



# Mandalas

## Unity & Harmony

These symbols represent the universe because they offer balancing visual elements which symbolize unity and harmony. The interface brings awareness through coloring, where children can find a therapeutic moment to feel calm and focused on their inner self, while being able to work collectively in the process of adding color to the shapes of this geometric figure. Children are able to maintain their attention due to the complex and intricate designs, something which, according to research, allows reducing stress mechanisms.

Based on an experiential study, researchers examined the validity of three underlying mechanisms that explain **the effect of coloring mandalas: distraction, structuring, and centering.**

*This project was done over a period of two months after the children meditated and practiced yoga.*

