

T100 Calling 2020

May Mandalas



Part 3

Section 3

MAKE

"It is not the place of theatre to show the correct path, but only to offer the means by which all possible paths may be examined." – Augusto Boal

Now it is time to make a mandala that matters to you. Plan and prepare to share your ideas as part of the May Mandala online festival! 25th - 31st May.

Each day we will focus on one of the themes we have highlighted for the T100 Calling festival mandalas.

Choose from the list below the one that most aligns to your values.



Mon 25- Tide Turning – Respect for the Earth and the natural landscape in which we live. Climate Change, coastal erosion and flooding- what impact is the lockdown having on the environment?

We invite you to collect pebbles or shells on your daily walk, and create a mandala from natural materials.

Tues 26- Spring Clean – Recycling, cleaning up our environment, collecting plastic from the Thames, the beaches and the foreshore. We invite you to recycle your used or unloved plastic into a beautiful mandala.



Weds 27 - Make do and Mend – Upcycling, turning broken things into beautiful objects.

We invite you to carve out some time at home to create a space for yourself; have a spring clean and reclaim an area in your home to get creative with ceramics, glass or other neglected items.

Thurs 28- In Other People's Shoes- Wear someone else's shoes for the day, what does it feel like?

Take a favourite pair of shoes and share stories with your family, reflecting on the journeys you and others have travelled on foot. Design a shoe mandala and write about your experience of walking.



Fri 29 - Renewal – Turning landfill into a community park, where insects and wildlife can thrive again. We invite you to make a mandala to create a natural habitat in your garden.



Sat 30- Grow Your Own – Sustainable communities, grow your own vegetables and plants, foraging, live a healthy lifestyle. We invite you to make a mandala from local produce or things you have grown yourself, if you have none why not get involved by planting seeds and sharing that with us.

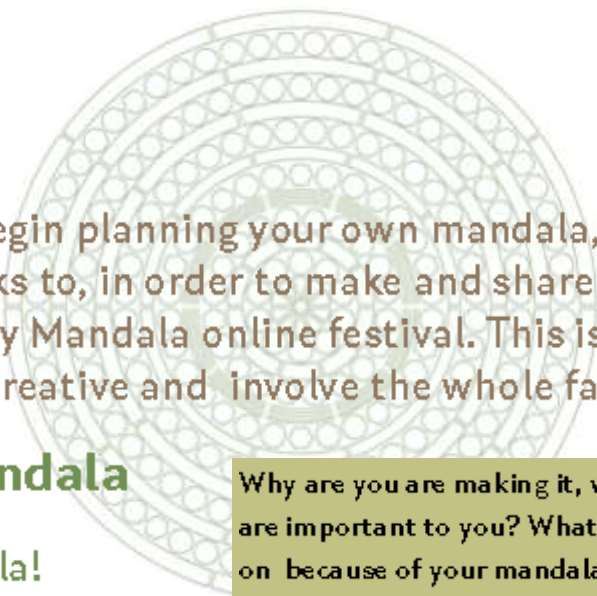


Sun 31 - Imagination Our Nation – How can we creatively imagine our future?

Creativity, well-being and mindfulness can make dreams come true.

Have fun – help us to think about what other materials we could use for mandalas by making your own, showing us other things that matter to you! Maybe you could make a mandala using old clothes linking to sustainable fashion, used Easter egg boxes to think about recycling paper or for those not living alone even a mandala with your own bodies reflecting the values of coming together.





We invite you to begin planning your own mandala, thinking about which theme it links to, in order to make and share on the relevant day during the May Mandala online festival. This is a time to have fun, be creative and involve the whole family!

Part 1: My Mandala

Design your mandala!

Why are you making it, what inspired you, what issues are important to you? What do you want others to reflect on because of your mandala? What are you making?

How can you transform your idea into a beautiful mandala? What colours and patterns reflect your theme?

