



#FontanaTogether

Mindful Coloring

Mindful Coloring asks us to focus on how we choose and apply color in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish. Mindfulness can improve our overall sense of well-being. We feel more relaxed by paying attention to the present moment. We are also practicing training our minds to focus which can help in our studies and work.



Materials: Coloring pages, colors (markers, crayons, colored pencils, etc)

Instructions:

Set the tone with some calming music. You can color or doodle quietly as you breathe in and out. Note that you can use any coloring pages or books on hand, or grab these [free printable mindful coloring](#) pages to start.

If you catch yourself thinking about the past or the future, you can gently bring your awareness back to what you are doing in the present moment by describing what you are doing. You need to let go of judging whether the coloring in is good or bad, amazing or terrible and whether you are good at it or not. There is no right or wrong way to color in, it is a form of self-expression.



Reflection:

Finding your own collection of beautiful drawings can be an inspiration to color in. Be sure to find images that ignite your spark – these will make your heart feel nurtured and inspired. Happy Coloring!