

Mandala Challenge

Activity Summary:

Mandalas are circular geometric figures with a spiritual context.

Mandala-making is a way to practice mindfulness, a reflective state of being aware of the present moment. Often people practice mindfulness through quiet breathing techniques by walking or doing yoga. However, a lot of people find it very difficult to sit on a pillow and just focus on their breath. Drawing and painting mandalas are another form of mediating that is much more approachable for many people.

This activity is designed as an individual activity. However, for the purpose of the seating, its best to have 6 to 8 participants clustered at a table.



Duration
90-120 Mins



Activity Type:
Indoor



Group size
10 - 40

Is this workshop right for my team?

- ▶ Vision alignment
- ▶ Collaboration
- ▶ Stimulates creativity & problem-solving ability
- ▶ Helps in moving beyond the siloed approach
- ▶ Stress relieving
- ▶ Improves concentration resulting in better focus at work and in social life.



Website Link with video: <https://focusu.com/the-mandala-challenge/>

What you can expect:

- Welcome the group at a central location.
- Brief the participants about the mandalas and objectives of the activity using the slide deck. Depending on the size of the group, form 3 to 4 teams with 6-8 people.
- Each team member is given a set of art supplies like colour pencils, sketch pens and crayons to create a mandala. Teams do not have a stipulated time for completing the mandalas.
- The participants are guided through a simple meditation session to improve their focus and self-awareness for this activity.
- After the meditation, participants are distributed A3 size colouring sheets to the. They are also asked intriguing questions such as :
 1. What is their journey of personal growth and leadership?
 2. How did they overcome their challenges?
 3. What is their greatest source of inspiration?
- The participants are asked to choose the patterns and colours for their mandala, intuitively. They should go with the flow of their thoughts.
- At the end of the designated time, participants have to reflect on their observations, thoughts and experiences during the activity.
- The session ends when the participants complete their mandalas and showcase them to the other teams.

Flowchart of the intervention

Opening: Intro, Energizers & What is in store
(Approx 10 minutes)

Activity Play
(Approx 60-90 minutes)

Regroup and debrief
(Approx 10 minutes)

Sharing of team photo and video highlights(optional)
(Approx 05 minutes)

Log off until the next time
Good bye!

Say **hello!**

For India: ☎ +91 8882337788 ✉ hello@focusu.com
For Mauritius: ☎ +230 59194131 ✉ bonzur@focusu.com