**Activity #6**

*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

<table>
<thead>
<tr>
<th>Step #1</th>
<th>Use the Q-tip cotton end. Above every red dot dab a white dot.</th>
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</thead>
<tbody>
<tr>
<td>Step #2</td>
<td>Use the wooden shaft to dab a yellow dot above the orange dots.</td>
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<tr>
<td>Step #3</td>
<td>Use the toothpick to dab a yellow dot between the small white dots and medium yellow dots. Creating 3 yellow dots above the large orange dot.</td>
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</tbody>
</table>
### Step #4

- Use the toothpick to dab a yellow dot between each small white dot and medium white dot. You will have two yellow dots and one medium white dot above the large red dots.
- Once you have a total of 32 yellow dots, smooth the yellow paint with your finger and put the Q-tip aside to dry. Clean your finger with a paper towel.
- And that completes your mandala!

### Activity Modifications (as needed):

Explore what you learned in these lessons. 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!