



# **MANDALA ACTIVITY BOOK**

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**FROM INNER-CITY ARTS**



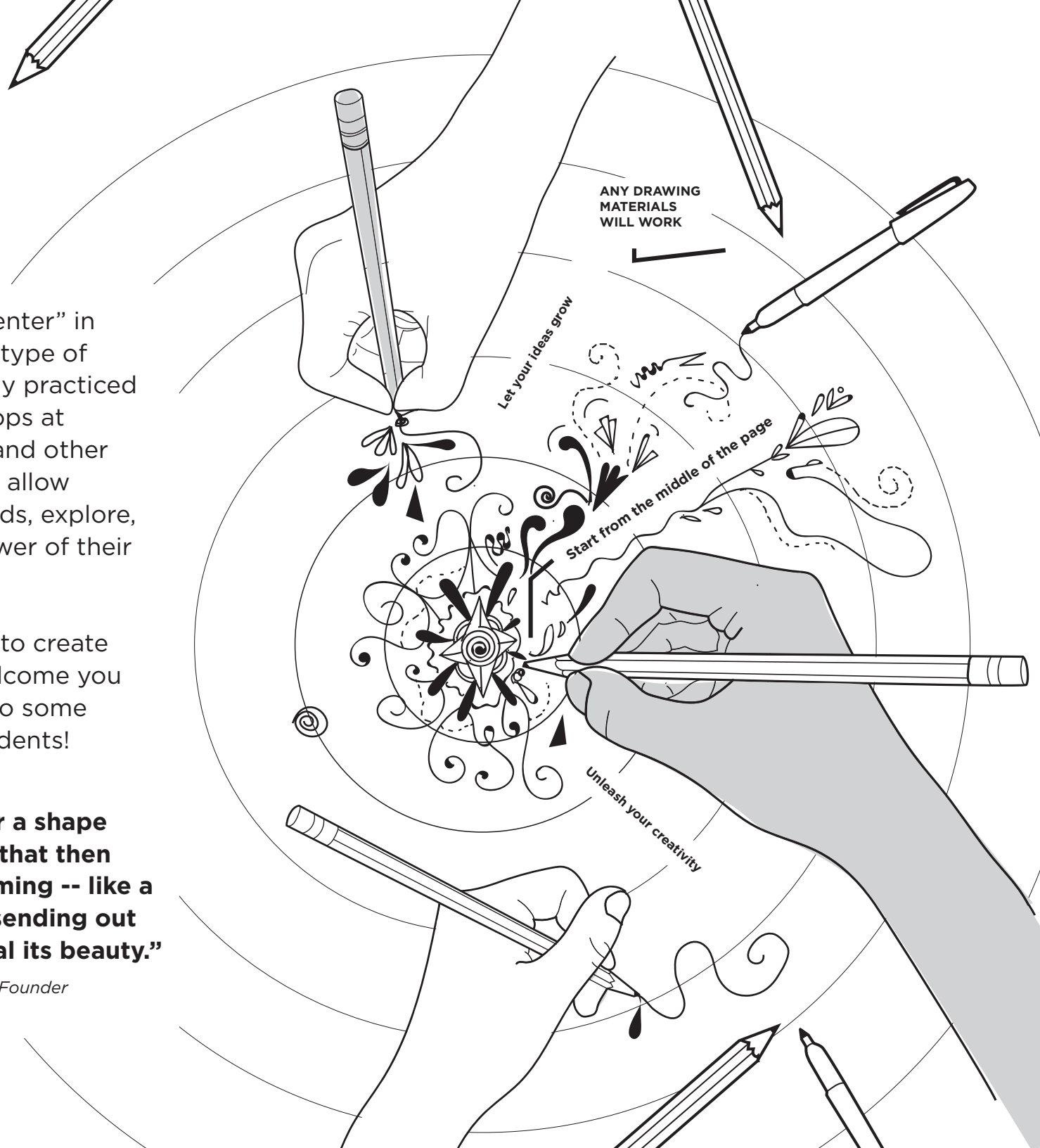
# EXPLORE WITH MANDALAS

The mandala—meaning “center” in Sanskrit—is a very ancient type of drawing and one commonly practiced in our studios and workshops at Inner-City Arts. Mandalas and other abstract drawing exercises allow students to open their minds, explore, and experience the full power of their imaginations.

