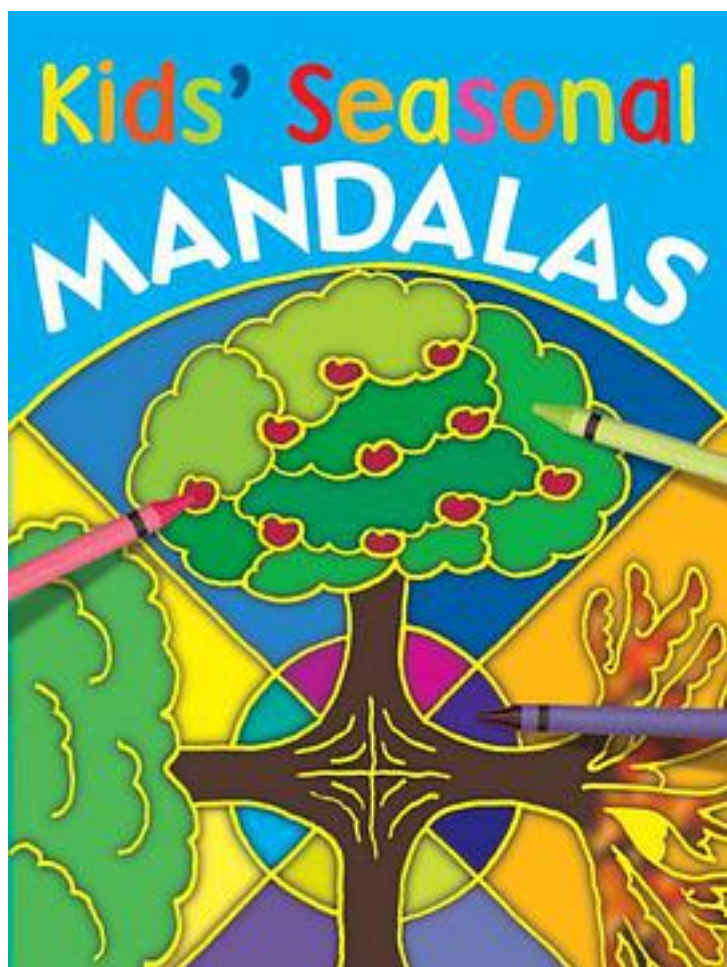


# Kids' Seasonal Mandalas



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A mandala is a repetitive geometric design within a circle. It can be an instrument for meditation, therapy, or simply an activity to while away the time. Through their

free-flowing arrangements, mandalas have a calming effect upon even the most hyperactive child who fidgets and can't sit still. And after a mandala is completed, the finished work becomes an instrument for further reflection. This book offers a colourful way to think about the seasons: how do children know when the seasons change? When flowers bloom or snowflakes fall? From summer butterflies to autumn leaves, the intricate repeating designs inside these black-and-white mandalas will remind them of the different times of the year. This isn't just a colouring book - it's a calming book. This is more than an ordinary colouring book. It is full of activity pictures to calm and soothe the restless child. It is a real boon to children - and to parents, too!

作者介绍:

目录:

[Kids' Seasonal Mandalas\\_下载链接1](#)

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