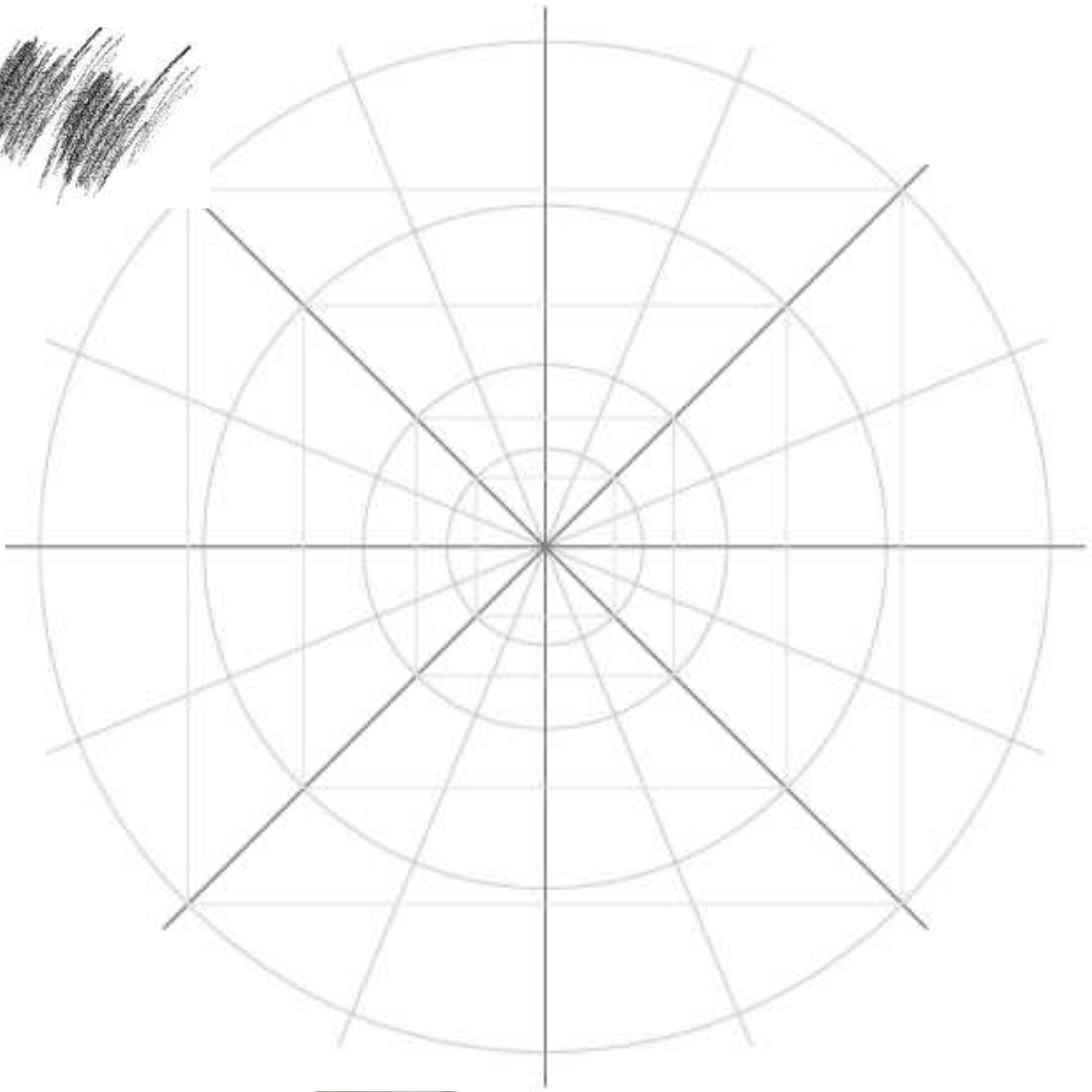
How are you making it?

What materials will you use, where will you get them from, how can your family help you?

But where you are making it; will you set it up and how big will it

Where are you making it? Where will you set up? How big will it be?
When are you making it? Will you need to do anything before the day you share it?

Draw your design on the next page...





As well as sharing your own mandala on the relevant day, we invite you to join in with the activities all week.

The pages that follow are to inspire you to reflect on the themes and help you generate ideas. Share them on our FB group. This is your chance to reflect on them and contribute ideas for positive action.