In this book, we invite you to create your own mandala and welcome you to explore, color and add to some mandalas inked by our students!

**“It can begin with a dot or a shape in the center of the page, that then unfolds like a flower blooming -- like a pebble thrown in a pond sending out waves and ripples to reveal its beauty.”**

- Bob Bates | *Artistic Director and Co-Founder*



# DRAW YOUR OWN MANDALA

A traditional Mandala begins in the center of the page and grows in design from the center to the outer edges of the drawing surface. As you continue through the drawing process, breathe deeply and make one choice at a time.

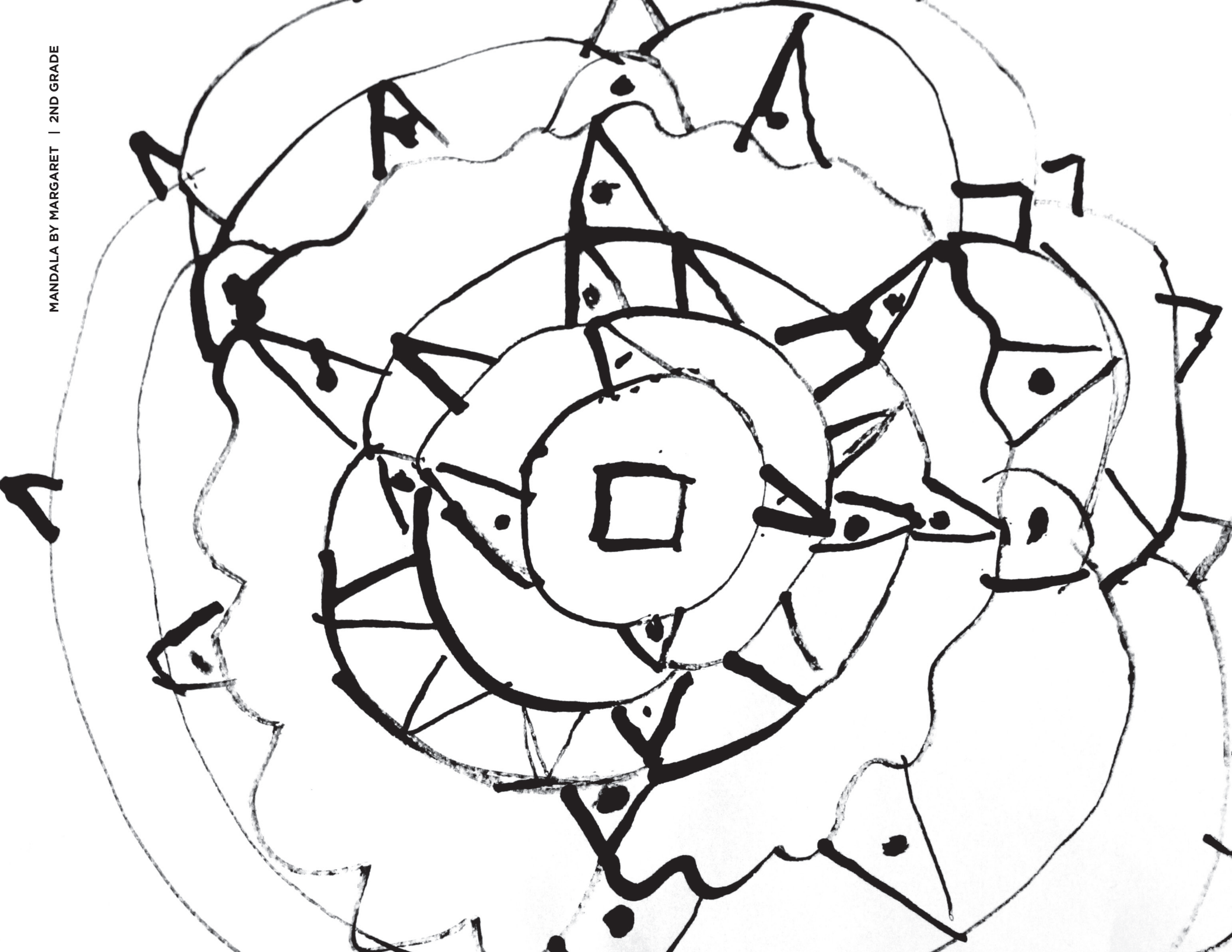
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**ASK YOURSELF:**

“What color will I use?” “What will I draw?” or “What will I do?”

