This activity is inspired by Thich Nhat Hanh's book, *Planting Seeds* (available for purchase from Parallax Press).

**Instructions**

For each child:

1. Choose one object in the forest which you like a lot.
2. Take the time to look at the object
3. Describe a positive quality in this object: for example, this leaf is soft, smooth...
4. Make a link between this quality and a quality you have in you

*Example.*

I love this leaf because it is very soft.
I love myself as I am soft just as this leaf...

*or*

I chose this stone because it has the shape of a heart,
Myself, I try also to have a good heart...

*This allows children to connect to the elements of nature and to find in themselves the same positive resources which nature has to offer.*

5. After presenting their object, children place it into a "nature mandala" on the ground.

**Alternative**

Another way of making a nature mandala is the following:
ACTIVITY

Nature Mandala

From the Lesson on Impermanence

Go for a walk, choose a place to sit, notice everything around you, make a mandala using objects around you, then take a gallery walk to see each other’s art works.

You could also do a Nature Mandala together as a group and then reflect on its impermanent quality.