

MINDFULNESS / SEL · Y1-Y5

# Color Yourself Calm

Six designs to color slowly, on purpose

## About mindfulness coloring

Mindfulness coloring isn't about making something pretty. It's about NOTICING — noticing the pencil on the page, the colors you're choosing, your breathing, the way your shoulders feel. The patterns in this pack are deliberately repetitive — that's the point. The repetition lets the body slow down.

## How to use these pages well

Pick one design. Choose three or four colors before you start. Sit somewhere comfortable. Color slowly. Don't rush to finish. Notice when your mind wanders (it will) and gently come back to the colors and the page. If you finish, that's fine. If you only color a small part, that's also fine. The point isn't completion.

### Page 1 — Concentric circles



**Page 2 — Mandala (8-point flower)**

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**Page 3 — Wave pattern**

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**Page 4 — Geometric tiles**

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**Page 5 — Spirals**

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**Page 6 — Branching tree pattern**

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**When to use mindfulness coloring**

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