

Spinach Leaf Mandala Painting

SPINACH
to WIN it!

Supplies

- Spinach leaves (dry leaves work best)
- Spinach paint recipe and/or purchased paint
- Pinecones or similar object for the central point of your mandala
- Construction paper



Instructions

Before starting the activity, explain that mandalas are special circles found in different cultures across the world that are often symbolic:

- The word mandala means “circle” in Sanskrit.
- The first known image of a mandala is in a Hindu text called the Rig Veda, which was written around 1500 BCE.
- Mandalas have been used in spiritual exercises and as meditative tools in belief systems such as Jainism, Buddhism, and Shintoism. Mandalas have also been used in many other cultures, such as in Persian art and Mesoamerican architecture.
- Consider showing images of Mandalas from a range of cultures such as the ones below.
- Mandala art begins with a central point and all other lines, colors, and symbols radiate out from that central point.

Give each student a piece of construction paper. Instruct students to find the center and press a painted pinecone (or other object) for their mandala center. From there the class can be as creative as they want, just remind the class that symmetry is what makes their work of art a mandala. Encourage them to use spinach leaves in their design.

More information on mandalas can be found at ancient.eu/mandala/.



← This is from the Hevajra Tantra, a text from Tibetan Buddhism. Search 'Hevajra Mandala' to learn more.

This is a base that previously had a three-dimensional ceremonial mandala on top. These were influential at Chinese court for use in later forms of Buddhism. Access more information here: [Base for a mandala](#) →



← This mandala, created in Japan, is called the "Mandala of the One-Syllable Golden Wheel".

