



## Floating flower bowls

You will need:

A bowl of water

Flowers

Petals

Scissors

This 20-30 minute peaceful activity is perfect for children and adults. I would encourage you to really try this out for yourself next time you feel the need to reduce feelings of anxiety and stress. The traditional principle of Nature Mandalas aims for a symmetrical pattern, but you can just focus on using your hands for a short time and let your mind enjoy a calming rest. Don't forget that the bigger the bowl the more the flowers! You can use flowers that may look a bit sad or a bunch of flowers that need a repurpose. Pick off some petals or flower heads and with your bowl of water create your own floating flower pattern. You could also try cutting the leaves into small strips and chop the petals into smaller sizes. Start from the middle with a focal point and work outwards. It's delicate work but brings a beautiful mix of imagination, nature, senses and creativity.

Don't forget, we want to see your work so please take the time to send us pictures of your creative masterpieces.