



PRESENTS

# KIDSEUM AT HOME

*Creative fun and learning for the entire family,  
all from the comfort of home!*

Introduction  
to  
MEDITATIVE  
IMAGERY

INSPIRED BY

THE EXHIBIT  
SACRED REALMS



# 1

# TIE DYE MANDALAS

## AGES

10-16 years old

## SKILL LEVEL

Intermediate / Advanced

## DESCRIPTION

For this project you will learn to make a **mandala** by using tie dye.

## MATERIALS

White T-Shirt or White Fabric	Scissors
Liquid Fabric Dye (various colors)	Flat Cardboard Box
Spoon	Napkin
Squirt Bottle* / Dropper*	Water
Yarn / Thread* / Rubber bands*	Disposable Gloves
Small Cups or Bowls	

Materials with an (\*) are optional, use only if available.

## Helpful Tips

- Do this project outdoors and set up a piece of cardboard to prevent staining any surfaces.
- Gloves are recommended to prevent the staining of your skin.
- If you have squirt bottles or droppers, they can be used.

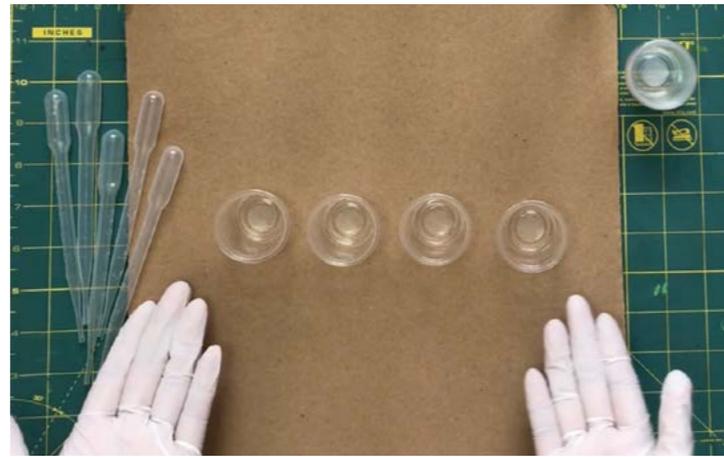
## Background

At the Bowers Museum, we house 9 **mural** paintings by the Buddhist **monk** Shashi Dhoj Tulachan. Shashi Dhoj Tulachan is a 2nd generation **thangka** artist living in Tuksche, Nepal. Thangka painting is centuries old and is performed by highly trained monks in an attempt to teach about **Buddha** and the **Buddhist** religion. Each painting is bursting with imagery, color and detail. The subjects include **deities**, mythologies and repeated patterns. These artworks are used for meditating and **contemplating**. These thangkas are considered murals due to their size. The examples in the museum's collection also differ from traditional examples. This is because the use of color, shape, proportion and the characteristics and qualities of the imagery are not as **regulated** as they tend to be in **traditional** examples. Tulachan intended to combine the traditional practice and skills he learned from high-level monks while also **incorporating** his own imagination and personal **motifs**.



## Procedure

1. Grab a pair of gloves to avoid staining your skin. Set up your dyes and place a cup down for each color you will be using.
2. Pour each dye into a separate cup. Add a bit of water and stir. Set them aside for later.
3. Grab your fabric and rubber bands (yarn or thread). Make sure to cut your fabric into a square.
4. Take a rubber band (or yarn/thread) and begin to tie it around different sections of the fabric. You can use more or less depending on your fabric size.
5. Using the eye dropper, begin dyeing each section of the fabric with different colors. You can dye it on dry or wet fabric. Make sure to press the dye into the fabric to ensure every section is dyed. Continue to dye the remaining sections then leave it to dry overnight.
6. Once dry, remove or cut off the rubber bands. Then unfold the fabric to reveal the dyed pattern.
7. Rinse the fabric in warm water until the water runs clear. Then allow your pieces to dry in the sun or in the dryer.



