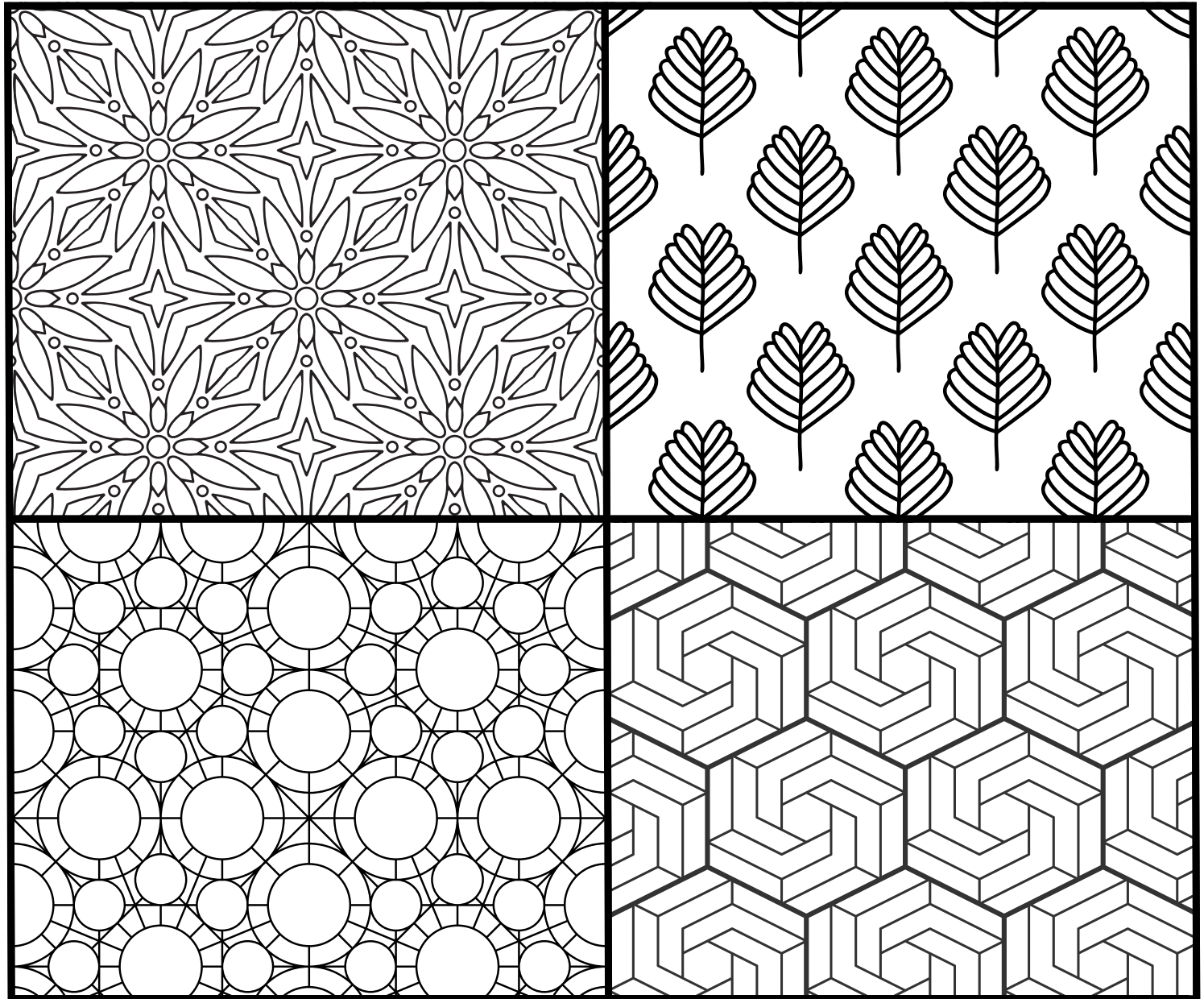


MINDFUL COLOURING BOOK



Unwind your mind:
Mindfulness Practice with Colouring

Source: ©MacEwan University, Wellness and Psychological Services. Mindful Coloring Book.
Unwind your Mind: Mindfulness Practice with Colouring, 2022. Adapted with permission.


