### Activity #2

**Empire State Creates: Teaching Artist-Led Activities for Everyone**

**Project Title:** Mandala Dot Painting A Step-By-Step Guide  
**Age(s):** 12 to 95

**Time:** 6 videos 12 to 15 minutes  
**Arts Discipline:** Visual Arts

Complete all lessons in one sitting or take breaks.

### ACTIVITY AT A GLANCE

**Goal(s):**
- The Mandalas Dot Painting Step-By-Step Guide's purpose is to help transform and assist with healing; placing each dot of color is a slow process that helps to quiet the mind and becomes a form of meditation.

**Materials:**
1. DecoArt Americana acrylic paints.  
   - Yellow, light blue, Medium Green, Orange, Red, and White.
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-Tips with wooden shaft and Toothpicks.
7. A piece of cardboard about 8x11 in size or a placemat.
8. Sheet of paper towel and a piece of tape.

**New Word(s)**
- **Dip:** To put down quickly into liquid.
- **Dap:** To press against something lightly.
- **Dunk:** To submerge temporarily into liquid.

**NYS Arts Learning Standards (select no more than 2 - student audiences only)**
- Young adults and seniors.

### STEPS

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<th>Step #1</th>
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| ● Dip back-and-forth to make sure you have enough paint on your tools. If you dunk, you will get too much paint.  
● Use the toothpick dip into the white paint.  
● Between each white dot dab two small white dots. A total of 16 dots.  
● Wipe your toothpick with a paper towel. |
| **Step #2** | • With the small pencil eraser dab red dots centered with the white dots. Giving a hairline space between each dot. Once your 8 red dots are in place, take a paper towel and clean off the paint from the eraser. |
| **Step #3** | • Work from the center outward, look at the edge of the red dots.  
• With the cotton part of the Q-tip dab a yellow dot between each red dot. A total of 8 yellow dots.  
• Smooth the yellow paint with your finger and put the Q-tip aside to dry. Clean your finger with a paper towel. |
| **Step #4** | • Use the wooden shaft of the Q-tip to dab white dots between every yellow and red dot. Giving a hairline space between each dot. Once you have 16 white dots, wipe off the wooden shaft with a paper towel. |

**Activity Modifications (as needed):**