

MINDFULNESS COLORING FREEBIE



Name: _____ Date: _____

Mindfulness Coloring

Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.

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Table of Contents

Resource	Page
Educator Guide	3
Mindfulness Coloring	4-6



MINDfulness

Educator Guide

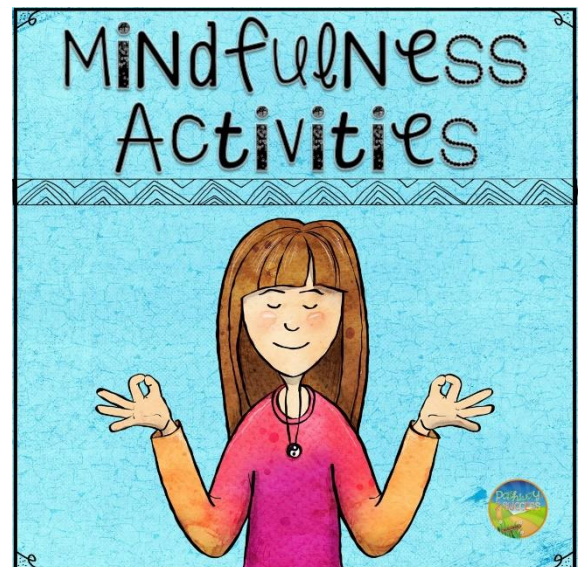
Mindfulness encourages one to be present in the moment with thoughts and feelings, but without making judgements. It allows people to give their brain a break, something kids and young adults so often need. In this freebie, you will get 3 mindfulness coloring worksheets. Coloring is a great mindfulness technique to teach kids and young adults.

Practicing mindfulness on a regular basis encourages a number of positive health effects, including more positive emotions, stress reduction, stronger immune system, increased focus and attention, greater empathy and compassion for others, decreased levels of anxiety/depression, and greater emotional control. These techniques and strategies can be helpful for kids struggling with depression, anxiety, anger, lack of attention, or other behavioral concerns.

If you enjoy this freebie, consider purchasing the [Mindfulness Activities](#) full product!

[Mindfulness Activities](#) Includes:

- Focusing on breathing using models and diagrams
- Creating a flower craft for breathing practice
 - Walking while meditating
- Listening to music while practicing mindfulness
- Creating a positive thoughts fortune teller craft
 - Practicing eating meditation
 - Taking a mindfulness nature trip
 - And much more



Many of these activities are great to do before a test, after recess, after lunch, before a concert or game, or just anytime to set a more calm and positive tone.

