



# WHITEBOARD MANDALA



*Mandala* loosely translates to mean “circle” or “center” in Sanskrit. Mandalas are found across different cultures and religions as circular designs with repeating colors, shapes, and patterns radiating from the center.

The symbol represents **an interconnectedness of all living things**. Mandalas can be precise, carefully measured, and perfectly symmetrical, or in contrast, free-flowing, organic, and asymmetrical.

This opening activity encourages meeting participants to **focus their attention and collaboratively making art** without being in the same room.

## REQUIRED MATERIALS:

- Computer
- Provided Mandala Template worksheet
- Use of the **Zoom** video conferencing service

## ESTIMATED TIME REQUIRED:

**10** MINUTES



## DIRECTIONS:

1. If you are the meeting host, share your screen with the provided Mandala Template worksheet displayed. Choose the “whiteboard” option.
2. Double-check that everyone on the call can use the Zoom Annotations tool.  
*Participants can access the Zoom Annotation tool when someone is sharing their screen. Under View, click Options. Select “Annotate.”*
3. Use the Breakout Room function to divide participants into groups of five.
4. Play a selection of relaxing or meditative music during the activity.
5. If you are the facilitator, mute all participants. This encourages are present to visual; creating art together without the ability to plan or communicate through talking.
6. Remind everyone that there are no right or wrong answers. Let the creativity flow.
7. After three to five minutes, unmute participants and invite everyone to reconvene.
8. Discuss with the group:
  - (+) What was created?
  - (+) What was the experience like?
  - (+) What, if anything, surprised you?

# MANDALA TEMPLATE WORKSHEET

Use this template to create your own Mandala.