## Key Vocabulary

<p><b>Mural</b> a large picture created directly on a wall</p>	<p><b>Monk</b> a man who has joined other men in a religious community and taken vows to live a simple life.</p>	<p><b>Thangka</b> a Tibetan religious painting that usually portrays Buddha or lamas in a specific style.</p>
<p><b>Buddha</b> the enlightened one, a knower. Buddhists believe a Buddha is born each aeon of time.</p>	<p><b>Buddhist</b> one who follows the teachings of Buddhism</p>	<p><b>Deity</b> a god or goddess.</p>
<p><b>Contemplate</b> to think deeply and seriously.</p>	<p><b>Regulate</b> to control by rules or a method.</p>	<p><b>Tradition</b> the handing down of a culture's beliefs and customs from parents to children over many years.</p>
<p><b>Incorporate</b> to include as part of a larger thing; blend.</p>	<p><b>Motif</b> a distinct formal unit such as a design, theme, or musical phrase that may repeat in, dominate, characterize, or be a prominent feature of an aesthetic or decorative work.</p>	<p><b>Mandala</b> any of various graphic symbols of the universe that are usually circular with enclosed complex geometric designs, used especially as an aid to meditation in Hinduism and Buddhism.</p>

# 2

# MINDFULNESS MEDITATION FOR FAMILIES AT HOME

## AGES

All Ages

## SKILL LEVEL

Beginner / Intermediate

## DESCRIPTION

In this lesson you and your family will try out different exercises help you and your little ones feel calm and at ease by using mindful mediation exercises.

## MATERIALS

A quiet space in the household	Meditation Exercise Guide	Yoga mat*
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Materials with an (\*) are optional, use only if available.

## MUSIC

Now we have music that relates our lessons!

Check out the **Spotify Playlist:**

[https://open.spotify.com/playlist/6njdLiG82LnODSOfmGG23P?si=WisA\\_TZMQQCYNaxNuTcvFA](https://open.spotify.com/playlist/6njdLiG82LnODSOfmGG23P?si=WisA_TZMQQCYNaxNuTcvFA)

## Background

The art of **mediation** has been around for many years. It is a constantly adapting practice, depending on culture, country and circumstance. At the Bowers Museum we have a small collection of mural paintings by the Buddhist monk named Shashi Dhoj Tulachan. Buddhist monks practice the art of meditation and mindfulness through various types of meditation exercises like **Shamatha**, a meditation of calmness and clarity, and **Contemplative meditation**, a meditation of reflection on one's self and life. These practices can also be found in art. Shashi Dhoj Tulachan created mandalas in his artworks. These mandalas can be used for meditation. Look closely at this painting and begin to breathe slowly and deeply. As you do so, you will notice that the images will begin to go out of focus. Then for about 3 minutes, meditate on the center of the mandala's shape, allowing its geometry to bring your mind to a state of balance.

## Helpful Tips

- Younger children might have a hard time sitting still. Be patient and do your best to focus them on the activity. There are some fun tips listed below in the steps.
- Try these exercises at the end of the day or the start of the day depending on your schedule.
- Exercise 1 is great for children because it brings awareness to their bodies and helps them become present with themselves.
- Exercise 2 helps children be more aware of what they hear in their environment.
- You may also try these exercises while listening to this week's themed Sounds of the Bowers playlist.



## Exercise Guide

### 1st Exercise - Connecting with our Breathing

1. Start by finding a quiet space in your home. This can be inside or outside in your backyard.
2. Take a seat or stand. Close your eyes and focus on your breathing. Inhale from your nose and exhale out of your mouth. Try taking a slow, deep breath to fill your belly up with air. Try telling your child it is like blowing a balloon. Expand your belly as much as you can.
3. Practice this for a couple of minutes (3-5 minutes). Ask your child to feel their body relax every time they exhale. You can also have them imagine their favorite color, a garden or somewhere that is peaceful to them.
4. Encourage your kids to have a conversation. Ask them about how they feel and what they imagined while doing the exercise. This will help them focus on their breathing and help them learn to take things slow.

### 2nd Exercise - Connecting with our Bodies

1. Begin by laying down on the floor with your child. Close your eyes.
2. Tell your child to squeeze every muscle in their body. They can squeeze their toes, their feet and hands. Do this for 30 seconds to a minute and then release.
3. After the time is up, have them lay still and ask them how it feels to have every muscle in their body tighten up. Then ask them how it felt to release their muscles.