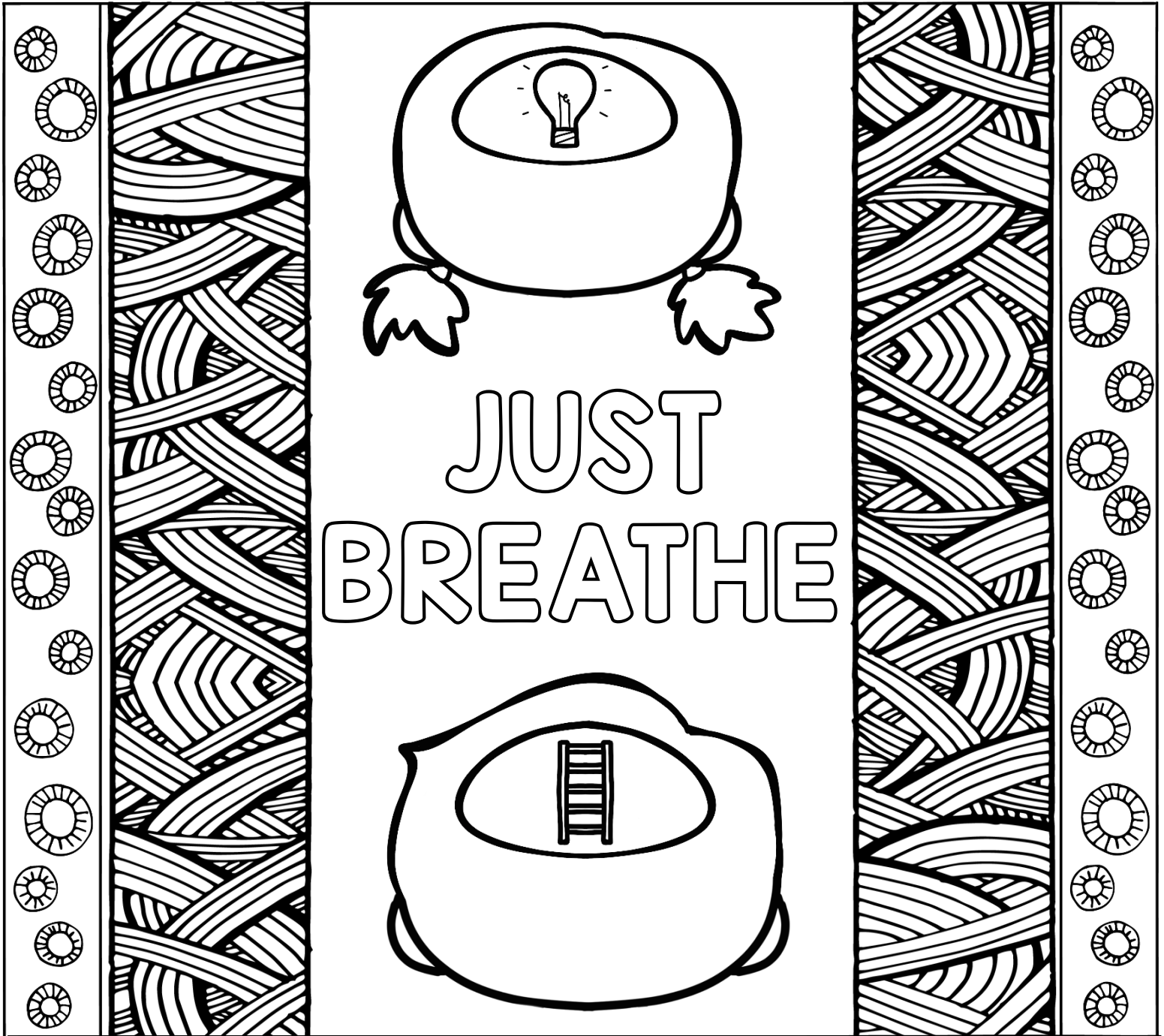
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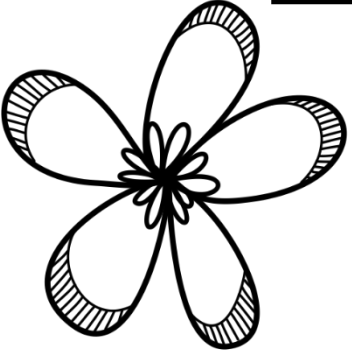
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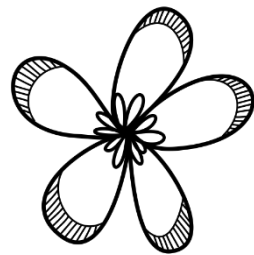


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Live



in



the

NOW



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TAKE

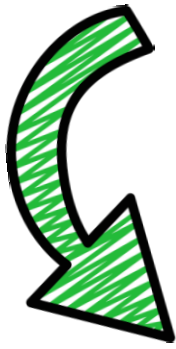
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mindfulness

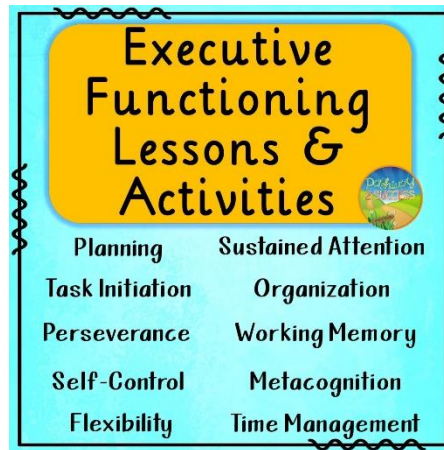
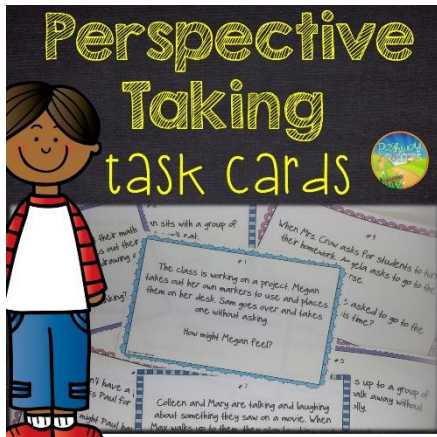
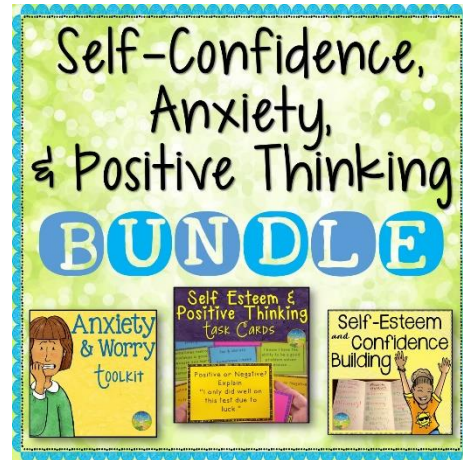
BREAK



