

Lesson Plan 3

Teacher: Dione Greenberg
Subject/Grade: Art and Writing, Grade 8

Lesson Date: August 21, 2018
Unit Title: Expressive Arts I

Mandala Drawing



Mandalas are circular designs that reflect the wholeness of the person creating them. According to Carl Jung, *“a mandala is the psychological expression of the totality of the self.”* Jung, a Swiss psychiatrist, discovered the significance of mandalas through his own inner work.

“I sketched every morning in a notebook a small circular drawing, a mandala, which seemed to correspond to my inner situation at the time. With the help of these drawings I could observe my psychic transformations from day to day...My mandalas were cryptograms...in which I saw the self—that is, my whole being—actively at work.” Carl Jung



Mandalas in the natural world:

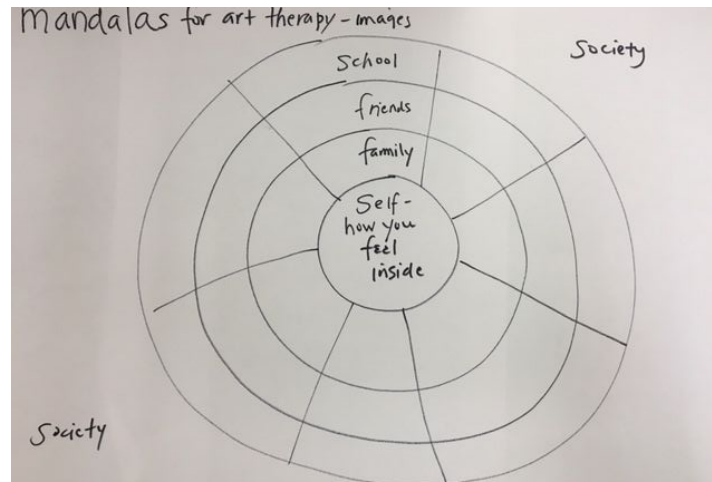


Mandalas in expressive art



Assignment: Draw a Mandala

1. Use colors and shapes instead of literal images.
2. Start from the inside out. The inner circle is who you feel you are at the very core of yourself. This can be your spiritual and emotional layer.
3. The next layer is your family.
4. The third layer is your social circle, friends, groups you are a part of.
5. The outer layer is your society



Writing - Write about your different layers and what you chose to represent.