York Region

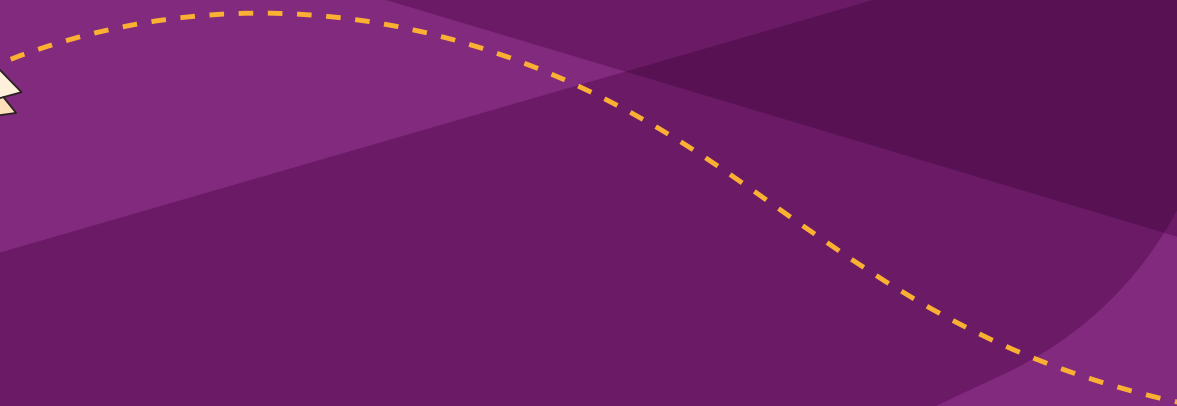


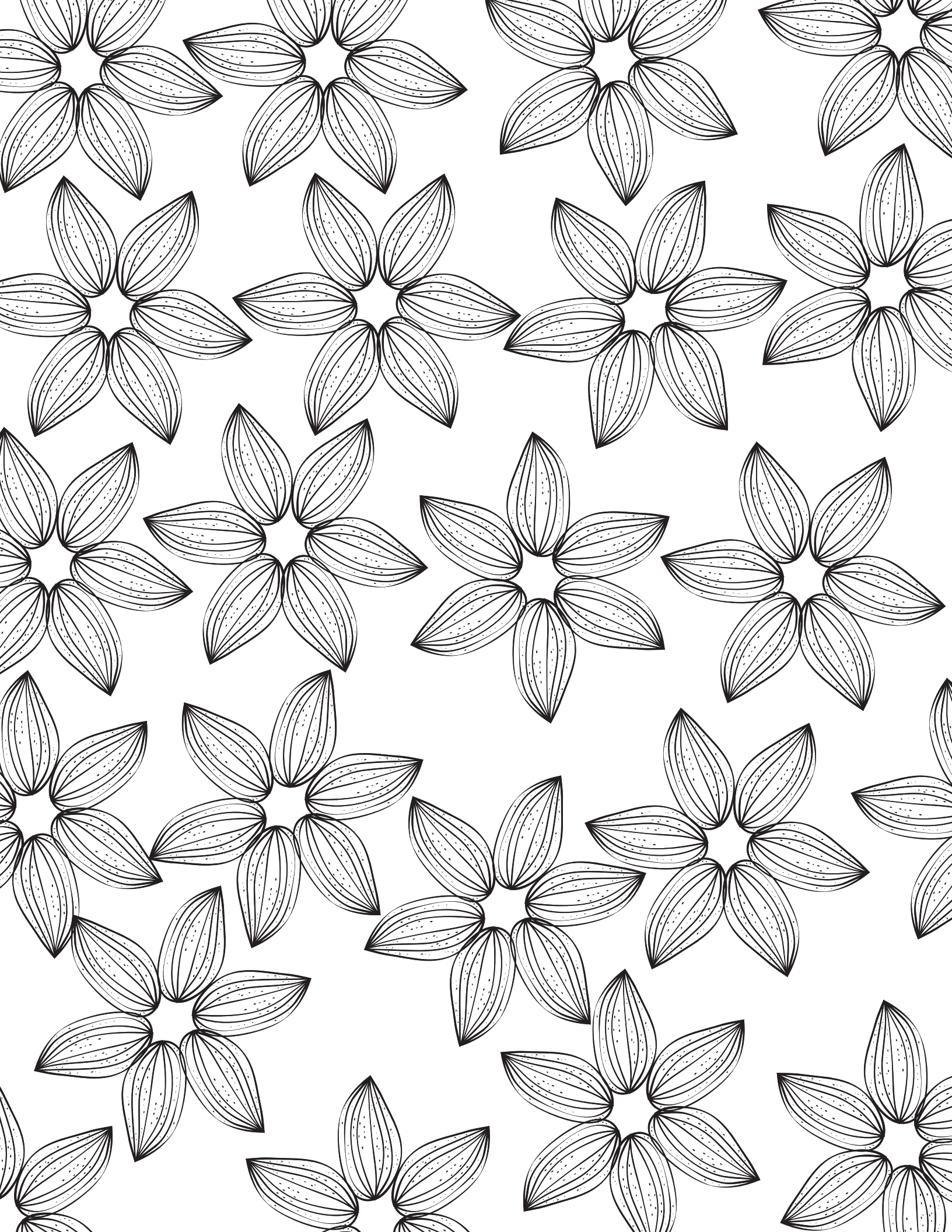
WHAT IS MINDFUL COLOURING?

