

## Supplies needed:

- Clean, round rock
- Acrylic paints in variety of colors
- Paintbrushes, toothpicks, skewers
- Paper plate or palette
- Scratch paper
- Water for cleaning brushes
- Paper towels



1. Scrub the rock clean of all dirt and debris. Let dry completely.

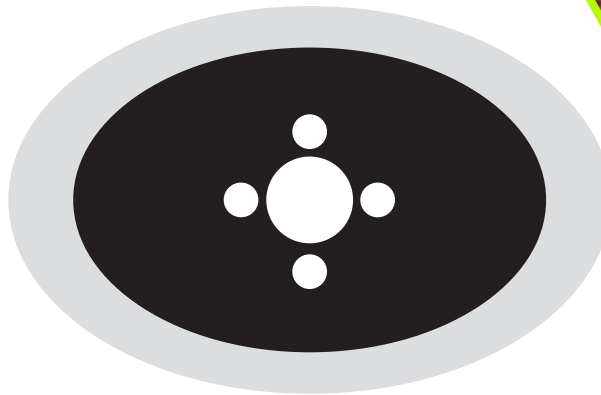
2. Paint a round background for your mandala design, typically black, but any dark color will work.

3. Select your colors and apply SMALL amounts of paint on your palette, keeping colors separate. Include white.

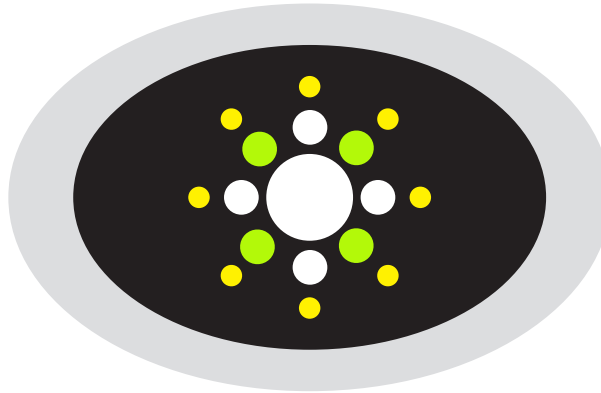
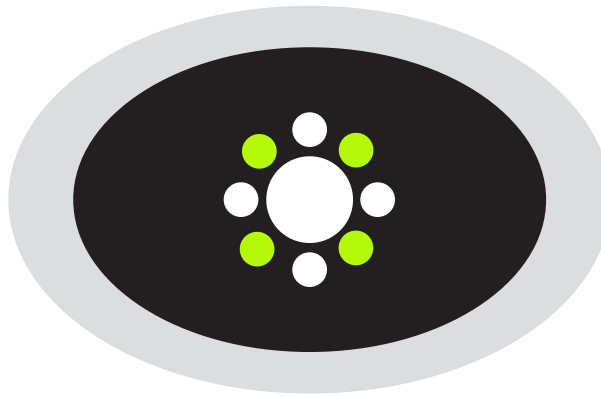
4. Mandalas are painted with small dots and circles. The technique can be done with a variety of tools that will deliver a small dot of paint: the tip of a paintbrush, the opposite end of the paintbrush, the tip of a skewer, a clean/flat pencil eraser ... the list is large. Test the dot-paint technique on a piece of scrap paper.

5. Start with a white circle of paint in the center of your black circle. Using a grid pattern, paint dots of different sizes and colors radiating away from the center dot. Change colors as you like.

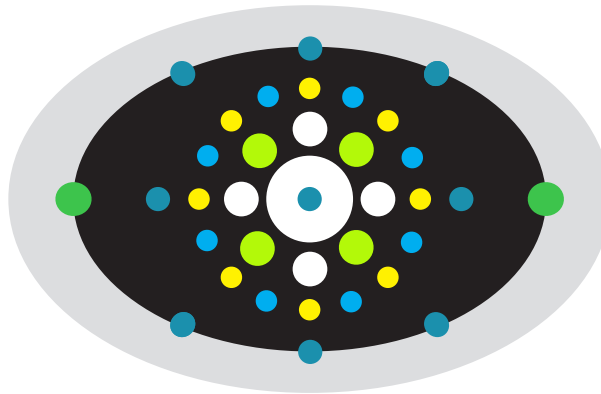
6. Take your time. Go slowly. Mandalas are meant to be relaxing.



Start with a large white dot in the center. Gradually add dots in a grid pattern radiating away from the center.



Experiment with dot sizes and colors to get the effect you want.



Add dots within dots, between spaces, across the black outline ... keep going.