Activity #4
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)

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

STEPS

Step #1
● Dip your toothpick in white paint. Line up the dot with the top edge of the blue and green dots. Dab a small white dot centered between each blue and green dot.
● Dab 2 small white dots left and right to form a group of three white dots. Once you have a total of 48 white dots, wipe off your toothpick.

Step #2
● Use the small pencil eraser to dab a yellow dot between each medium white dot.
Step #3

- Use the large pencil eraser to dab red dots between the yellow dots. Work from top to bottom and left to right of the canvas — a total of 4 red dots.
- Center a red dot between each red dot. Final total 8 large red dots.
- Clean off the red paint from your eraser.

Activity Modifications (as needed):