

Mindful Mandala

DRAWING TIPS



Start from the Center

Begin in the middle and draw outward.



Use Repetitive Patterns

Circles and shapes create a calming rhythm.



Color Intentionally

Blue/Green – Calm

Yellow/Orange – Uplifting

Red – Energizing



Set an Intention

Pause and focus before starting.



Limit Distractions

Create a quiet, calming space.



Reflect & Journal

Notice your thoughts and feelings.