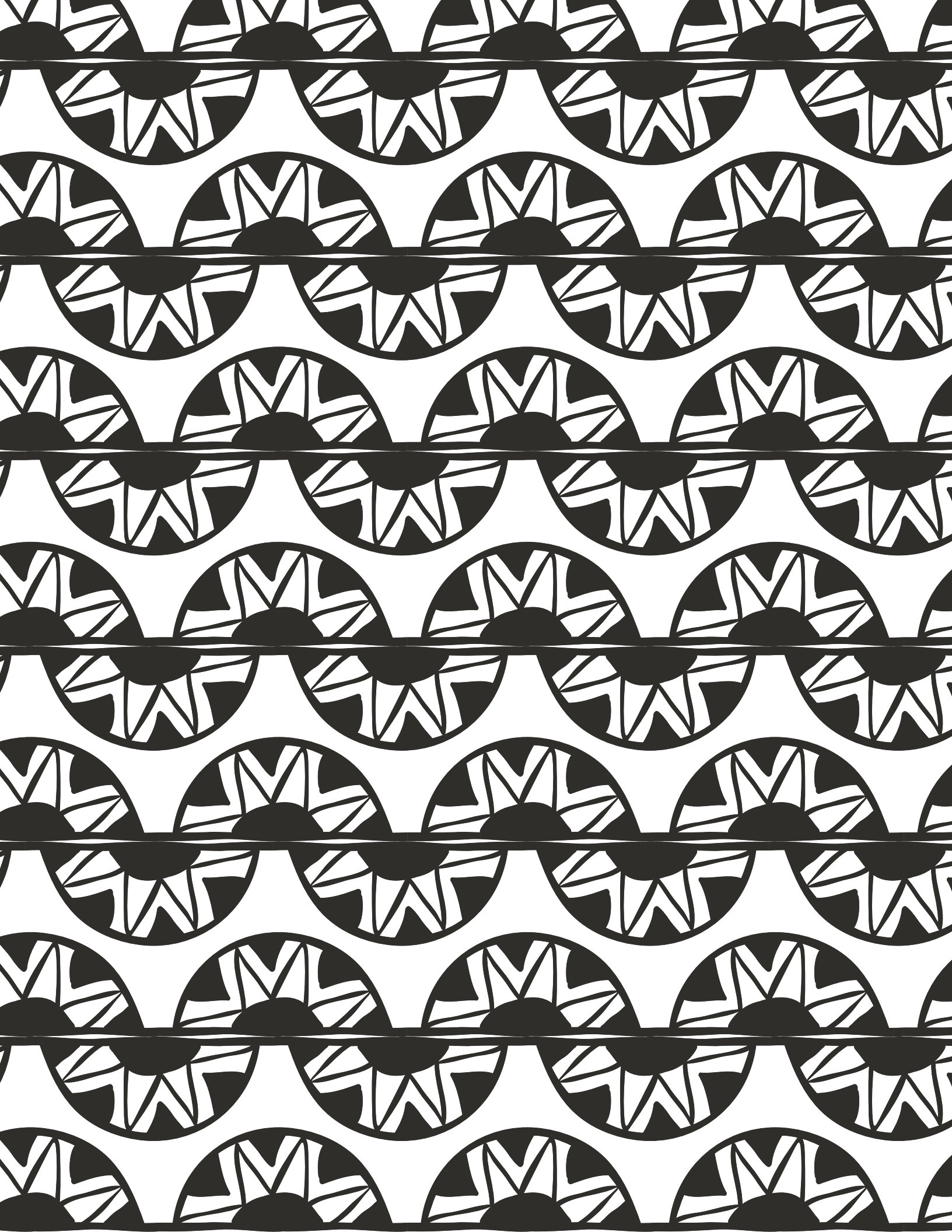
Colouring can be a mindfulness exercise, if done with the intention of practicing mindfulness. Mindfulness involves bringing your attention to what's happening in the present moment and being aware of the experiences around you.

Try this next time you want to practice mindful colouring:

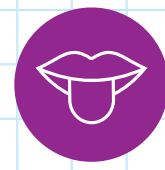
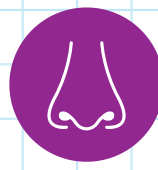
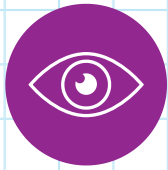
- Choose a design and start colouring.
- While you colour, start paying attention to your breathing, to the design, your colour choices, and the process of your colouring.
- Try to reflect on what is happening inside and around you.
- Try to be present in the moment, responding to what you notice without judgement.







MINDFULNESS SENSORY EXERCISE



Notice the following around you:

