**Purpose**

* To examine a Buddhist prayer practice
* To create a personally significant mandala
* Recognize the importance of respect for cultural differences
* To experience mandala creation as meditative prayer

**Class structure during the exercise:**

* Students will be given 2 class periods to complete the assignment.
* Class time will be totally quiet and reflective with the only music playing supplied by the teacher.
* Students are to have all needed supplies on their desk before the exercise begins: rulers, circles, pencil, erasers, and pencil crayons.
* The student may practice colouring other mandalas found at the front of the class.

**Criteria**

* Complete the “Symbols of My Life” graphic organizer or a similar graphic organizer that demonstrates pre-planning and reflection. Refer to the how to create a mandala sheet.
* Create a personal mandala of your own design.
* The rubric is to be attached to the final product.
* Rough work is to be included.
* The following will be answered in a well-written reflection. Formal English, proper sentences, grammar and spelling are required. The piece may be hand-written or typed.
  + 1. Every symbol and colour choice should have a short paragraph explaining what the symbol represents, why the symbol is significant in your life and why you chose that particular colour.
    2. In a separate paragraph, how do the symbols and colours represent you as a whole?
    3. What should the reader know about your life in order to understand your mandala?
    4. How is the process of creating a mandala a spiritual process for you? What value can the creation/ did the creation add to your life? Explain well. If this was not a spiritual process for you, explain why.
    5. How is the creation of a mandala a spiritual process for others?
    6. Did you learn anything about yourself in completing this assignment? Explain.
    7. What suggestions would you give to future students who will complete this task?