

MINDFUL COLOURING



15 MINS

This activity will calm children, connect them to their bodies, and allow them to be creative and imaginative with how their colouring takes shape.

ACTIVITY TYPE

Art and creativity

SET UP

Make sure each child is seated and quiet at their desks with a mindful colouring sheet and colouring pencils in front of them.

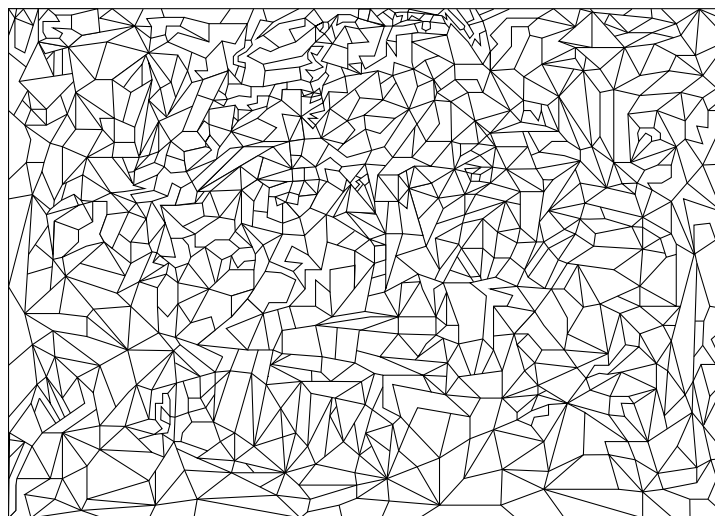
FOLLOW UP QUESTIONS FOR CHILDREN

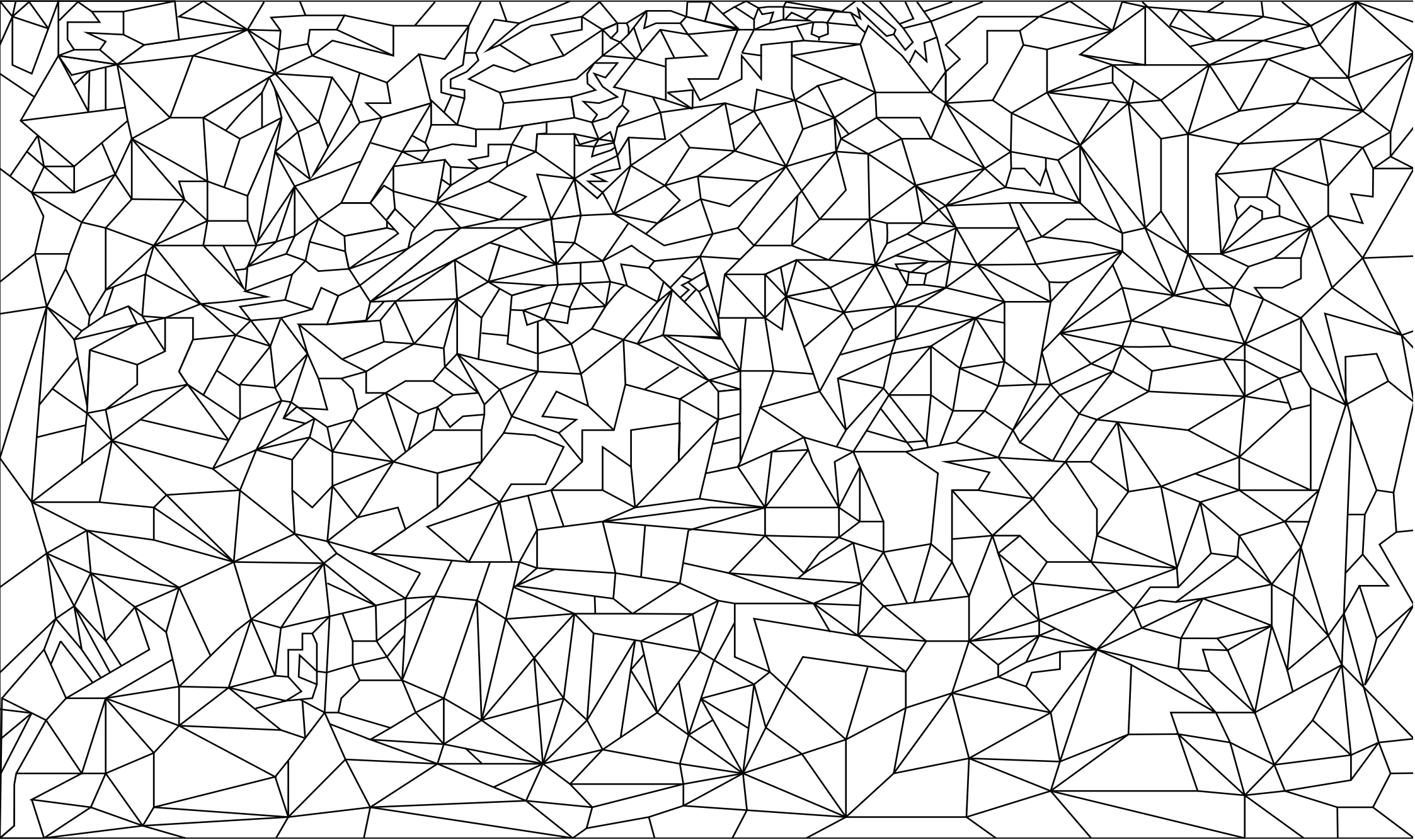
- How did the activity make you feel?

FURTHER DEVELOPMENT

Children could draw their own mindful colouring sheets to be photocopied and given to a friend.

1. Provide each young person with a mindful colouring sheet.
2. Explain to the young people that the sheet they have in front of them has lots of different shapes. These can be coloured in any way they like. They could choose to make a pattern with different colours or even join multiple shapes together to form different shapes, objects or animals (perhaps some of the animals from the Adventures on the Inside story). Whatever they choose there is no right or wrong.
3. Explain that this activity should be done individually and is used as a time to focus on their own designs.
4. If appropriate, you can play background music of your choosing or from the mindful background music playlist.
5. Allow the young people time to colour.
6. Whilst they colour, go round and praise their work, concentration, and creativity.





Mental Health Toolkit
Mindfulness Activity
Mindful Colouring

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What to do: Colour in the shapes using any colour. You could make a pattern using different colours or colour different shapes next to each other to make something new. Can you make out any different shapes, objects or animals?