Objective:
The word *mandala* arises from the Sanskrit and means sacred circle. In these six-part video lessons the purpose of the mandala is to help transform and assist with healing; placing each dot of color is a slow process that helps quiet the mind and becomes a form of meditation.

Materials:
1. DecoArt Americana Acrylic paints, six colors
2. One 4"x4" black mini canvas
3. One ruler
4. #2 pencils, one regular size and one primary
5. Empty paint pots for the six colors
6. Q-Tip with wooden shaft and Toothpick
7. A piece of cardboard about 8x11in size or a placemat
8. Sheet of paper towel and a piece of tape

Tips: Before you view the first video, get familiar with your pencils as tools. Practice on a piece of cardboard or placemat. Lightly dip one pencil eraser into the paint, and gently dab onto your cardboard or placemat to create a dot. Wipe off the paint on your pencil eraser with a paper towel. Repeat this step with your other pencil, try the Q-tip and toothpick.
**Motivation:**
Explore what you learned in these lessons. Find household tools you can use to create dots. Play with those tools and see what dot sizes and patterns you can create.

What three or four colors were your favorite? Create a Mandala with those colors. Don’t limit yourself to the circle. Create an abstract dot painting. It’s about the process, not the outcome. Have fun with the possibilities!

**WHERE TO BUY MATERIALS:**
You can purchase materials at Amazon or Michaels Craft store near you or online. I’ve added links below for your convenience. Due to the updates of websites, these links may change. You may need to search for the materials.

To avoid the cost of dotting tools, students will be using Q-tips, toothpicks, and the eraser ends of pencils. The two #2 pencils are different sizes.

**DECOART AMERICANA ACRYLIC PAINTS**
Six colors: Yellow, blue, Green, Orange, Red and White.

**EMPTY PAINT POTS**
Fill pots with six colors of the DecoArt acrylic paint.

**MINI BLACK CANVAS 4X4 INCHES**
https://www.michaels.com/4pk-4x4%C2%A0mini-canvas-panels-by-artists-loft-necessities/10219234.html

**#2 PENCIL AND MY FIRST PENCIL WITH ERASERS**
https://www.amazon.com/AmazonBasics-Pre-sharpened-Wood-Cased-Pencils/dp/B071JM699B/ref=psdc_490674011_t1_B07M9CVHQD
https://www.amazon.com/Ticonderoga-Wood-Cased-Beginner-Pre-Sharpened-33312/dp/B09B82HD8G/ref=psdc_490674011_t1_B003BLQH7A?th=1

**Ruler**

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**THE PAINT**
A gentle dab into the paint pot is all you need. If you dunk, you will get too much paint onto your pencil eraser. It’s a gentle movement.

**CREATING DOTS**
Start at the center where the pencil lines cross. Use the large pencil to dab the 1st white dot, dab smaller dots from left to right, top, and bottom using the Q-Tip cotton tip.

Look at the space, place each dot with a hairline between each dot. Don’t worry about the space if it’s a little off-center.

**TIME**
Create each dot with a slow gentle action. Pace yourself back and forth. You don’t need to rush.

Be kind and patient with yourself. Time is a gift!