



PLANT
HEROES

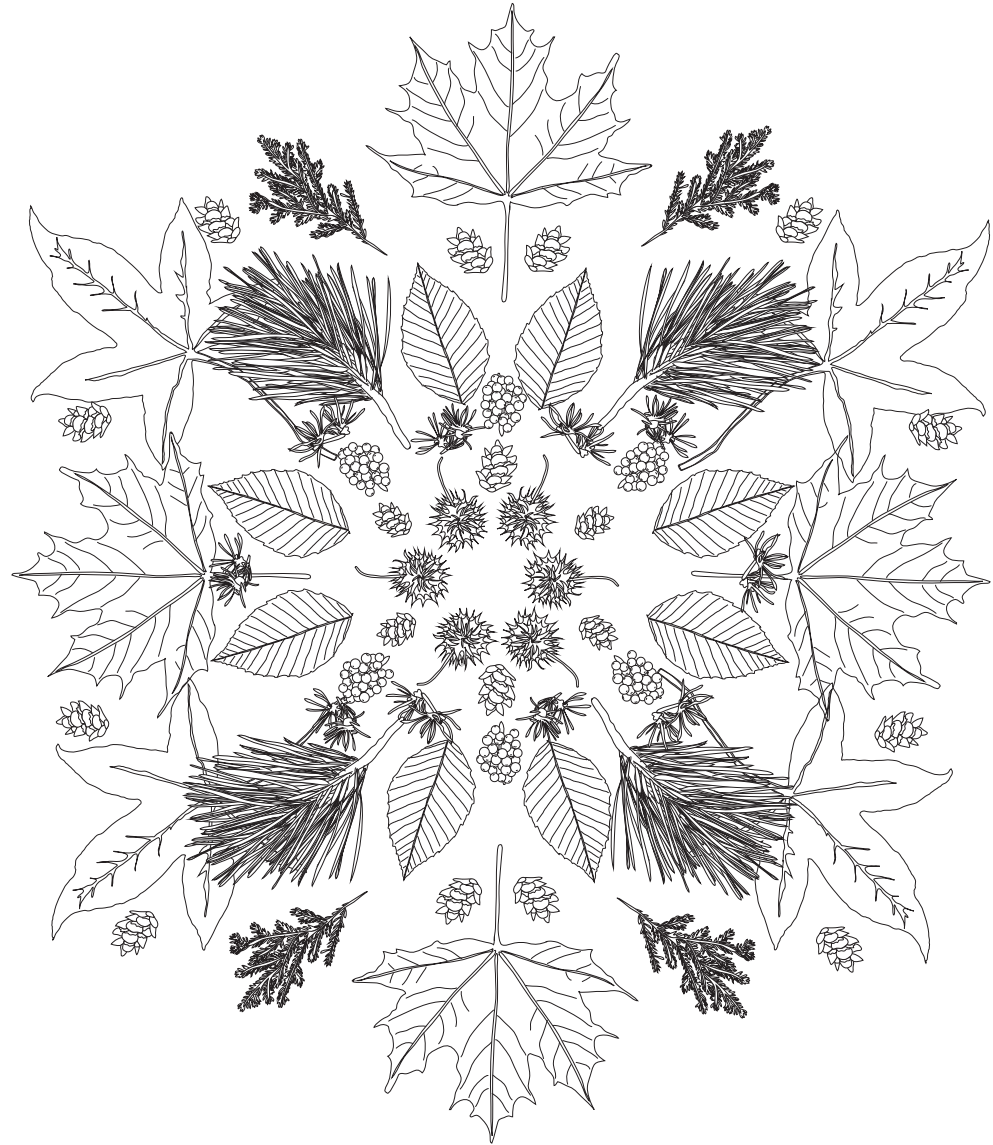
PLANT MANDALA JOURNAL

WHAT IS A MANDALA?

A mandala is a spiritual symbol of the universe in Buddhism and Hinduism. The word “mandala” means “circle” in Sanskrit, an ancient Indian language. Mandalas are usually circular geometric designs or patterns, like the one on the next page. Creating mandalas can also be a form of mindfulness, and mandalas are often used to focus while meditating. Over the next several pages you’ll have a chance to make and reflect on a plant mandala.

Before you make your mandala, write down how you are feeling:

COLOR THE MANDALA:

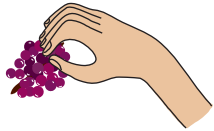


MAKE A PLANT MANDALA

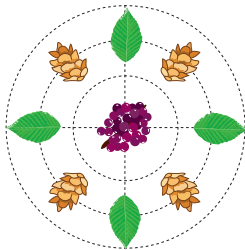
1 Go for a walk. Look on the ground for flowers, leaves, pinecones, seeds, or other plant material that has fallen. Make sure you have permission to gather them. If you don't have permission, you can draw what you see instead.



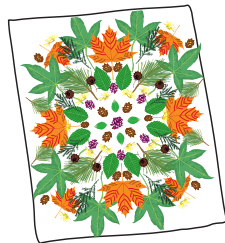
2 Start by placing an object to be the center of your mandala.



3 Begin to arrange your found items in circles or lines that come from the center.



4 Draw or take a picture of your mandala.



5 Leave your mandala for someone else to find!

DRAW YOUR MANDALA!

Do you know some of the names of the items you used in your mandala? Draw arrows to label the plants used in your mandala.

Give your mandala a name:

Take a step back from your mandala. Does it look different from far away? How does it look different?

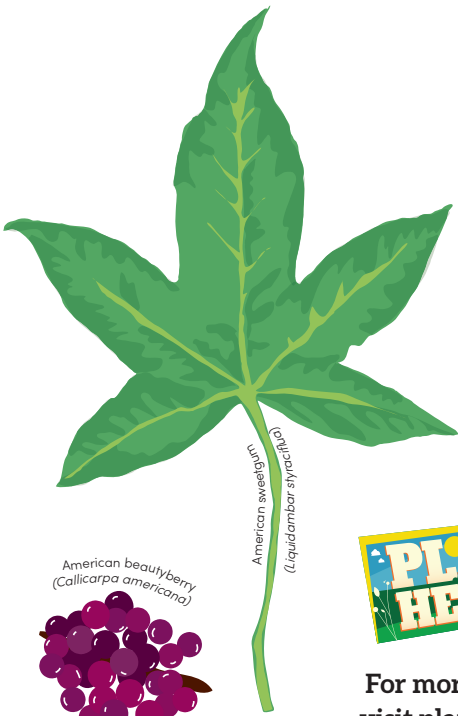
What do you think will happen to the different parts of your mandala if you leave it?

NATURE'S MANDALAS

Like mandalas, many plants have leaves or petals that radiate out from a central point. This makes the plant symmetrical if you divide it through the center. This form of symmetry is known as "radial symmetry." Look around the garden. Can you find plants with radial symmetry? Draw the plants you find below:



What part of the plant has radial symmetry?
The leaves, the petals, or another part?



American beautyberry
(*Callicarpa americana*)



For more resources,
visit plantheroes.org

American sweetgum
(*Liquidambar styraciflua*)



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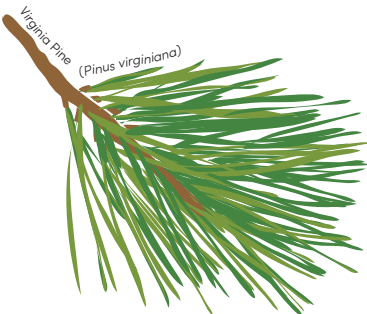


A program of the



American
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In partnership
with the



Eastern hemlock
(*Tsuga canadensis*)



American beech (*Fagus grandifolia*)

