



## **ART BRIDGES: Lesson Plans for Enrichment, Growth and Healing**

### **Feelings Mandala**

**A Copyrighted Activity Created by and Re-posted with Permission from  
Kristina Marcelli Sargent  
<https://kristinamarcelli.wordpress.com>**

#### **Objectives:**

The participants will:

1. Be introduced to the art form of mandalas
2. Explore emotions and assign a color for each emotion
3. Reflect on their personal emotions and color in a mandala to represent the frequency of their emotions by using space and color

#### **Audience:**

Kristina designed this activity for children but it can easily be adapted to all ages. It is an excellent way for the participants to explore emotions.



### Supplies/Materials:

- Simple Mandala forms that can be downloaded off the internet (<http://mandalacoloringmeditation.com/chldr/children-mandala-book.pdf> and <http://printmandala.com/> )
- Crayons, markers, colored pencils

### Class Instruction:

1. Allow your participants to select a mandala to color from among those you have printed off for the class.
2. Ask the participant to list the feelings they typically feel in the margins of the mandala and draw a small circle next to each feeling.
3. Have the participant pick a color for each feeling and fill in the circles with the colors to use a guide to remember which colors belong to which feelings, creating a "key".
4. Invite the participant to color the mandala with the "feelings" colors they have designated to show how often they have specific feelings. For

example, “Now you can start coloring. If there is a feeling you have a lot of in your life, color more of the picture with that color. If there is a feeling you don’t notice having very much, only color a little of the picture with that color.”

You’ll be amazed at the things you will learn about the participant as they start to color! This can be very helpful to start conversations like, “I notice you only have a little bit of green in your picture and that is your happy color. What can we do to get happier in your life?” Or “I notice there is a lot of red in your picture and that is your angry color. Thank you for being so honest with your feelings in this activity! I wonder--what are some of the things that cause that much anger in your life... What do you think?”

For older kids, teens and adults, print more complicated mandalas and allow them more than one meeting to complete if needed. If using colored pencils, older children, teens and adults can even rate intensity of feelings by how light or dark the color is, if they choose to assign meaning to the colors in this way. These are great for comparing over periods of time as well!

### **Plan in Action:**

Adrienne Poppe, Foster Care Recruiter, shared how this activity was used with youth served at “CEDARS” in Lincoln, NE. The mission of “CEDARS” is *“to help children who have been abused, neglected, and homeless achieve safety, stability, and enduring family relationships”*. Visit [www.cedars-kids.org](http://www.cedars-kids.org) to learn more about Cedars

From Adianne: “Last week our Youth Action Committee held its “YAC Knows the Ropes” Mini Session Night! Youth within our Emergency Shelter, Foster Care, Reporting Center, Street Outreach and Independent Living Programs were invited to participate in the event. The youth were able to pick from 6 different session offerings lead by volunteers within CEDARS.

“This month our YAC Leadership Team chose to focus on the topic of Self Care and Stress Relief for our mini-session night. We went right to the resources that were given to use through the Hildegard Center for the Arts’ “Art Bridges” Project and the YAC Leadership Team decided to use 2 of the lesson plans as sessions for the evening. The “Zentangles®” and “Feelings Mandalas” lesson plans were session



**YAC Knows the Ropes: Self Care Mini Session Night!**  
**Monday, October 26th from 5:30-7:30**  
**CEDARS Northbridge (27th and Holdrege)**

Each youth will choose from 6 mini session offerings focusing on Self Care and Stress Relief!! We ask that youth choose 4 sessions of interest and they will be assigned 2 to attend that night based on their top picks!

Schedule: 5:30-6:00pm Arrival and Dinner (pizza provided)

6:00-6:10pm Session Cards Assigned

6:15-6:45pm Session 1

6:45-7:00 pm Transition to Session 2

7:00-7:30pm Session 2

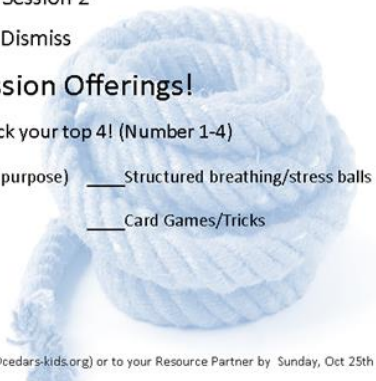
7:30pm Dismiss

**Session Offerings!**

Please pick your top 4! (Number 1-4)