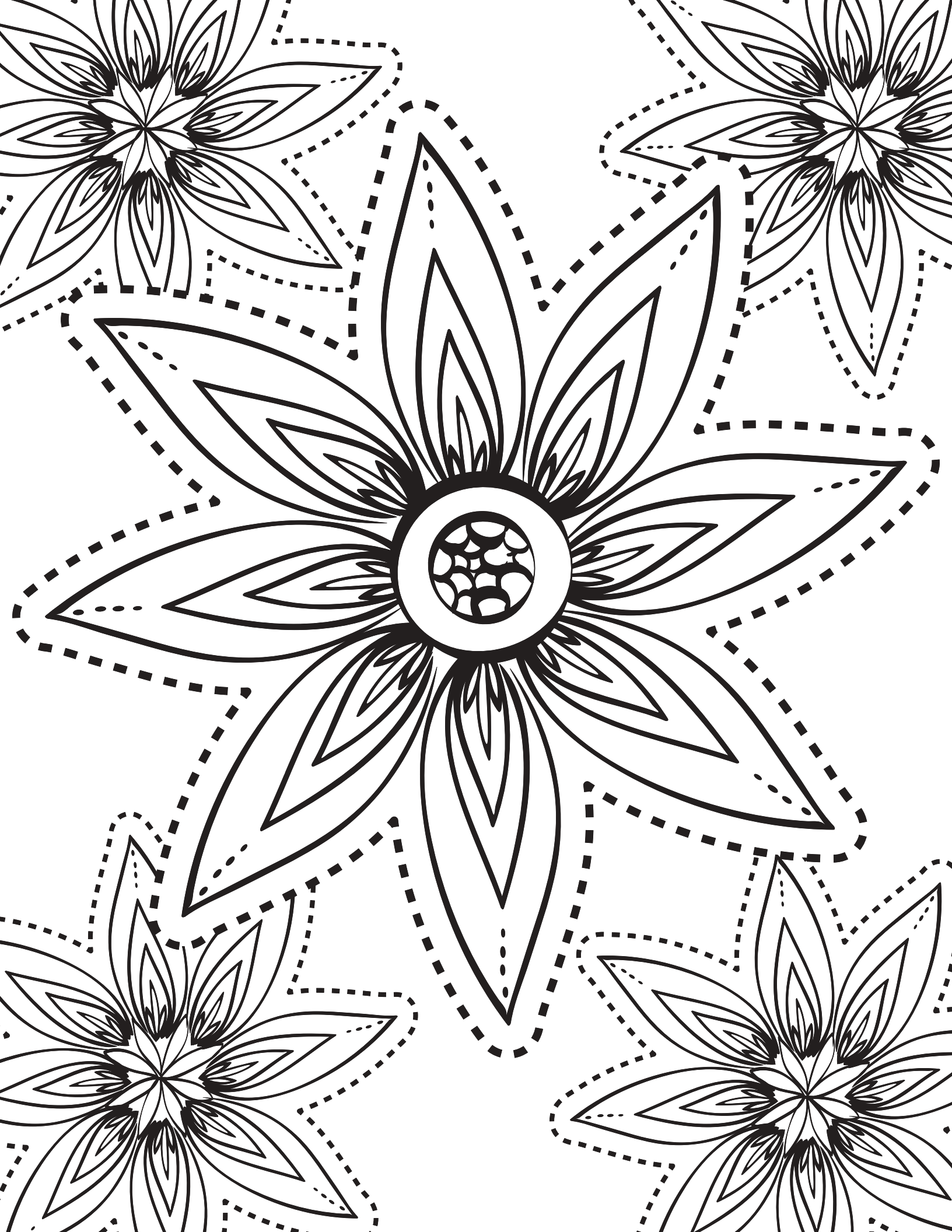
5 things you can **see**

4 things you can **feel**

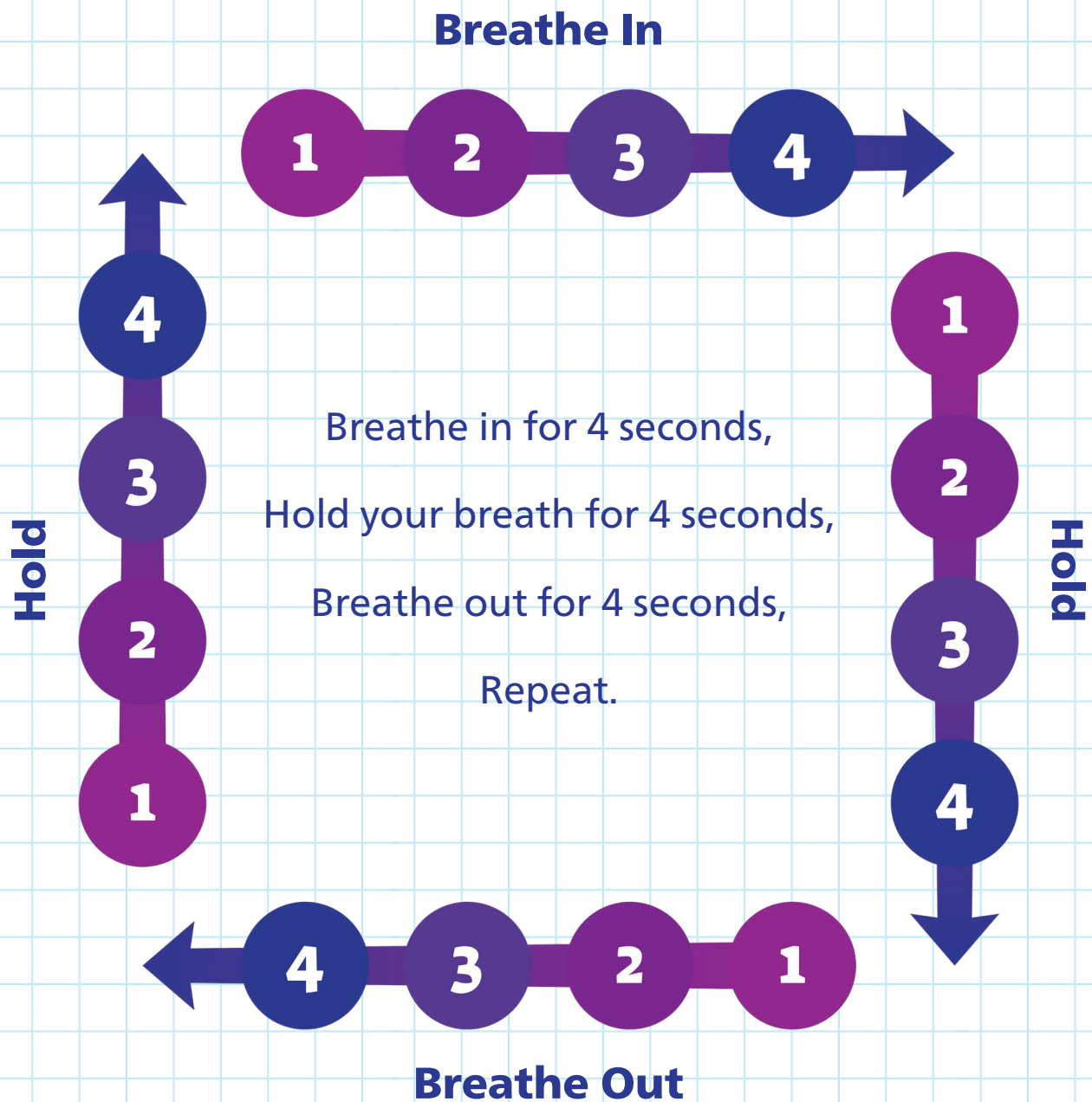
3 things you can **hear**

2 things you can **smell**

1 thing you can **taste**



BOX BREATHING EXERCISE







LIST 5 THINGS YOU ARE GRATEFUL FOR:

