

## HOW TO MAKE A MANDALA FROM NATURAL MATERIALS

Please see accompanying video at Cultural Cwtsh

You can make a mandala from so many different free materials like, old flowers, autumn leaves, twigs, acorns, berries, stones, ferns, and conkers. I have the most fun when I go out foraging for materials on a nature walk. Here are the UK foraging laws.

<https://britishlocalfood.com/foraging-british-law/>



To create your nature mandala, choose an interesting item in the middle. Then start placing your other items you have gathered near the centre first. Continue moving items outward away from the centre until you have created the circular pattern you like.

This can be done on your own or with a group of friends.

It can be enjoyable to leave the finished mandalas for others to see, in a park, hospital or work garden.

You can photograph your work and upload to make an annual calendar to give to friends.

<https://www.mixbook.com/photo-calendars-home>

#culturalcwtsh