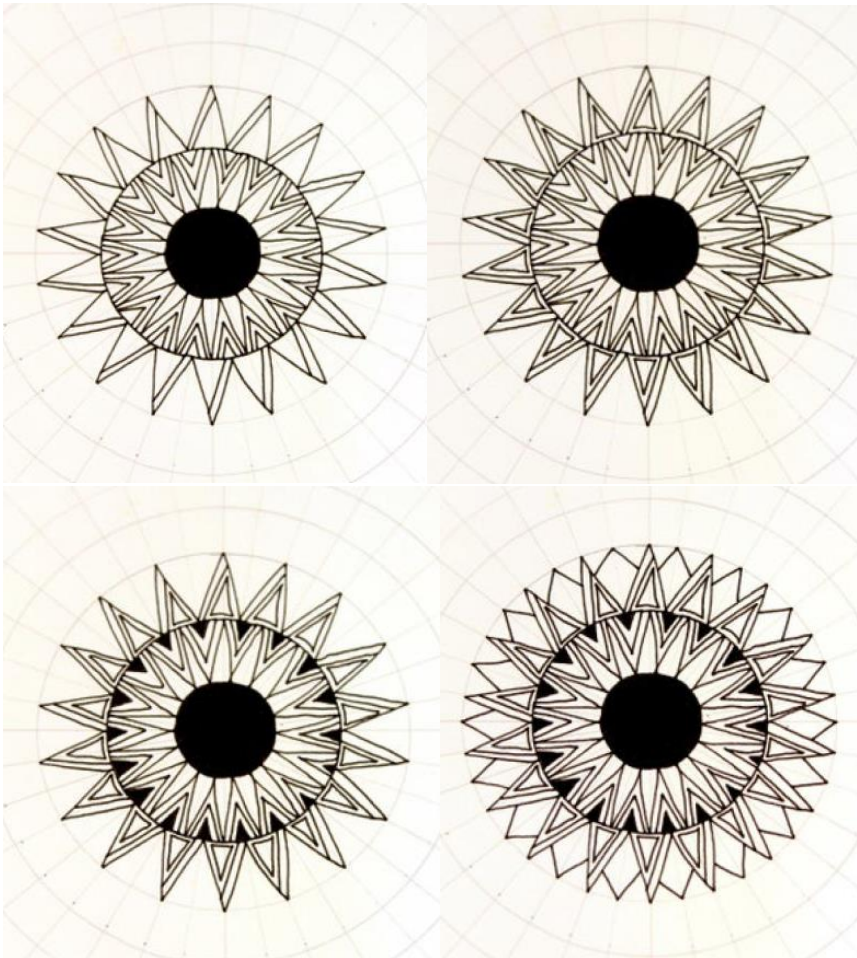
Trace the outline of the second circle.



