

# BOWERS MUSEUM

*Bringing the World to You*

## ...at **HOME!**

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[bowers.org/athome](http://bowers.org/athome)

Art Projects for the entire family,  
presented by Anne's Treasures



## LEAF MANDALAS

### MATERIALS:

Watercolor Paper  
Variety of Leaves  
and Flowers

Scissors  
Watercolors  
\*Markers  
\*optional

Brushes, Water Cup  
Paper Towels



### CONTEXT:

Mandala is the Sanskrit word for “circle,” and is representative of the Universe. It plays prominently in the Buddhist and Hindu religions and can be traced to the Jewish, Christian, and Islamic religions as well. The mandala, or circle, can represent wholeness, unity, nature, or God and is typically used in meditation or spiritual matters.

Symmetry: The quality of being made up of exactly similar parts facing each other or around an axis. One side matches the opposite side.

This is essential in designing a mandala: ALWAYS BALANCE.

Your art may not be in the exact shape of a circle, as it is difficult to accomplish with leaves. The important thing is that you have symmetry and a creation that is pleasing and peaceful for you.

### TIPS:

- Not all plants and leaves will provide a good print- practice on a separate sheet before deciding on the final plants
- The same goes for the watercolors- not all brands are the same and some colors will be better than others. Practice and familiarize yourself with your paint.

### PROCEDURE:

- 1 Go for a walk and gather different types of leaves, plants, flowers, and pine cones.  
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- 2 Cut or trim your collection so that you have individual leaves and flowers.  
.....
- 3 Choose your leaves and position them where they will be stamped onto the paper.
  - a. To keep your mandala symmetrical, you only need one or two leaves per pattern side – 1 leaf for the top and bottom, a 2nd leaf for the left and right.

**Don't forget to share your final product on social @bowersmuseum #bowersathome!**





4

Add water droplets to the watercolor palette to prepare it

- a. Do not make it too watery, that will dilute the colors.

5

Place the first leaf on top of a paper towel.

6

Paint the leaf entirely with watercolors on the side with the most texture.

- a. Do not take too long, as the watercolors will dry.
- b. Try using more than one color on the leaf.

7

Press the leaf onto the watercolor paper and press firmly on the entire leaf with your palm and fingers.

8

Repeat steps 5–7 with the same leaf so that you have symmetry.

9

Choose another leaf/plant and repeat steps 5–8, adding to the mandala.

10

Use smaller leaves and flowers to expand outward.

- a. Flowers will be harder to print- press gently on the flower so as not to smooch it into the paper.

11

Add a border using long leaves or stems.

12

Optional: Use markers to outline the plants and to add details.

For more fun from home, follow us @bowersmuseum