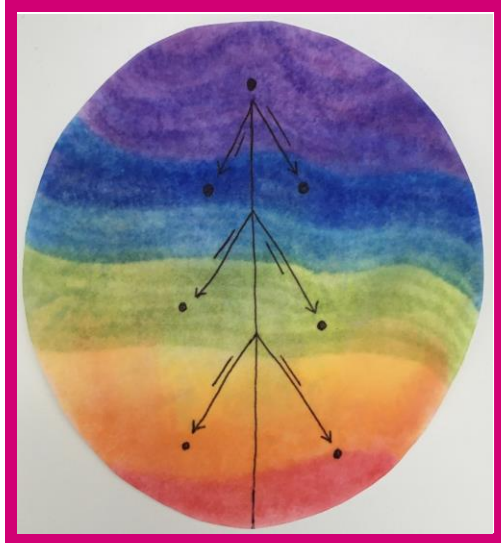


CHAKRA CYPHER

This project explores the concept of Chakras. Chakras refer to the seven focal points in the human body that represent energy and different types of emotions. Each location has a specific emotion and color associated to it. Students will utilize markers for patterning and layering on a paper plate canvas and pen to create decorative elements. Water will then be used to spray onto the plate to explore the creation of blended colors and textures that represent the different Chakras.



AGE: Teens

TIMEFRAME: 30-45 minutes

SUPPLIES NEEDED:

- Paper Plate
- Markers + Pen
- Spray Bottle with Water
- Scissors

VALUES:

- Respect yourself + each other
- Respect your space + materials
- Respect your art + express yourself

Watch the video tutorial at <https://youtu.be/UOszHSxANRQ>

1

Prep all materials and art space. Supplies needed are listed above.



2

Learn about the seven Chakras and how they relate to colors and emotions:

Root Chakra – Red

- Location: Base of spine
- Balanced Chakra: Secure + stable

Sacral Chakra – Orange

- Location: Lower Belly
- Balanced Chakra: Grateful

Solar Plexus Chakra – Yellow

- Location: Upper Belly
- Balanced Chakra: Humble + Confident

Heart Chakra – Green

- Location: Heart/Chest
- Balanced Chakra: Compassionate

Throat Chakra - Blue

- Location: Throat
- Balanced Chakra: Gifted Communicator

Third Eye Chakra - Indigo

- Location: Between the eyebrows
- Balanced Chakra: Inspiring

Crown Chakra - Violet

- Location: Top of head
- Balanced Chakra: Enlightened

3

Add Chakra-Inspired Colors:

Using the markers, create patterns and designs that are Chakra-inspired. Feel free to choose specific colors or use them all. Fill the middle circle of the paper plate.



4

Create Chakra-Inspired Patterns:

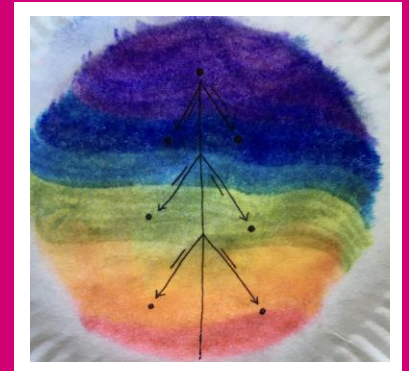
Using a pen, create your own patterning and design on top of the colored area. Explore with Chakra symbols or create your own!



5

Blend Colors:

Take the spray bottle filled with water and begin to spray your paper plate. Make sure when you spray to keep a little distance from the plate. Feel free to spray until you have reached the desired look! If you need to, you can pat your plate with a paper towel.



6

After drying your work for a few minutes, cut out your inner circle. Display your work and/or share it with others!



HOW WAS IT?

Thank you for taking part in this activity! Do you have any suggestions or questions you'd like to share with us at the Museum? Email education@thinkplaycreate.org.

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