

PROGRAM

Mandalas, Math, and Mindfulness

ARTIST NAME

Kristin Brandt



AVAILABLE FORMATS

- Performance
- Single Workshop
- Multi-Session Residency Workshop

GRADE LEVELS

- Pre-K
- K – 2nd
- 3rd – 5th
- 6th – 8th
- 9th – 12th

MAX NUMBER OF PARTICIPANTS

In-Person: 20
Virtual: 20

PROGRAM LENGTH

45 minutes

PROGRAM DESCRIPTION

Together we will explore symmetry in our environment. Creating art together using found objects or nature - we will learn breathing techniques and make mandalas.

CURRICULUM STANDARDS

This program supports these NYS or Next Generation Learning Standards:

Contact Arts for Learning WNY for more information.
(716) 881-0917 | info@artsforlearningwny.org

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EDUCATIONAL OBJECTIVES

- Understand the concept of radial symmetry
- Explore the symmetry that occurs in nature
- Explain how to self actualize through concentration and breath
- Students will gain an appreciation for the symmetry around them
- Predict they will always remember the radial circle symmetry same song and confidently know how to make and identify mandalas in their world.

LOGISTICS/EQUIPMENT

Workshop can be held indoors or outdoors.

VOCABULARY

Mandala- Traditionally, a mandala is a geometric design or pattern that represents the cosmos or deities in various heavenly worlds. In sanskrit - Mandala means circle

Symmetry - the quality of being made up of exactly similar parts facing each other or around an axis.

Mindfulness - is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed

POST-PROGRAM ACTIVITIES & RESOURCES

What are the 3 qualities of mindfulness?

In general, they seek to develop three key characteristics of mindfulness:

Intention to cultivate awareness (and return to it again and again)

Attention to what is occurring in the present moment (simply observing thoughts, feelings, sensations as they arise)

Attitude that is non-judgmental, curious, and kind.



ARTIST BIO

Kristin Brandt has been a Teaching artist since 2006, co-founded Urban Canvas Project of Buffalo, is a local abstract and mural artist and teaches Dao Yin Lung Shen Yoga.

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