



# Medala Group

Mandalas are repeating patterns and are often found in architecture.

They have been used for colour in for many years.

More recently there has been a surge in popularity of colouring books for increasing mindfulness containing mandalas

Many other Learning Mentors use mandala group for children spend quality time colouring, relaxing and sharing their thoughts and worries and is now a recognised tool for engaging children in conversation and opening difficult conversations.

We want to run a lunch club for children who may need extra positive interactions at lunch times and will benefit from additional opportunities to share any worries and concerns from the classroom or home.

We are running the club around the children's lunch so they can come and go as they wish without interrupting their eating time.

Mandalas are easily available to print off the internet and new pens have been ordered.

The club will be ran by the learning mentor on a Monday