

MANDALA - man•da•la; / 'mandələ

What is a Mandala? Derived from the Indian language, Sanskrit, and based in Hindu and Buddhist practices as a symbol for the “universe”. Loosely, it is defined as a “circle,” but is a physical depiction of “wholeness.” The mandala is depicted in multiple facets of one’s life; the earth, sun, and moon, as well as the conceptual circle of friends, family and community.

Using Mandala’s as Emotional Support

- o Mandala drawing at the beginning of a therapeutic session was shown to reduce impulsive and anxious behaviors. (Smitheman-Browne and Church, 1996)
- o Use mandalas at the beginning of each day to create a ritual and minimize anxiety and impulsivity that may have been brought to school with them
- o Coloring pre-made Mandalas can be soothing and non-threatening

Mandala Class Activities

Mandala’s can be a great way to teach community and togetherness in the class room

MANDALA WALL HANG

1. Each student completes an individual mandala. This can be completed over multiple class periods (10 minutes to work on it at the beginning of each class) or as a classroom exercise
2. The Mandala is cut out and glued to colorful cardstock
3. The individual pieces are arranged on the classroom wall as a visual depiction of community and togetherness in the classroom
4. The wall hang can be referred to periodically throughout the year as a symbol of friendship, kindness, teamwork, and support

GROUP MANDALA DRAWING

1. Provide a paper with a circle on it (see next page)
2. Each person chooses one color crayon
3. Allow 30 seconds to draw anything on the circle
4. Pass your paper to another person in the class
5. Allow another 30 seconds to draw with the original color
6. Repeat steps 3 and 4 at least five times
7. Return the drawing to its original owner

TRAUMA CHARACTERISTICS OF THE INDIVIDUAL CHILD

Children Ages 5 Years and Younger

- Show greater reactivity to how trauma impacts the parents or caregivers rather than the actual event
- Fear of being separated from the mother or primary caretaker, and excessive clinging
- Crying, whimpering, screaming, trembling and frightened facial expressions · Immobility or aimless motion
- Regressive behaviors, such as thumb sucking, bedwetting, and fear of darkness

Children Ages 6-11 Years

- Internalizing Symptoms
 - Extreme withdrawal
 - Emotional numbing or “flatness”
 - Irrational fears
 - Somatic complaints
 - Depression
 - Anxiety
 - Guilt
 - Inability to pay attention
 - Regression
 - Sleep Problems and Nightmares
- Externalizing Behaviors
 - Irritability
 - Outbursts of anger and fighting
 - School refusal Children

Ages 12-17 Years

- Internalizing Symptoms
 - Emotional numbing
 - Avoidance of stimuli
 - Flashbacks and nightmares
 - Confusion
 - Depression
 - Withdrawal and isolation
 - Somatic complaints
 - Sleep disturbances
 - Academic or vocational decline
 - Suicidal thoughts
 - Guilt
 - Revenge fantasies
- Externalizing Behaviors
 - Interpersonal conflicts
 - Aggressive response
 - School refusal or avoidance
 - Substance abuse