

Crochet lace Mat Mandalas



Mindful colouring/painting and Collage

You will need A4 paper

Access to a computer and a printer

colouring pencils or water colour and brushes

scissors

Relaxing music

You might remember your Nain having a crochet mat on her dressing table - mine did!

Or maybe you still have one?

Some people may have made their own.

They will spark some interesting memories and conversations - you may have some that you can pass around and talk about together.

In this pack you will find several scans of crochet lace mats

You can print these out onto plain paper and they make a great alternative to colouring in sheets with water colour or coloured pencils.



You can also cut the patterns into other shapes and use them as collage material to make your own patterns (this could work well on your circular dining tables as a group activity)







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