

My Plant Mandala / Grades 3–8

A symbol of who I am and how I grow.



Name: _____ Date: _____

1. The plant I chose is:

2. This plant reminds me of myself because:

3. In my mandala, I included:

(Check all that apply)

- ☐ My plant (real or abstract)
- ☐ Colors that represent my emotions
- ☐ Shapes, symbols, or words from my story
- ☐ Quotes or values that are important to me

4. Turn this page over and draw your mandala.

Use colors, lines, and details to express your metaphor. Your design can be calm, bold, bright, layered—just like you.

5. Reflection

- What does your mandala say about your story?
- How has your idea of “growth” changed through this activity?

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