



MIMOS PARA TUS OJOS



Title

Mandalas of Peace

Description

In the activity, participants will create *Mandalas of Peace*. The mandalas will be donated to paediatric hospitals, orphanages, care homes, homes for the elderly, to transmit peace.

It has been proven that painting mandalas has a positive physical and mental effect:

- * **It relieves tension, anxiety, and worries.**
- * **It relaxes and heals your mind, body, and spirit.**
- * **It helps express your feelings and emotions.**
- * **It allows to express your thoughts peacefully.**
- * **It enhances creative thinking and the resolution of conflicts.**

The activity is promoted by [Mimos para tu Ojos](#) and [Living Peace International](#)

Target group

Children and kids from any school, association, or group.

Goals

- Improve the culture of peace
- Improve participants' creativity
- Improve teamwork and interpersonal relationships, overcoming divisions and creating connections.

Activity

1. With your group, organise laboratories to draw mandalas inside the places you want to visit. As an alternative, create your artwork then donate them, organising a small event.
2. Mandalas can be 40 by 40 cm or 50 by 50 cm. They can be painted on paper, canvas, or wood; they must be hung.
3. The *mandalas* can be painted in small groups of children, young people, or adult. The main point is that you have to decide together what colours and technique to use.

4. Don't forget to take a picture and share it with our network, so that we can feel closer to each other. Email us at c.palma@livingpeaceinternational.org ***

You can organise a national or international exhibition. For further information, please write at c.palma@livingpeaceinternational.org.

Deadline

There is no deadline.



***** Living Peace acts accordingly to the EU General Data Protection Regulation, which came into force on 25 May, 2018.**

If you want to share pictures and videos of children and kids, you must send us a consent form signed by their parents or legal guardian(s). You can download the consent form [here](#), and address it to [AMU](#) NGO, which is in charge of data management for the Living Peace International project, sending an email to privacy@amu-it.eu.

If a consent form cannot be provided, please remember to send us only pictures and videos where people—especially minors—are not recognisable.

These include shots taken from above or behind, where you can see the children involved in the activity, but you cannot take a front view shot.

In partnership with

