Activity #3
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 8x11in size or a placemat.
8. Sheet of paper towel and a piece of tape.

New Word(s)
Pace: A single step taken when moving steady, especially back and forth.

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

STEPS

Step #1
● With the toothpick dab two white dots between each white dot. Pace yourself back and forth. You don’t need to rush. Once you have a total of 32 white dots, wipe off your toothpick.

Step #2
● With your small pencil dab a blue dot above the white dot and on the opposite side. Dab a blue dot to the left and right sides. Dab a blue dot between each blue dot. Once you have 8 blue dots, clean your eraser.
<table>
<thead>
<tr>
<th>Step #3</th>
<th>Use the same pencil to dab a green dot centered between each blue dot. Once you have 8 green dots, clean your eraser.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step #4</td>
<td>Use the Q-tip cotton end to dab white dots centered with each blue and green dot. Once you have 16 white dots, smooth the white paint with your finger. Put the Q-tip aside to dry. Clean your finger with a paper towel.</td>
</tr>
<tr>
<td>Activity Modifications (as needed):</td>
<td></td>
</tr>
</tbody>
</table>