

# Nature Mandala or Spiral Maze

Activities of making a mandala and a spiral maze...both constructed without talking...and just peaceful music played low. Very peaceful and effective overall.

Using real items is most important. Stones, shells, leaves, flowers, aromatic herbs.

Although I am retired from my years of being an activity director at various elder care facilities, I still receive emails from my membership with "Golden Carers". It was always my "GoTo" site.

When I saw recently that the Golden Carer's email subject was "Benefits of Silence in Senior Care" ... I wanted to share this program that was very successful for residents at an assisted living facility in Florida.

The program's ultimate aim is to construct either a SPIRAL or a MANDALA.  
I liked to involve as many senses as possible: Touch, Sight, Smell, Hearing, Taste.



## Preparation

Beforehand collect flower blossoms (fake or real), shells, stones, leaves, ferns, feathers, small driftwood or anything else that residents can easily handle.

Separate these items into zip lock bags.

This works best with a small group of 3 or 4 residents sitting around a table (dining room size) in a quiet place if possible.

# Nature Mandala or Spiral Maze

Put a plain tablecloth on the table to make the activity special.

You'll need a small sound system to play quiet, meditative music. I liked to use solo piano music by ROBIN SPIELBERG...cd or Spotify.

## Instructions

Give a brief history of the MANDALA or SPIRAL (Wikipedia is a good source).

Both forms are found profusely all around us: e.g.... Flower blossoms, jewelry, pottery, the Sun, shape of a hurricane, iris of the eye, fingerprints, galaxies, even a bicycle tire!

Ask residents to contribute mandala or spiral shapes we see around us ... maybe a design on some clothing for example.

As you put small piles of things collected (shells, stones...) around the outside of the table for easy access, tell residents that they'll be making a mandala (or spiral) together.

Instruct residents that no or little talking is preferred during this activity.

Start music. Help get residents started.

At completion... just sit in silence for a few moments.

Then turn the music off.

Ask residents how they feel.

What happened as they were involved in making the design?

Serve tea or coffee with round cookies ...another mandala shape.

Have fun!

Sincerely,

Mary Jane Diamond