

Enlightenment



Essential Questions

What is the difference between spirituality and religion?

What is the symbolism behind mandalas?

Why do artist make sacred art?

What is enlightenment?

What gives your life purpose?

What are your spiritual practices?

Where are your places of refuge?

How do you meditate?

Learning Goals

1. Students will learn about Buddhist monks and sand mandalas
2. Students will use their knowledge of society and personal life to make meaningful works of art.
3. Students will learn about different meditative practices
4. Students will explore different ways of enlightenment.



Rational



This unit helps students experience topics that deal with the spiritual parts of the world and the spiritual parts of art. This unit will create a safe space for students to ponder and explore the big ideas of life and purpose. It will also introduce students to meditation and mindfulness as students create a piece of art inspired by their own interpretation of meditation is for them.

Activities

Day 1 - After sharing a brief insight to Buddhist monks and their useage of mandalas in their meditation, students will create their own miniature mandalas about something that has meaning to them.

Day 2 - Conintueing our investigation of meditation, we start learning about yogo, and sand mandals. The students will make a temporary mandala and document its destruction.

Day 3 - Students will try yoga and breathing techniques in class and discuss ways we can come to a centered state of mind through out our day. We will read a passage from “How to Walk” by Thich Nhat Hanh. Students will make a larger mandala this time.

Day 4 - Studetns will practice making a digital mandala and print it and bring it to class. Students can up-load a picture of their larger mandala and change it or create a completely new one on the computer.



Big Project



On Yupo paper students will design their very own mandala and make a put it on the window to let light shine through. Since Yupo paper is transparent their designs will be illuminated. Students will take a picture of their work on in the light and make a digital mandala from it and print it and bring it to class.