A picture containing colorful, window

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Recycled CD

Mandalas

**Take & Make Kit #9**

**January 2021**

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| **Included in Kit** | **Additional Supplies Needed** |
| CD (2) | Sturdy clear packing tape |
| Black puffy paint (1 bag)  Glass paint (4)  Cord | Painters tape or masking tape  Dish soap  Rubbing alcohol (optional) |
|  | Small paintbrush |

For help in completing the project, follow the video tutorials for this craft at <https://berlinpeck.org/events/take-make/> or follow the written instructions below.

**What is a mandala?**

Mandala is a Sanskrit word that loosely translates as “circle” or “center.” We often associate mandalas with circular forms with repeating colors or patterns that radiate from a center point. Mandalas can be found everywhere, both in nature, and throughout the art of many cultures. In Hindu and Buddhist traditions, a mandala is an object of meditation to aid in one’s spiritual development. It is meant to represent the universe, the cycle of birth-life-death, and the interconnectedness of all things. Creating a mandala can be a calming, meditative experience that leads to feelings of happiness, peace and well-being, eases stress and anxiety, and activates creativity and improves focus.

**Instructions:**

1. Beginning with a stripped CD (no silver), remove the center label (if present) with an adhesive remover spray or with soap and water. Wash the CD with soap and water and dry thoroughly. You may also clean the CD with rubbing alcohol and a cotton ball or tissue to ensure that it’s completely clean.
2. Using a few small pieces of tape painters/masking tape, secure your CD over one of the included mandala designs or over a design of your own making. (To do this, simply trace the CD onto a piece of paper, draw a design, and use that as your pattern.) Be aware of how you place your pattern, so that you’ll be able to hang your mandala by the hole that’s been pre-punched.
3. Trim a tiny corner off of the piping bag with the puffy paint inside. Trace the lines of your design with the puffy paint. Avoid touching the tip of the piping bag to your CD, as this will result in smudged lines. Set aside to dry completely. This will take several hours.
4. Once the outlines are dry, fill in design areas with glass paint, using a paintbrush to spread the paint and get it into corners. Apply generously. This paint tends to dry quickly, so it’s best to work one color at a time. You can come back and add a second coat after the first coat is dry if darker colors or better coverage is desired. Allow to dry.
5. String cord through the CD, decorate with beads or other embellishments if desired, and hang.
6. For help in preparing your second CD, please watch the instructional video from the link listed above.

**Questions? Call us at 860-828-7126 or email Anne Henriques at** [**ahenriques@berlinpeck.org**](mailto:ahenriques@berlinpeck.org)**.**