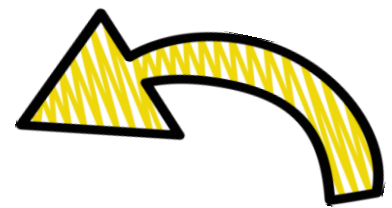
MORE Guidance & Counseling!



Build confidence, encourage positive thinking, and reduce anxiety.

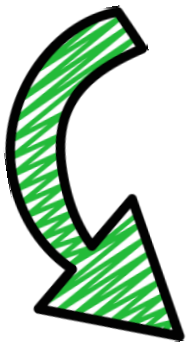


Lessons, worksheets, task cards, and practice to teach the necessary skills kids need.

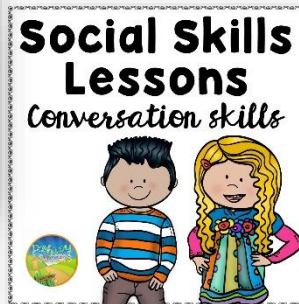
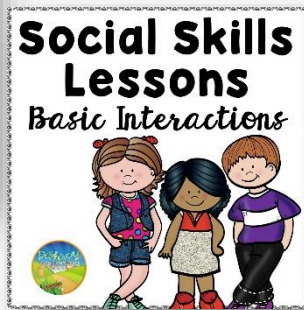
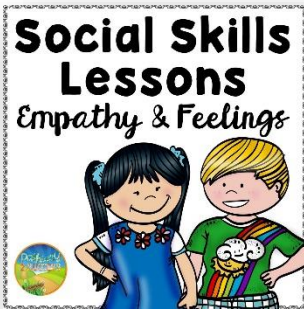
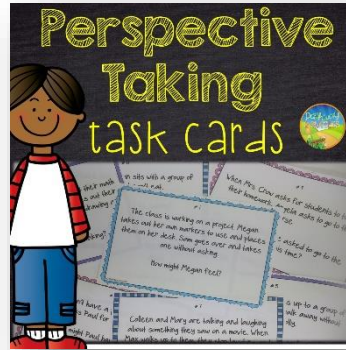


Click here to check out all of my guidance and counseling materials!

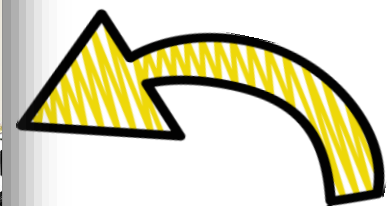
MORE Social Skills!



Sets of 80 social skills and perspective taking task cards that highlight real social situations.



These lessons include several pages, practice, role play, and discussion questions focusing on learning social skills.



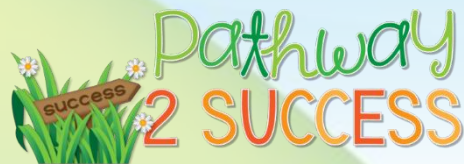
[Click here](#) to check out all of my social skills materials!

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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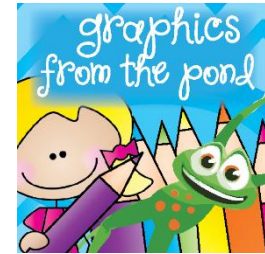
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