

## Activity Lesson Plan

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Activity Name: Spanish Mandala

### Objective:

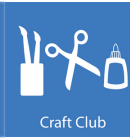
- Coloring
- Creativity
- Relaxation
- Meditation

### Materials:

- White card stock or computer paper
- Colored pencils, markers, or crayons
- Compass or circular shapes

### Prerequisite Skills:

Every person has his or her own unique physical/cognitive abilities and needs. How a participant responds to an activity will dictate how the caregiver/leader will modify or adapt an Activity Lesson Plan to meet individual participant needs now and in the future.



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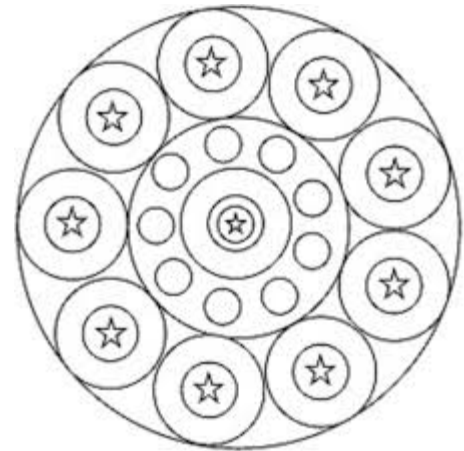
Activity Name: Spanish Mandala

### Activity Outline:

Explain to the participant that they can relax while creating a piece of artwork.

1. Use a black marker to draw a large circle.
2. Draw approximately 4 circles inside the circle.
3. Draw inside each space starting with the center.
4. Fill each space with a pattern.
5. Follow the repeated pattern around each circle.
6. Use colored pencils or crayons to color in the design.

Use this example as a guide or the images on following pages



### Evaluation:

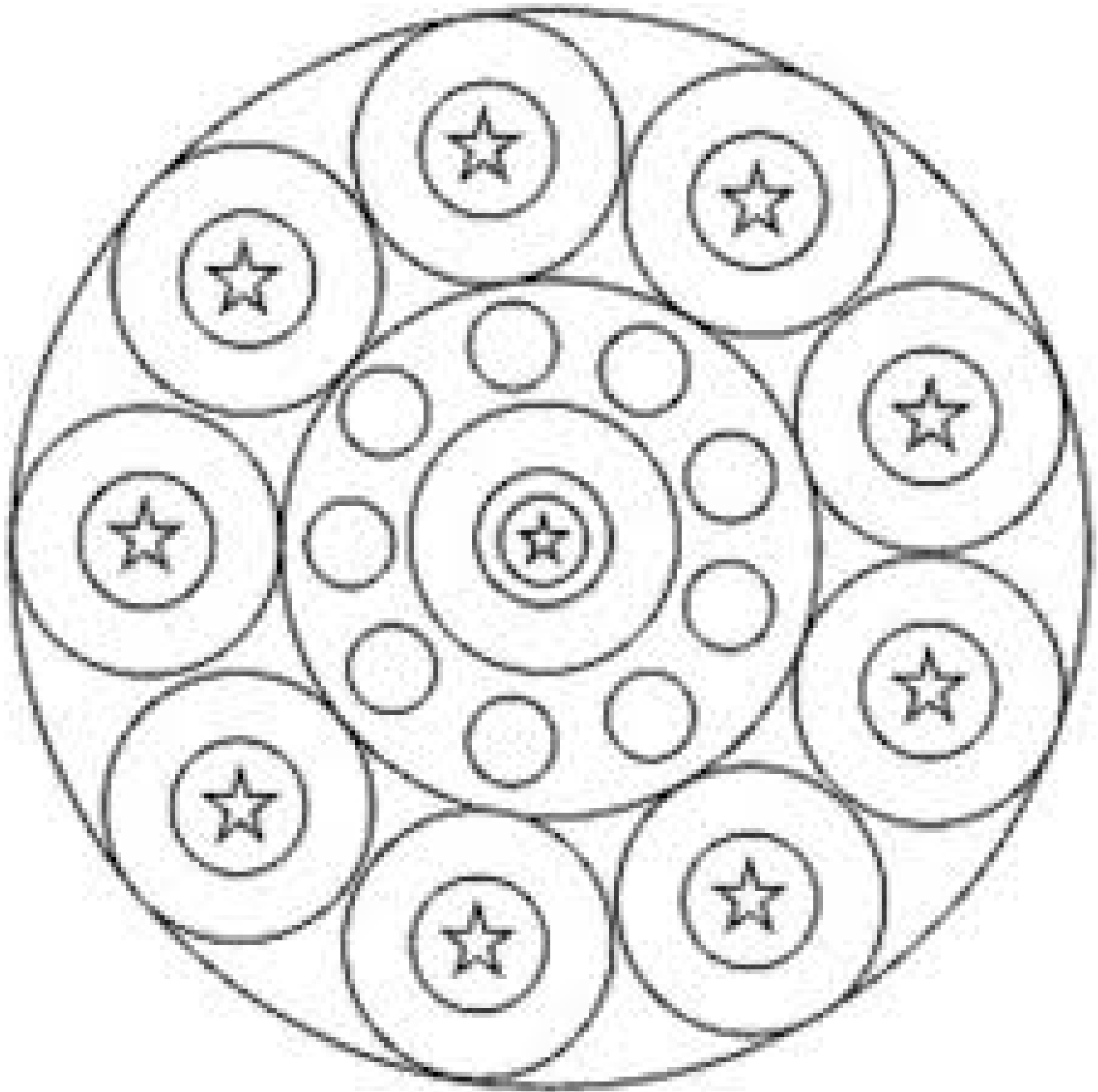


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# CAREGIVING 101



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