

RAINBOW RICE MANDALAS



NEW MOTHERS' SUPPORT GROUP

Est. 1994

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You will need:

- Mandala template (free templates online)
- Rainbow Rice in various colours (tutorial is on our website)
- Glue
- Brush



First print off a Mandala template. Then follow our Rainbow Rice directions to make the coloured rice. Decide which section of the Mandala you would like to add the rice to then paint that area with glue using a brush. You will need to add one colour of rice at a time. Start by sprinkling your first colour of rice onto the glue. Once the glue is covered in rice shake off any excess rice into a tray. Then repeat using a different colours until your Mandala is complete.

TOP TIP

Use a tray to
minimise rice
scattering
everywhere