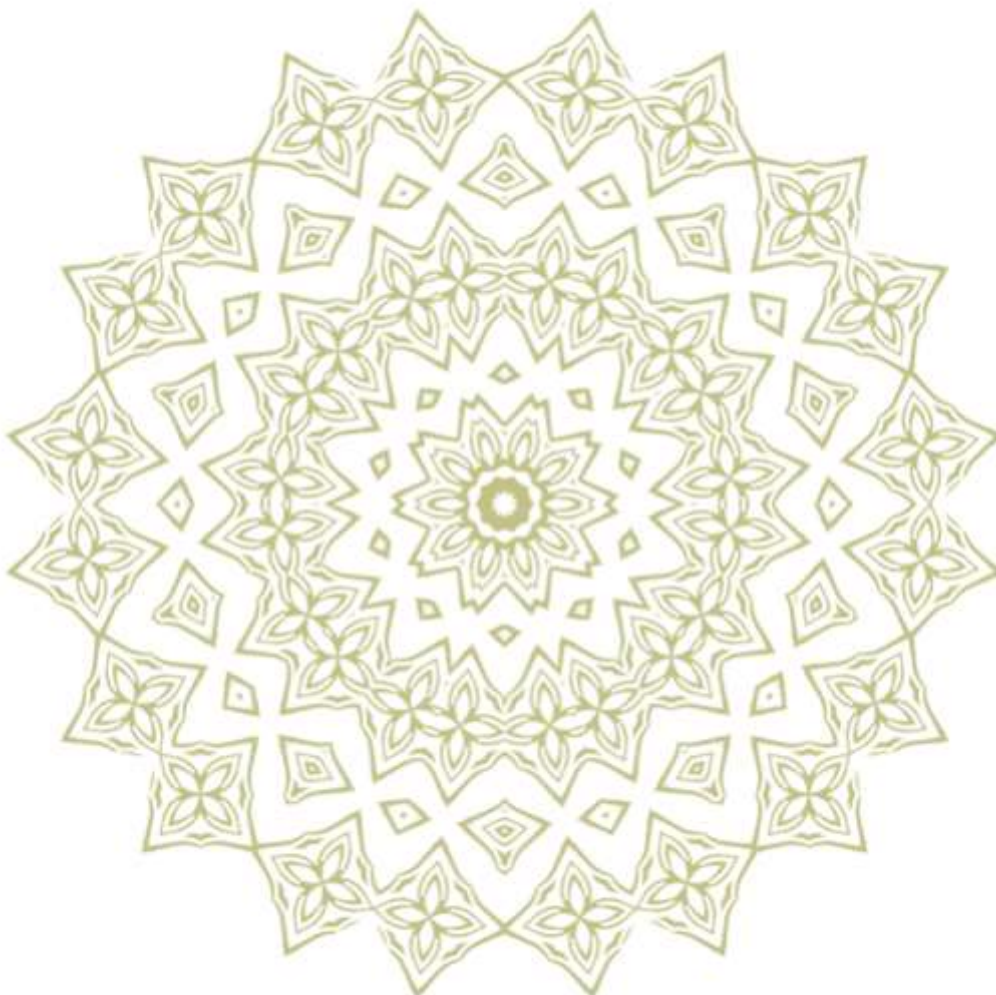
Use the following pages to think and reflect on each of the themes.

Is the theme relevant to you? If not how do you think it affects others? How can we help to improve it for them / others? What materials do you have at home to create a mini mandala linked to this theme?

Use each page to sketch or stick in pictures /ideas for the mandala.

Reflect on each activity – did you enjoy it?

Can you use any of these ideas to design a mandala we can make at the festival?





Tide Turning

Respect for the Earth and the natural landscape in which we live. Climate Change, coastal erosion and flooding- what impact is the lockdown having on the environment?



And even while the virus proliferates, who could not be thrilled by the swell of birdsong in cities, peacocks dancing at traffic crossings and the silence in the skies?"

Arundhati Roy

Spring Clean – Recycling, cleaning up our environment.

We invite you to recycle your used or unloved plastic into a beautiful mandala.



https://www.instagram.com/p/B_aEVbDH3gj/



https://www.theguardian.com/environment/2020/apr/04/monopoly-houses-lost-at-sea?CMP=Share_iOSApp_Other



Make do and Mend

Upcycling, turning broken things into beautiful objects.

We invite you to carve out some time at home to create a space for yourself; have a spring clean and reclaim an area in your home to get creative with ceramics, glass or other neglected items.



In Other People's Shoes-

Wear someone else's shoes for the day, what does it feel like?

Take a favourite pair of shoes and share stories with your family, reflecting on the journeys you and others have travelled on foot, then design a shoe mandala and write about your experience of walking.



"Walking is man's best medicine". Hippocrates



Renewal

Turning landfill into a community park, where insects and wildlife can thrive again.

We invite you to make a mandala to create a natural habitat in your garden.



“Life is a chain. All things are related. When any link is harmed, the other links are affected. We should think of our environment as our mother – Mother Soil, Mother Sea, Mother Earth. There is no crime worse than harming one’s mother.”
Daisaku Ikeda



Grow Your Own

Sustainable communities, grow your own vegetables and plants, live a healthy lifestyle.

We invite you to make a mandala from local produce or things you have grown yourself, if you have none why not get involved by planting seeds and sharing that with us.



Try growing easy thing such as:
Salad leaves, Sunflowers, Runner beans or carrots.

Research Cordwainers
Grow.

Research: local seed
banks

Research: Sustain –
campaigning
organisation

Research: Union of
Gardens in Hackney
for inspiration.



Imagination Our Nation – How can we creatively imagine our future?



Creativity, well-being and mindfulness can make dreams come true.

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“Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.”

Arundhati Roy

Arundhati Roy FT <https://www.ft.com/content/10d8f5e8-74eb-11ea-95fe-fcd274e920ca>

“Accessibility is a part of what I want to do which is make art an ordinary part of life but a stimulating part of life”.

Grayson Perry from link below.
<https://www.standard.co.uk/go/london/arts/grayson-perry-channel-4-art-classes-a4397151.html>

Following the May Mandalas week, continue to experiment with your design ideas.

Send your final designs to katie@kinetika.co.uk by the **5th of June**.

A selection will be uploaded to our website and these will feed into the designs of the mandalas for the T100 Calling Festival.

