



Contentment mandala activity

Materials needed: mandala worksheet, crayons, pencils.

In Buddhism it is said that one should practise contentment, in order to be happy regardless of your wishes and desires being fulfilled. When you stop desiring things to be different, a first step towards independent happiness is made. This exercise helps with that by reflecting on what you already have and are grateful for. Maybe you do not need more?

More information on mandalas: <https://windowsintobuddhism.com/topics-5-11/everything-changes-2/>

Instructions:

Use the mandala worksheet. There are different variations of this activity:

1. In every petal in the inner circle of the mandala, a child can write a letter of their name.
Then in the connected circle, the child can draw something they are happy about that starts with the letter written in the petal.
2. In every petal in the inner circle of the mandala, the child writes what they are happy with/about and in the circle the child draws what is written.
3. In every different 'box' or 'form' of the mandala a child draws something they feel happy about/with.

Discussion:

Share with each other what you've filled your mandala with and how you felt during the activity.

How and when can it help you to think of everything you already have in your life?