**Mandala**

**Introductory Unit**

**Objectives:**

As the ancient sage Aristotle once said…“Knowing yourself is the beginning of all wisdom.” So, for your journey of wisdom this year, you will begin by reflecting on and learning more about yourself – your feelings, hopes, fears, talents, the good and maybe not so good things about who you are.

**Skill: Symbolism**

According to the Cambridge Dictionary, a Symbol is a sign, shape or object which is used to represent something other object or a quality or idea. An object can be described as a symbol of something else if it seems to represent it because it is connected with it in a lot of people's minds. For this Mandala project, as you reflect on who you are, think about how you can visually represent your qualities and interests. What symbols could you use or create to represent these. Also, what colours reflect your moods?

**Mandala:**

For centuries, Tibetan monks have created symbolic sand mandalas as a form of meditation and their inner selves. Photographs and mirrors give us reflections of what ordinarily remains outside our awareness or field of view. They help us stay connected to loved ones, and to ourselves. Mandala art operates in a similar manner but, instead of giving us reflections of the external world, mandalas can help us see what is going on within us, in our heart and soul.

How to make your own mandala….

* Think about your life. What do you like? What do you do? What do you dream about? Hope for? Love? Hate? Want for our future? What type of person are you? Do you have different parts of your life (school, home, friends, etc.)? Do you have different aspects to yourself (private you verses public you?)
* Choose two parts or aspects of your life.
* Complete the brainstorming chart
* Select a mandala shape or you may draw one of your own.
* Select colours/motif that reflect you and colour your mandala shape.
* Choose at least seven images or symbols that represent you and draw or glue them on to your mandala. One should talk about your future.
* All of your selections (colours, pictures, symbols) should say something about you.
* Oral Presentation: Be prepared to present your mandala to the class. You are to explain the following:
  + Two parts of you
  + Colours or motif used and why
  + 4 of the symbols and what they reflect about who you are (include the future one)

**Activities:**

1. Creation of Mandala
2. Rough draft of essay
3. Oral presentation of Mandala
4. Essay organization instruction
5. Final draft of essay