1. _____

2. _____

3. _____

4. _____

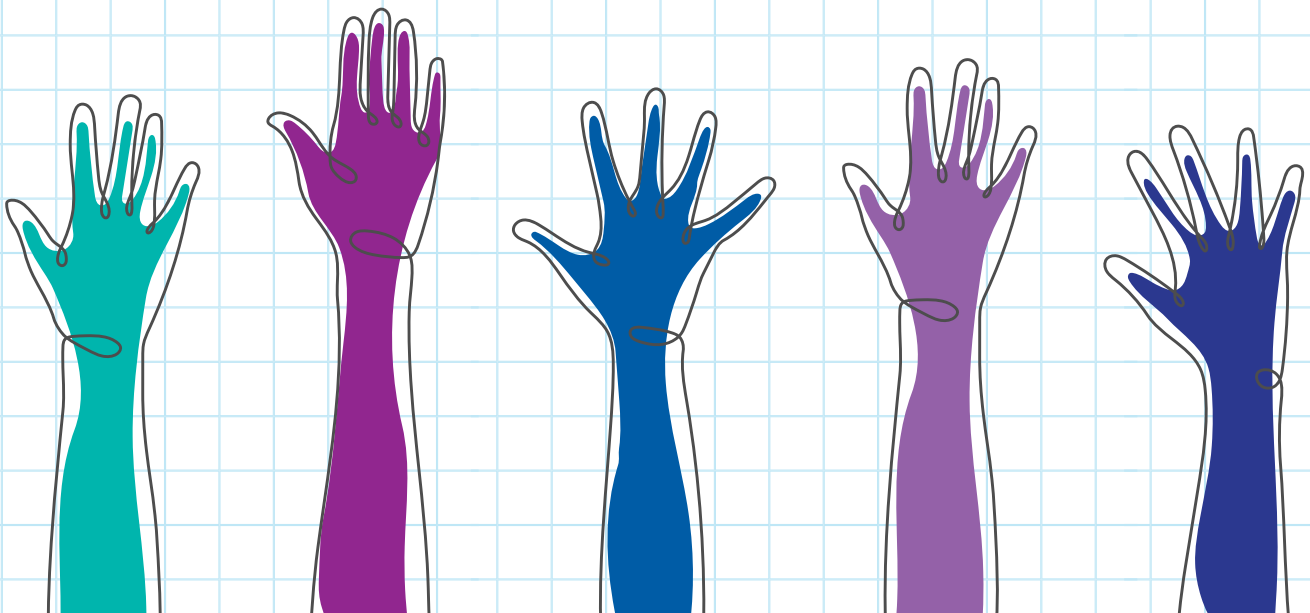
5. _____

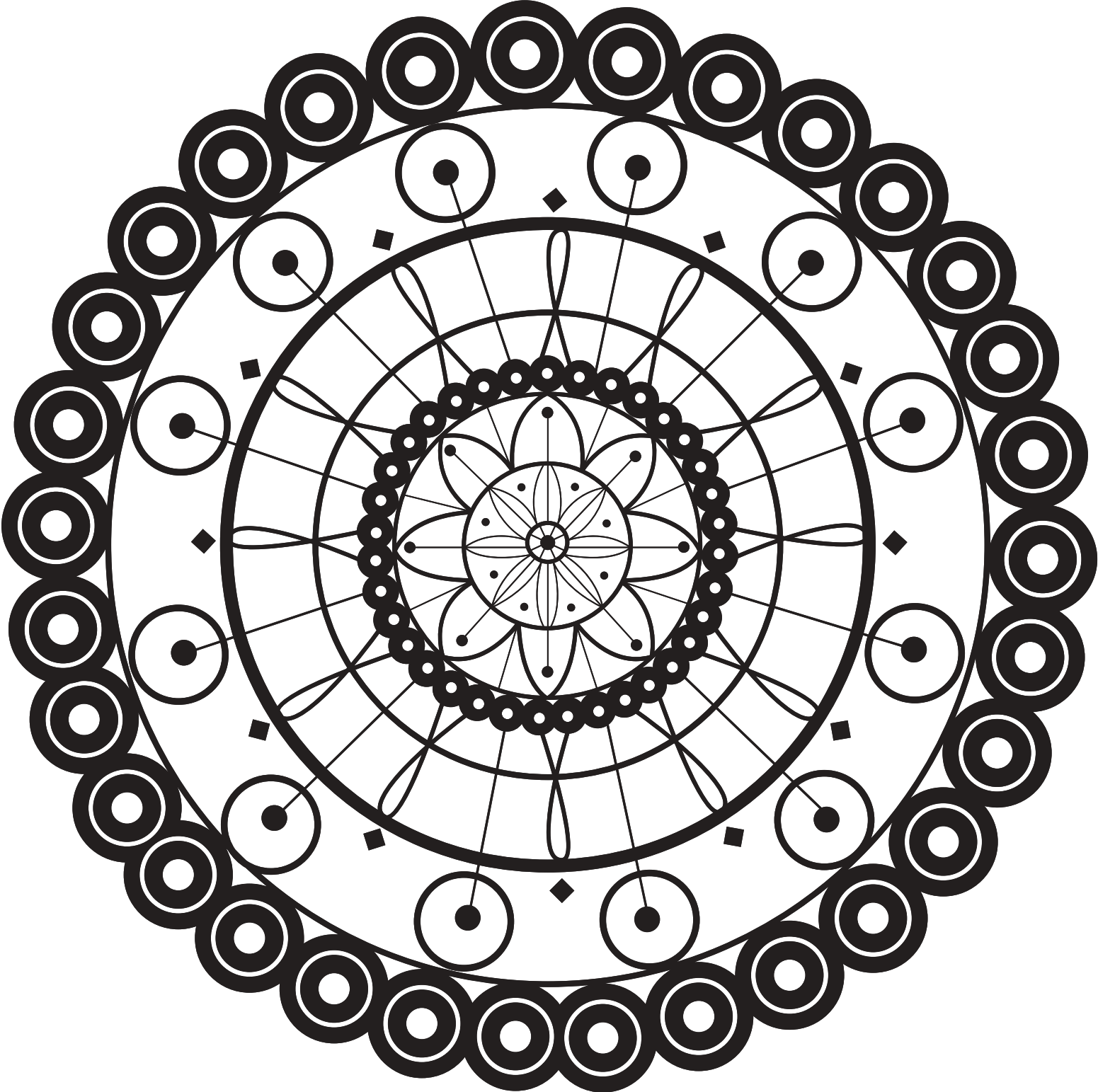




TAKE 5 BREATHING EXERCISE

1. Start with one hand – stretch your fingers out like a star.
2. With your other hand, use your pointer finger to trace the hand that is stretched out.
3. Trace your hand: slowly slide up one side and down the other side of each finger.
4. Breathe in through your nose and out through your mouth.
5. Now, put the last two steps together: breathe in through your nose as you trace up one finger and breathe out through your mouth as you trace down; keep going until you have finished tracing your hand.





**WRITE OR DRAW
YOUR FAVOURITE
MEMORY:**







**WHAT IS YOUR
FAVOURITE COPING
STRATEGY?**

**WHEN DO YOU
USE IT?**







LIST 5 THINGS YOU LIKE ABOUT YOURSELF:

