

# Mindful Coloring



What is mindful coloring?

Mindfulness is the practice of being present in the moment with a non-judgemental attitude. Paired with coloring, this means letting yourself color or draw without distractions or judgement

## How to:

- Grab your favorite coloring book or sheet
- Mandala designs work great, or try a zentangle!
- Put on some soothing music or sounds from a meditation app if you want
- Spend some time getting lost in your work and feel the flow!

## Free Resources:

### Coloring Apps:

- Color Therapy
- Pigment
- Colorfly
- Color Me

### Meditation Apps:

- Insight Timer
- Calm

### Coloring Pages:

- Disney Online Coloring
- Mandalas and more
- Animals, words, and designs
- Online Coloring
- Online and printable coloring pages

## Benefits:

- Decreases overall anxiety, test anxiety, social anxiety, and math anxiety
- Can improve problem solving and refocus attention
- Helps induce a flow state and increases state mindfulness

## References:

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