### 3rd Exercise - Connecting with What We Hear

1. Find a place a quiet place in your home to sit, lay down or stand. Close your eyes.
2. While your eyes are closed you will ask your child to listen to their surroundings. You can ask questions like “What is that sound? What type of machine makes that sound?” Is it a machine or an animal?”
3. Have them do this exercise for 2-3 minutes.
4. Once the time is up, ask them to look around and try to seek what they heard when their eyes were closed.

## Key Vocabulary

<b>Meditation</b> to think deeply and carefully on something	<b>Shamatha</b> a well-known Buddhist practice that focuses on developing calmness, clarity and composure. Loosely translated, it means mindfulness.	<b>Contemplative Meditation</b> the act of reflection on one's life and self.
<b>Mindfulness</b> being aware of the present moment, of one's feelings, one's body and surroundings.	<b>Self-Awareness</b> knowledge of one's own character and feelings	<b>Sound</b> the range in which something may be heard "The drums created a deep but loud sound."

Source:

Bowers Museum. Sacred Realms: Temple Murals by Shashi Dhoj Tulachan from the Gayle and

Edward P. Roski Collection. <https://www.bowers.org/index.php/current-exhibition/sacred-realms-temple-murals-by-shashi-dhoj-tulachan-from-the-gayle-and-edward-p-roski-collection>. Accessed May 27, 2020.

New York Times. What Is Mindfulness, and Why Do Kids Need It? <https://www.nytimes.com/guides/well/mindfulness-for-children>

Vox. Is mindfulness meditation good for kids? <https://www.vox.com/science-and-health/2017/5/22/13768406/mindfulness-meditation-good-for-kids-evidence>

# 3

## THE MEDITATION OF COLORING

### AGES

All Ages

### SKILL LEVEL

Beginner

### DESCRIPTION

In this activity you and your family will color in these pages. Find some peace in the act of coloring and the concentration needed to make your version of a beautiful artwork.

### MATERIALS

Coloring Pages

Color Pencils /Crayons /  
Markers

### HELPFUL TIP

- Try listening to our Sounds of the Bowers playlist to help you concentrate and feel more at peace with yourself.

### MUSIC

Now we have music that relates our lessons!

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### Background

These coloring pages reference images in two mural paintings by Shashi Dhoj Tulachan. The first painting is called *Dhrtarastra (Dharma King of the East Direction) with 16 Attendants*. This painting depicts Dhritarashtra playing a lute. He is leader of the Gandharva heavenly musicians and is a worldly guardian worshipped as a protector. His name means, “He who upholds the realm.” The second painting referenced is the *Vairocana Mandala*. This painting is riddled with imagery of deities, mythology, and repeated patterns. This mandala is also bursting with color and detail, and you are bound to find something new every time you look at it. Shashi Dhoj Tulachan’s thangka paintings are a reminder of the beauty, devotion and endurance found in Nepal.







## State and National Standards

### Tie Dye Mandalas

#### California Content Standards:

**HSS-6.5**

Students analyze the geographic, political, economic, religious, and social structures of the early civilizations of India.

#### Visual and Performing Arts Standards

**VA.K.2.6**

Use geometric shapes/forms (circle, triangle, square) in a work of art.

**VA.1.3.1**

Recognize and discuss the design of everyday objects from various time periods and cultures.

### Mindfulness Meditation for Families at Home

#### State Content Standards:

**HSS-6.5.5**

Know the life and moral teachings of Buddha and how Buddhism spread in India, Ceylon, and Central Asia.

#### Visual and Performing Art Standards.

**DA.K.1.4**

Perform simple movements in response to oral instructions (e.g., walk, turn, reach).

**DA.K.3.4**

Identify where and when people dance.

### The Meditation of Coloring

#### Visual and Performing Arts Standards:

**VA.PK.2.2**

Demonstrate beginning skill in the use of materials (such as pencils, paints, crayons, clay) to create works of art.

**VA.PK.3.2**

Describe pictorial objects that appear in works of art.

For more fun from home, follow us @bowersmuseum