



# Time well spent!



*'The way we spend our time defines who we are'*

-Jonathan Estrin.

Thank you for spending some of your time with us, creating and making every Wednesday afternoon. You are part of a community of people who believe that curiosity and creativity can make a huge difference to our sense of wellbeing.



This week we are taking inspiration from clocks.

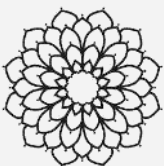
Sir William Holburne acquired this 'skeleton' clock when furnishing his new house at 10, Cavendish Crescent in 1829-30.

Skeleton clocks allow us to see the intricate moving mechanisms within. The craftsmanship and precision is amazing! Unfortunately this one has lost its glass "shade".

## Activity



Inspired by our theme, *time well spent*, and the repeating circular shapes and cogs we thought it would be fun to create a **Mandala**.



Mandalas are symbols of joy and happiness, especially significant in Buddhist and Hindi religious traditions. They are often used in meditation practice to help people feel more present in the moment and slow down.

## Ways to make a mandala

### Using ready-made objects

- Gather your objects
- Find a large, flat space (inside or outside)
- Begin by placing a central object in the middle, slowly working outwards in concentric circles to make repeating patterns
- Think about where to place colours

**Enjoy looking at your mandala!**

For inspiration look at artist Kathy Klein



Please share a photo of your mandala!

Send to [e.blythe@holburne.org](mailto:e.blythe@holburne.org) and check out [Instagram changing\\_lives\\_through\\_art](#) to see some of the things people have made!



### You could use ...

#### Natural objects

twigs, petals, leaves, seeds, pebbles...

#### Household objects

shoes (see above!), buttons, spoons, brushes, makeup, packaging...

**Or use art materials to draw and colour a mandala** (see printed mandala)

You could also use sequins and stampers