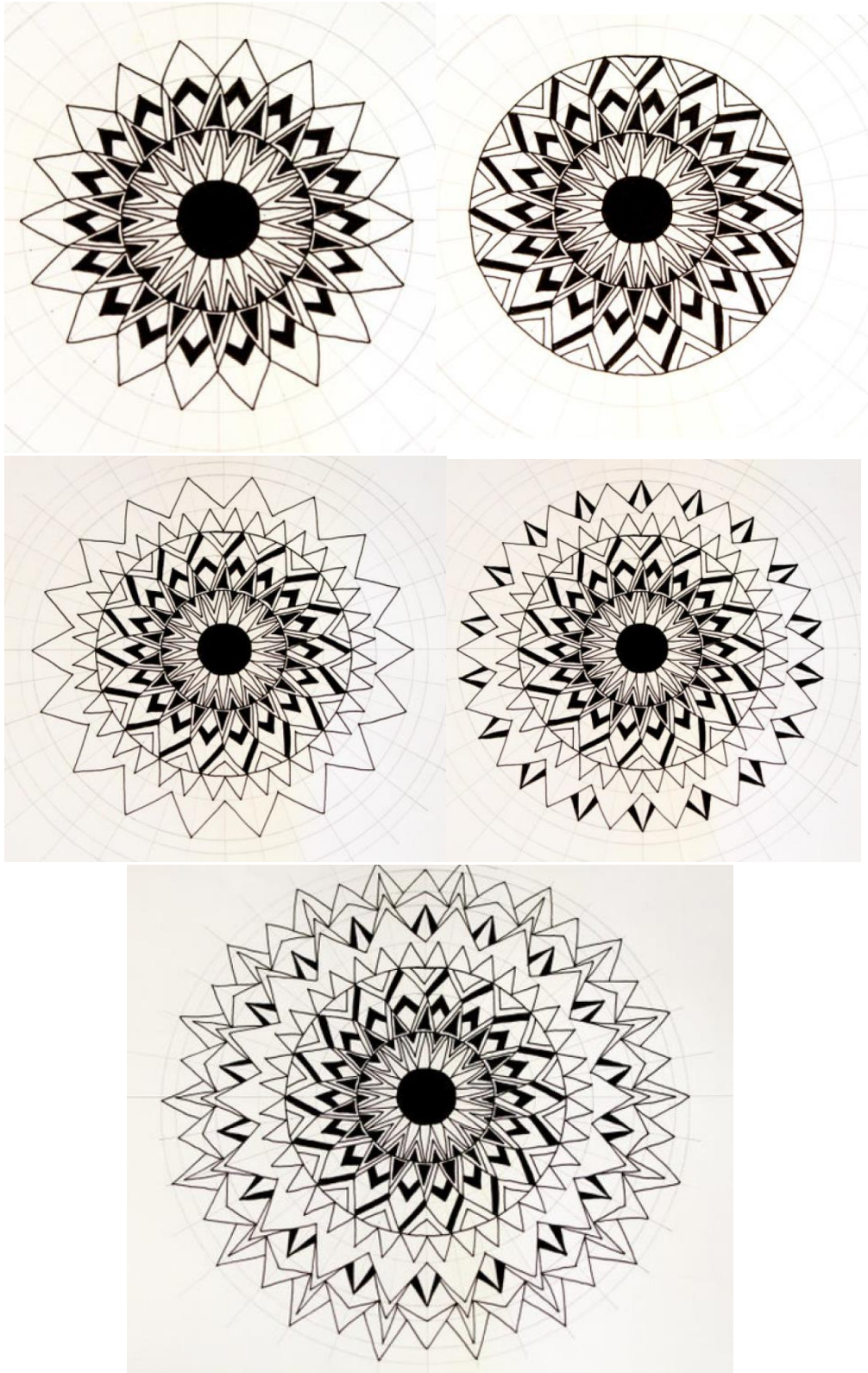
7. Add additional smaller reversed triangles.  
Between second and third ring add more triangles for each two grid segment.



8. Continue to add details:







Video:

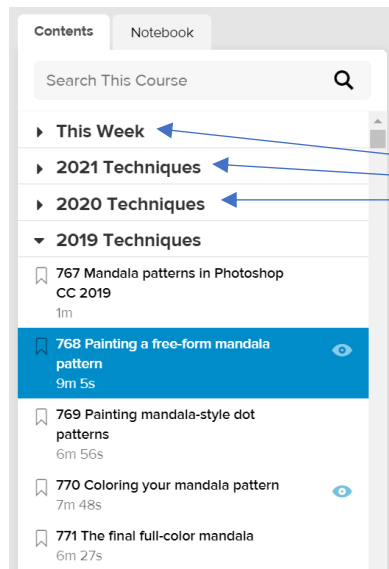
To watch a video of the process above click the hyperlink: [YouTube Link](#)

## Additional Resources:

Use your Frisco Public Library card number and your library card password (PIN) to access these additional resources.

- [Meditating with Mandalas](#) [book]  
by David Fontana
- [Creating a Mandala Ornament Design](#) [video tutorial]  
A Lynda.com tutorial on how to use **Adobe Illustrator** to create a digital mandala design.

- [Using Photoshop to Create a Mandala](#) [video tutorial]  
These Lynda.com tutorials from 2019 are lessons 768, 769, 770, and 771. You may have to navigate the lessons by collapsing the This Week, 2021, and 2020 sections to find them.



- [Certificate in Meditation](#) [six week course]  
The Gale Course is a great way to learn a variety of the meditation practices and the specific impacts on health. This course has a certified instructor that will be there for you through all the lessons. (This course will no longer be available after 9/15/2021)
- [Certificate in Mindfulness](#) [six week course]  
This Gale Course will teach you how to support mindfulness in all areas of your life. It provides a solid foundation of knowledge and information to support individuals who wish to enhance their own well-being as well as health care professionals, life coaches, and other professionals who would like to enhance their knowledge and skills. (Course will no longer be available after 7/14/2022)