

# PAMA Summer Staycations



## Mindful Mandalas

Celebrate Summer while staying at home and get creative with PAMA and a variety of fun-filled activities. Engage with arts, culture and STEAM as you follow along with videos and instructions to create your own unique masterpieces with different themes each week.

Share your creations with us on Facebook, Twitter or Instagram and tag us @visitPAMA. All tagged submissions will be entered in a draw to win some PAMA swag.

# Mindful Mandalas

Take a moment for your mind as you use simple shapes to create a rainbow mandala.



## Materials:

- Paper
- Pencil Crayons/Crayons/Markers

This activity is provided to you by:

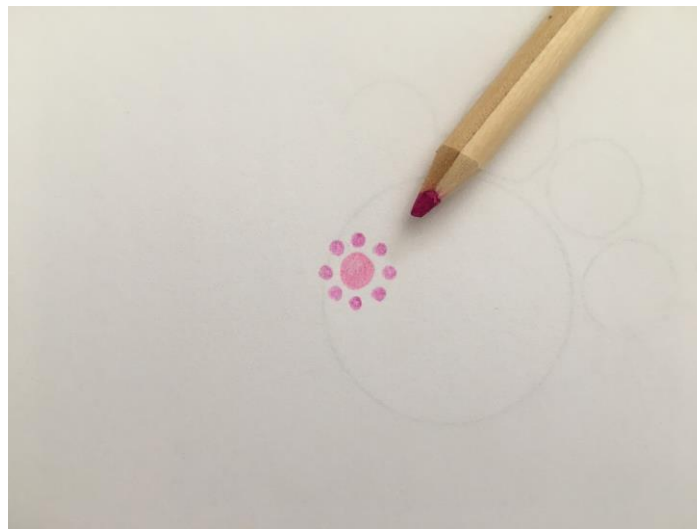
**Step 1:**

Start with a circle in the centre of your piece of paper.



**Step 2:**

In another colour, add a ring around your centred circle.



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**Step 3:**

One row at a time, continue to add different shapes of different sizes and colours around your centre.



**Step 4:**

Continue adding to your artwork until you reach the edge of your paper and complete your mandala masterpiece.



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