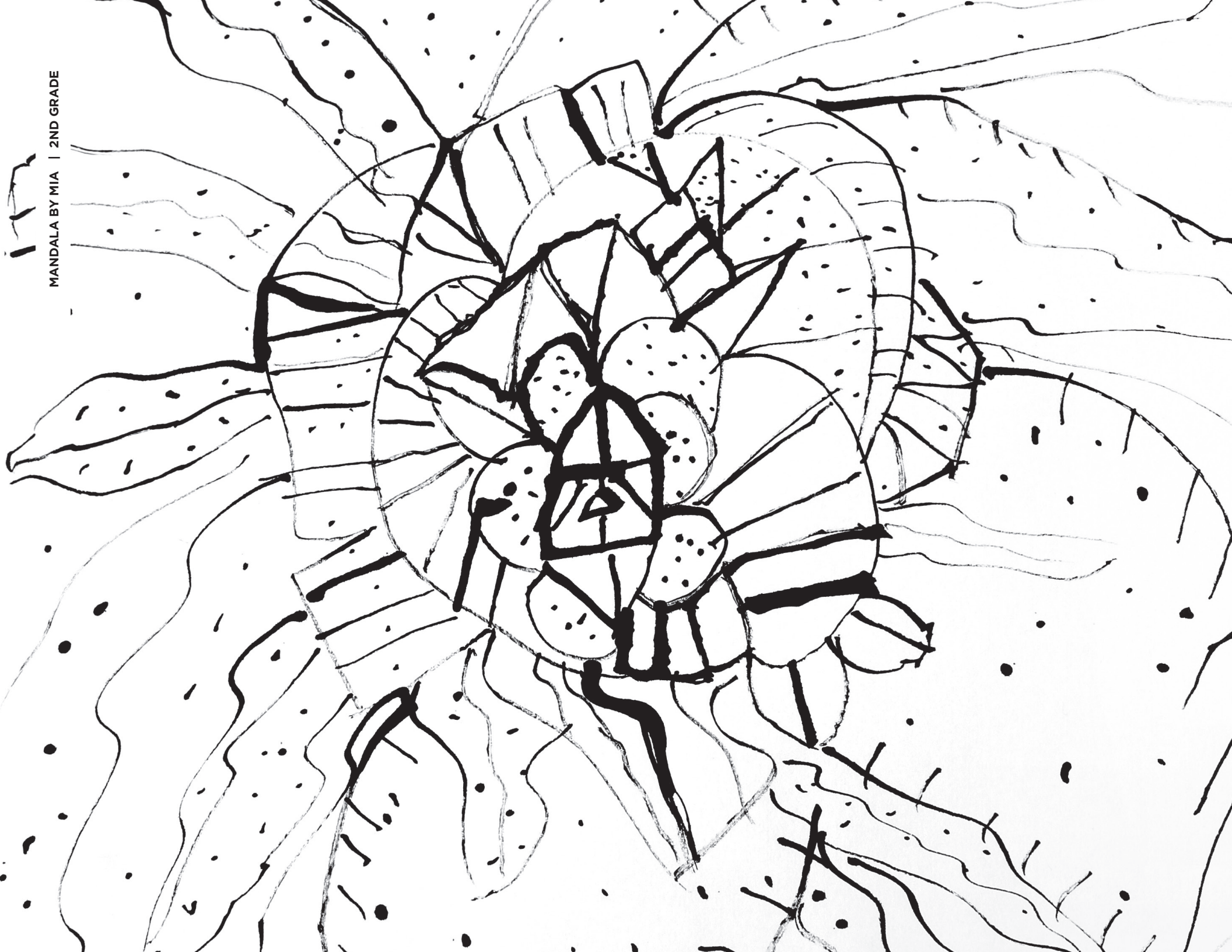
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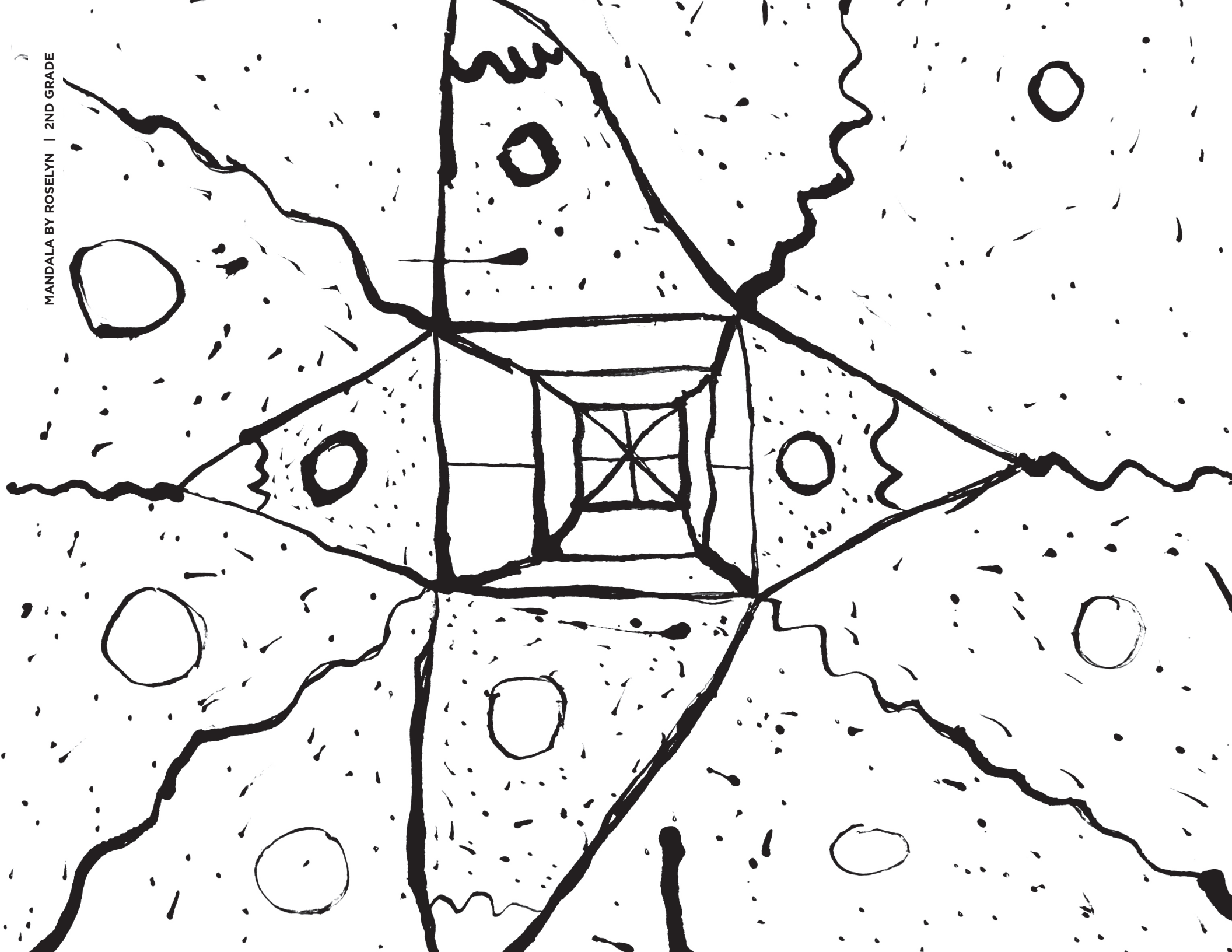














# INNER-CITY ARTS

Inner-City Arts, widely regarded as one of the nation's most effective arts education providers, is an oasis of learning, achievement and creativity in the heart of Skid Row, and a vital partner in the work of creating a safer, healthier Los Angeles.

Under the guidance of professional teaching artists, Inner-City Arts' students are immersed in a safe and supportive environment where they engage in a variety of visual and performing art forms in studio and theater settings. Children who attend Inner-City Arts develop skills that are highly valued in the 21st-century workforce such as collaboration, creativity and critical thinking. Inner-City Arts' services include classes during the instructional day for elementary students, after-school, weekend and summer workshops for teens, and creativity-based professional development for educators.

[WWW.INNER-CITYARTS.ORG](http://WWW.INNER-CITYARTS.ORG)

## WANT TO EXPLORE MORE?

Create your own Mandala Journal! All you need is a sketchbook and a drawing tool. Carve out time once a week to draw a mandala and continue the creative process!

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## SHARE YOUR MANDALA WITH US!

[#mandala](#)

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