1. _____

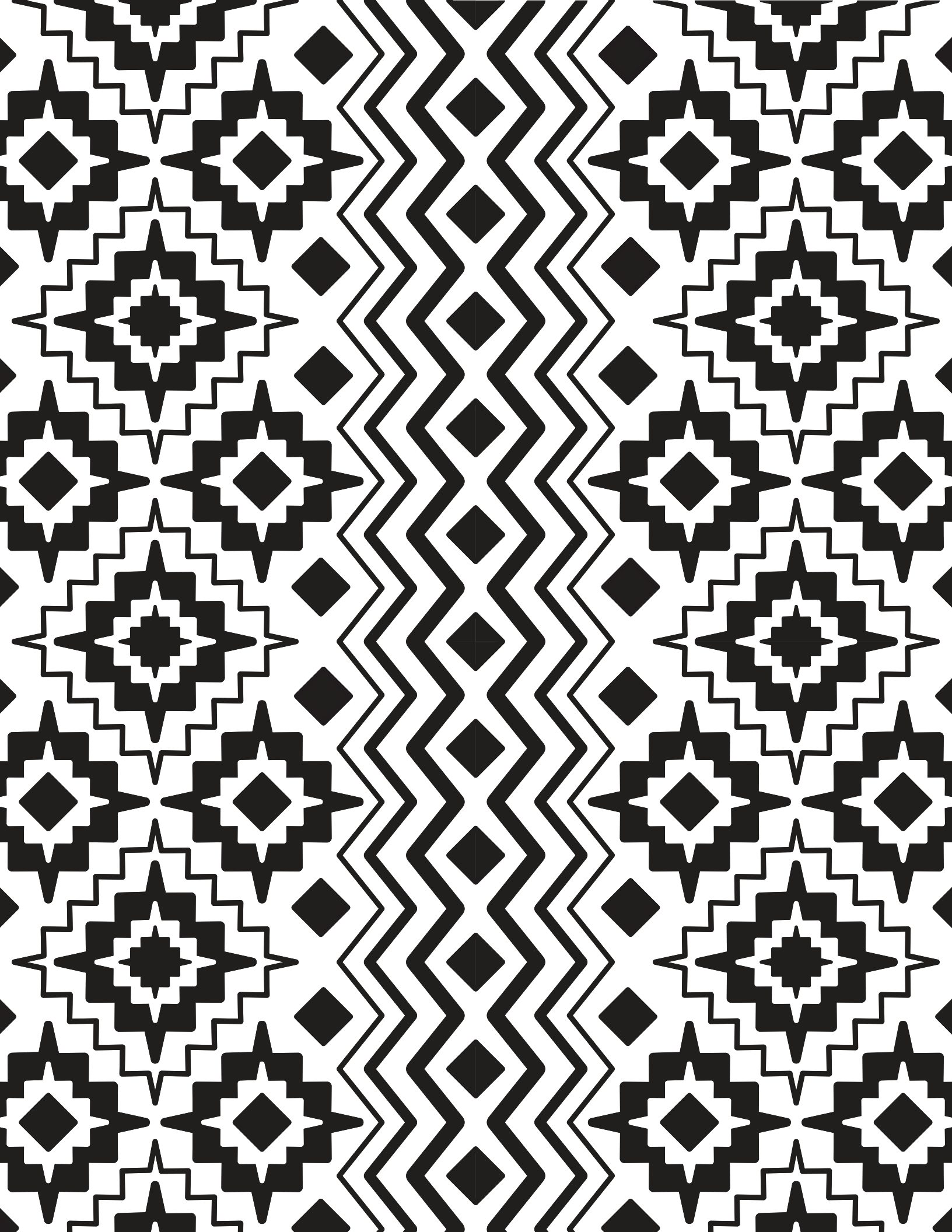
2. _____

3. _____

4. _____

5. _____









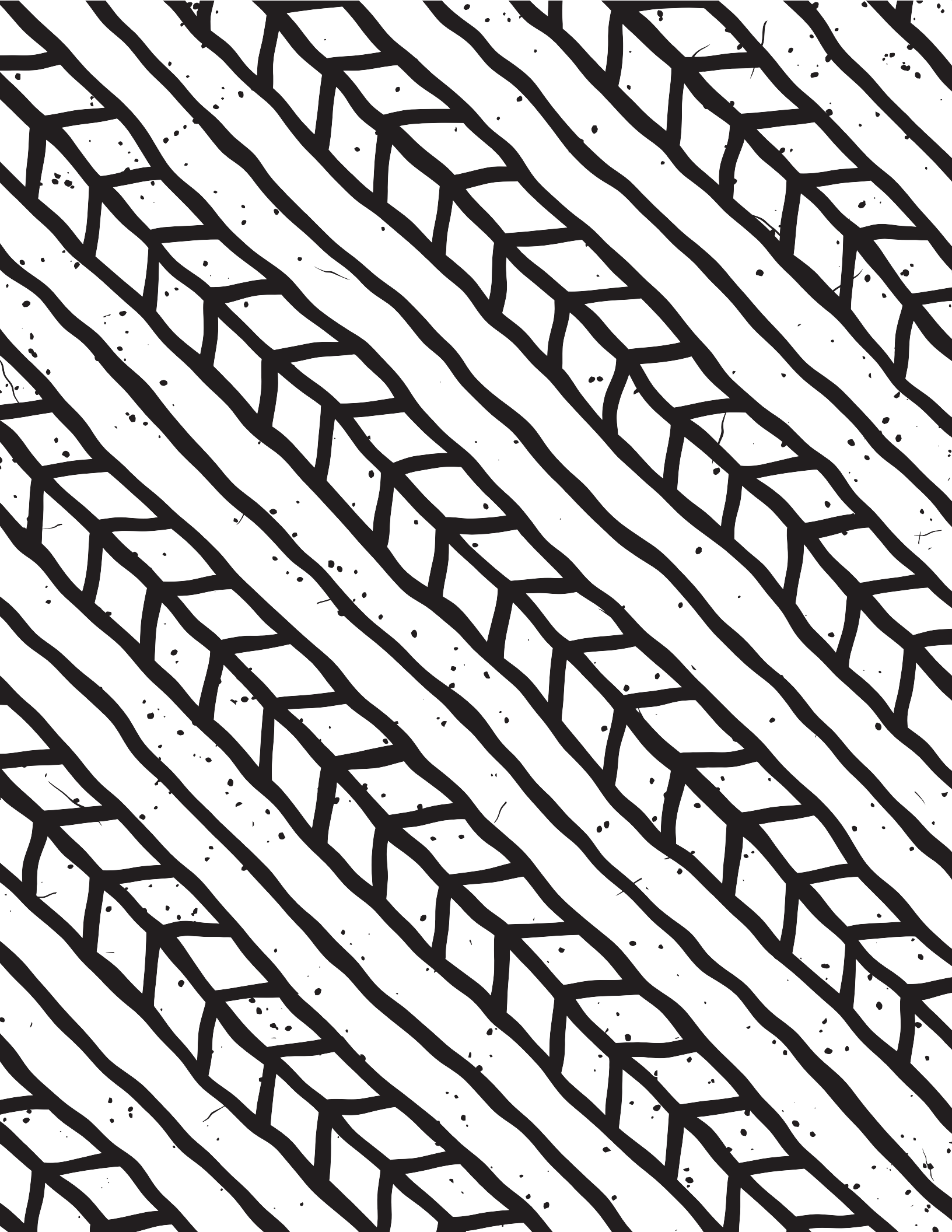
LIST 3 THINGS THAT MAKE YOU UNIQUE:

