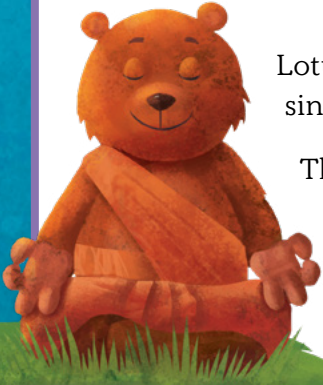


Lucky Lotus Flowers



Lotus flowers grow in ponds and calm waters and are a sign of creativity and beauty since they often blossom into lovely flowers from muddy or swampy waters.

The lotus flower has been an important symbol in Asian and Egyptian culture and can be traced back to 250 B.C.E. The different colors of lotus flowers have different meanings.

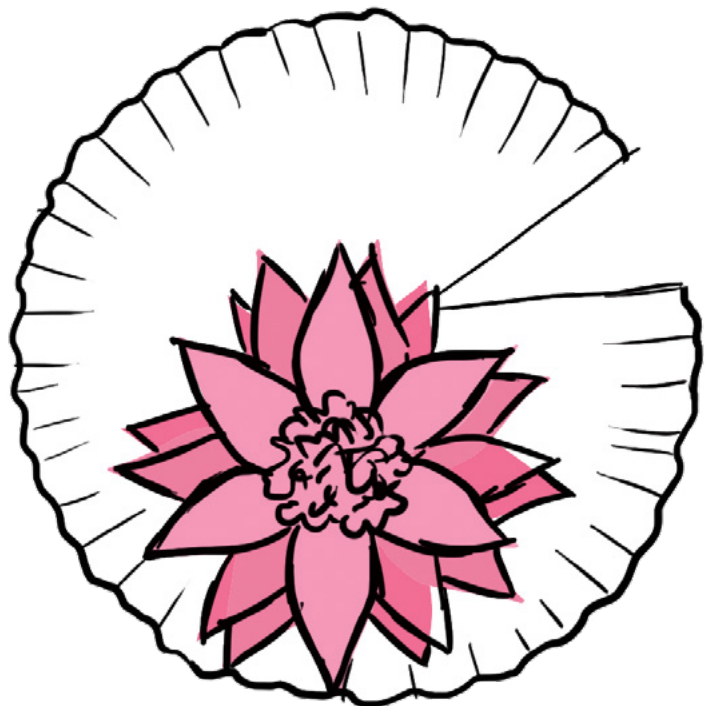
A white lotus is thought to help overcome obstacles, a red lotus represents love and compassion, a yellow lotus is associated with wisdom, a rare purple lotus is thought to bring balance and a blue lotus symbolizes peace.

Inspirational Elements:

- * Pink, light blue or purple construction paper
- * Yellow tissue paper
- * Pencil with an eraser
- * Scissors
- * White glue
- * Green paper plate

Sacred Flower Fun:

1. Trace 3 flowers onto the same colored construction paper and cut each flower out with scissors.
2. Glue your second flower onto the top of the first flower and slightly rotate it so the petals do not overlap.
3. Do the same thing with the third flower of the same color, again slightly rotate it so the petals do not overlap.
4. Using the pencil curl the petals of the flower.
5. Cut 4-1 inch by 1 inch pieces of yellow tissue paper.
6. Using the same pencil twist each piece of tissue paper around the end of the eraser.
7. Glue the twisted yellow tissue paper into the center of your flower.
8. Let your flower dry.
9. Cut a pie shape out of the green paper plate so that it resembles a lotus flower leaf.
10. Glue your lotus flower into the center of your green paper plate.
11. Try the lotus yoga pose by bending your right knee and hugging it to your chest and then doing the same with the left knee. Cross your left foot over your right shin and do the same with your right foot. Lastly, rest your hands on your knees palms facing up.



Make some mindful memories with these zen-sational blossoms.