



PRACTICE SHEET

Welcome! I'm so glad you're here and ready to start exploring the beautiful world of dot mandalas.

This practice sheet is designed to help you become familiar with the tools and elements most common to dot mandala art.

The first two columns let you explore the feel of using stylus tools versus acrylic rods, so you can see how each tool behaves and discover your personal preferences. The next three columns feature some of the most common dot mandala elements, giving you space to practice directly over the faded examples, and then try creating them freehand below.

You can print page two as many times as you'd like, on any paper, but for best results I recommend printing on cardstock. If you have access to a laminating machine, even better - just laminate one copy and reuse it endlessly with acrylic paint, just like I do in my workshops! (though not necessary!)

Practice tips:

- The first 2 rows (stylus & rods) are there to allow you to get familiar with each of the 2 main tool types in dot art. Allow yourself to play with each one, playing with pressure, speed and tool sizes.
- The next 3 rows show 3 of the most common design elements in dot art.
- Most importantly: Take a breath, relax, and have fun.

Follow me on [Facebook](#) & [Instagram](#) for tips and inspiration, and visit HopeRocksStudio.com for information on courses, workshops, and Freebies.

Happy Dotting
Nancy



PRACTICE SHEET (RIGHT HANDED)

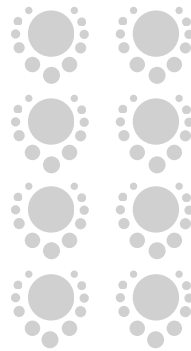
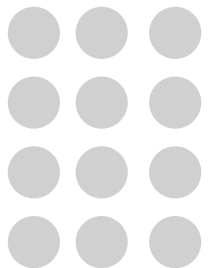
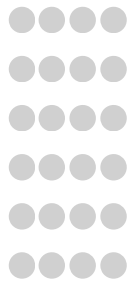
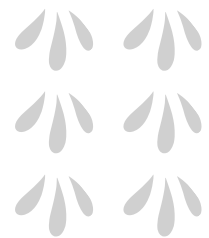
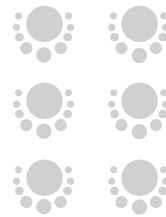
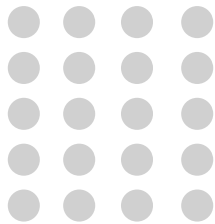
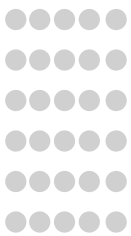
Stylus

Rods

Tear Drop

Walk the
Dots

Swipes &
Swooshes



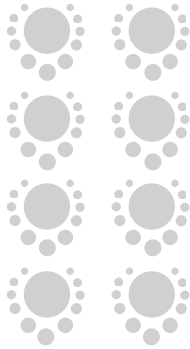
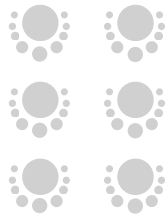


PRACTICE SHEET (LEFT HANDED)

Swipes & Swooshes



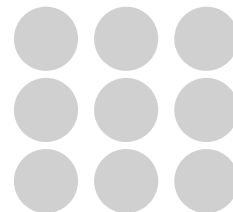
Walk the Dots



Tear Drop



Rods



Stylus

