

THOUGHTS MANDALA



Materials: (coloured) pencils or crayons, or oil pastels, A4- A3 sheet of paper, (extra: take whatever else you feel comfortable with)

Time: 20 - 40 Minutes

STEP ONE:

- Draw a large circle in the center of your page. It doesn't need to be perfect.
- Fill the circle with your emotions and thoughts using colors and shapes.
- Keep it abstract—trust your intuition when choosing the colors and forms that come up and feel right.
- Continue filling the circle, trusting the process as you go.
- The circle represents a safe space, holding and containing your emotions and thoughts.

STEP TWO

- Once you've finished filling the circle with colors, shapes, textures, and patterns, take a moment to reflect on your work.
- Look at the image you've created.
- Choose 5 words that describe the image, or words that come to mind when you view it.
- Consider what was on your mind or what you were feeling while you were drawing

STEP THREE

- Go deeper into the process: engage in a dialogue with your image.
- Imagine the mandala as a living being—what might it have to say about your needs and thoughts?
- Start by asking it a question. You can use the guiding questions below or see where the conversation leads:

Guiding Questions:

- What is your name?
- Where do you come from?
- What have you come to tell me?
- What do you need?
- What do you want?
- What is it you don't want or need?
- Is there a way you can meet those needs?
- What is most important for me to know right now?

STEP FOUR

- Optional: Reflect on what you've learned from the dialogue.
- What insights or realizations have come up during your conversation with the mandala?
- Can you incorporate these new understandings into your current image?
- Alternatively, would you like to create a new drawing, taking these insights into account?



SAFE PLACE



Materials: (coloured) pens, paper, newspaper/magazines, scissors, glue
(extra: take whatever else you feel comfortable with)

Time: 20 - 40 Minutes

STEP ONE:

- Begin with a newspaper or magazine in your chosen language, and look for words or phrases that connect with the idea of a “safe place”. Cut out these words and images.

Guiding Questions:

- Where would your safe place be, and what would it look or feel like?
- What colors, textures, sounds, or shapes come to mind when you imagine this place?
- What emotions or words do you associate with comfort, peace, or safety?

STEP TWO

- Create a layout: Lay out the words, phrases, and images you’ve gathered on a sheet of paper. Experiment with different arrangements to see what feels most like your “safe place.” Think of it as creating a visual poem.
- Try grouping words or images together based on themes or emotions, arranging them in a way that mirrors how you imagine this place might be organized (like cozy clusters or open, airy spaces).
- Final positioning: Once you’re happy with the arrangement, glue them down, allowing the elements to flow together naturally.

STEP THREE

- Choose colours: Use paint, colored pencils, or markers to add shades that connect to the feeling of your safe place. Soft blues, warm yellows, or deep greens could represent different aspects of comfort or calm.
- You might want to add small fabric pieces, textured paper, or natural elements like leaves.
- Include sketches, symbols, or any personal touches that reflect elements of your safe place.

STEP FOUR

- Take a moment to look at your completed collage. What emotions or memories does it bring up? Does it capture the essence of your safe place?
- Give it a title: Think of a word or phrase that sums up this feeling or place. Write it at the top or bottom of your collage to complete the piece.