- |   |  |
|---|--|
| <input type="checkbox"/> Zentangles (Doodling with purpose) | <input type="checkbox"/> Structured breathing/stress balls |
| <input type="checkbox"/> Musical Art Flow Canvas            | <input type="checkbox"/> Card Games/Tricks                 |
| <input type="checkbox"/> Yoga/Meditation                    |  |
| <input type="checkbox"/> Feelings Mandala                   |  |

Please RSVP Adrienne Poppe (Apoppe@cedars-kids.org) or to your Resource Partner by Sunday, Oct 25th



Session Descriptions

**Zentangles "Doodling with a purpose"/Mandalas:** An easy to learn and relaxing method of creating beautiful images from repetitive patterns. (Take Home: Sketch Book/Zentangle Patterns)

Example:



**Feelings Mandalas:** Learn about the art form of mandalas. Explore emotions and assign a color for each emotion.

Example:



**Musical Art Flow Canvas:** An opportunity to calm your mind by listening to music and create a painting to take with you. (Take Home: Canvas)

**Yoga/Meditation:** 30 minute Yoga opportunity. (Take Home: Guided Meditation CD/Relaxation Eye Pillow)

**Slam Poetry:** 30 minute slam poetry workshop. (Take Home: Journal)

**Structured Breathing and Relaxation Tools:** Learn structured breathing techniques that can help to lower stress levels and make your own relaxation tools such as stress balls or rain sticks. (Take Home: Relaxation Tools)

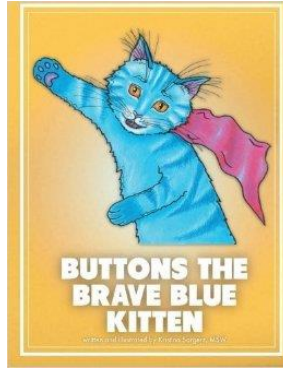
offerings and they turned out great! Twenty-three youth were able to take home a booklet with examples of Zentangle® patterns, Mandala templates, a color wheel with assigned feelings and sketch books. Our hope is that the youth will take these lessons and be able to apply them to their lives! And I did see a glimmer of this coming to action just yesterday!! I was walking through our Emergency Shelter and noticed some computer paper on one of the tables in the common area with what appeared to some pretty awesome Zentangle® doodles on it!! Volunteers that lead the sessions found the lesson plans extremely easy to follow and were also able to put their own spin on it!"



Retha Knapp (Team Leader and Peer Support Specialist) and her colleagues at CenterPointe of Lincoln, NE adapted this plan for use with their clientele. The mission of CenterPointe ([www.CenterPointe.org](http://www.CenterPointe.org)) is to “help provide pivotal treatment and services for people experiencing homelessness, mental illness and addiction.” Retha shares: “This project was well-received and enjoyed by the consumers. Those who feel they do not have an artistic talent have appreciated the ideas.”

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*Heartfelt thanks to **Kristina Marcelli Sargent (MSW)** who graciously gave permission to Hildegard Center to re-post this activity from her website <https://kristinamarcelli.wordpress.com> . Kristina is a mental health therapist (living in Cincinnati, OH) who works with children and their families. Her blog is a place where creative expression and social/emotional well-being can become one, offering creative interventions, activities and inspiration for all ages—please visit it! Kristina has her undergraduate degree in art and creative writing and has written and illustrated her first book, “**Buttons the Brave Blue Kitten**” a story*



*about separation anxiety intended to help children develop empathy and give adults the skills to reinforce its development. The book is available to order on Kristina's website or on Amazon.com. Also check out Kristina's newest book: "Ursula Unwinds Her Anger" which teaches children mindfulness-related skills and offers adults tips on encouraging these skills in children. You can purchase this great book at <http://www.amazon.com/Ursula-Unwinds-Kristina-Marcelli-Sargent/dp/1499073003>.*

**If you have used this activity, we'd love to hear from you! Please send questions or comments through our website [www.hildegardcenter.org](http://www.hildegardcenter.org).**

*Hildegard Center for the Arts is a 501(c)3 Non-Profit Arts Organization whose mission is to unite people of all beliefs, cultures and traditions to inspire humanity through the Arts.*

**Donations to further our mission are always appreciated!**

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