1. _____

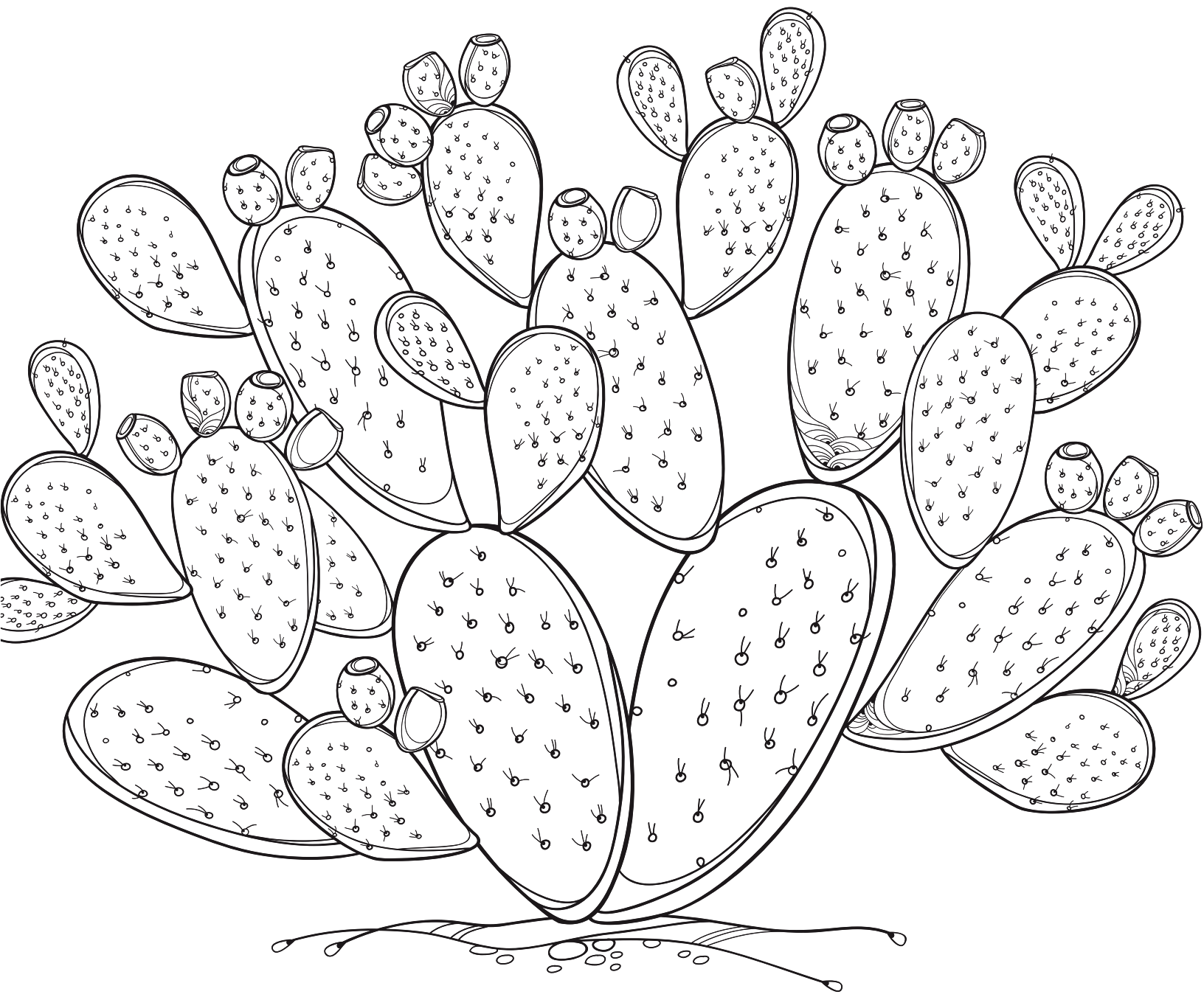
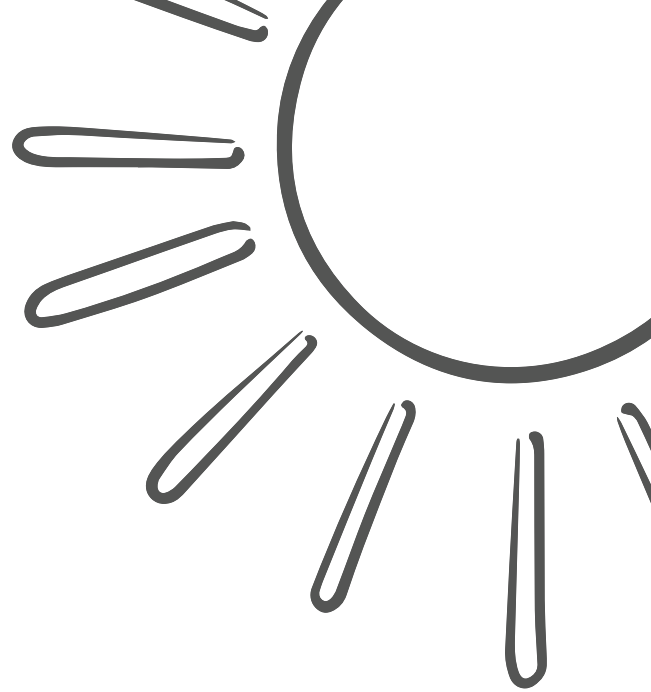
2. _____

3. _____





LET THE
SUN SHINE





LIST 3 THINGS THAT YOU ARE PROUD OF AND WHY:

1. _____

2. _____

3. _____





TRY IT OUT:

MINDFULNESS EXERCISE

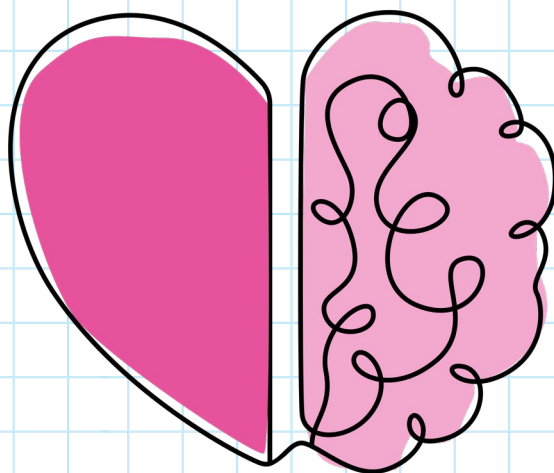
Find a quiet spot where you can sit or lay down comfortably.

Set a timer for 2 minutes (gradually increase the timer as you become more comfortable with the exercise).

Bring your attention to your breath. Notice the length of your breath; as you become more relaxed you may notice your breath lengthening.

Start to pay attention to sensations in your body, but try not to react. Just be aware of the sensation. Maybe you feel an itch, but try not to scratch it. Just notice it's there.

Continue to observe until the timer goes off. Bring your focus back to the world around you. Notice how you feel after this exercise.



ADDITIONAL MINDFUL MOMENTS IDEAS:

Take a walk outside.
Notice the way the air smells.
Is it warm or cold out? Can you hear birds?

While doing chores, focus on the task at hand.
The smell of laundry, the warmth of the items from the dryer,
the colours of the items.

Prepare an enjoyable snack.
Eat slowly, taking time to notice the presentation of your snack, the colours, the smells, the textures, the tastes and how your snack makes you feel.



WHERE CAN I GET HELP AND SUPPORT?

- Call Kids Help Phone at 1-800-668-6868 or Text TALK to 686868 Crisis Text Line
- If in a crisis- Call 911 or go to the nearest Hospital Emergency Department
- Call or Text Crisis Line 24/7 at 1-855-310-COPE
- Call or Text 9-8-8 Suicide Crisis Helpline <https://988.ca>
- Indigenous Hope for Wellness Help Line 1-855-242-3310
- Black Youth Helpline 1-833-294-8650

REFERENCES

Anxiety Canada. (2018). Mindfulness exercises.

Retrieved from www.anxietycanada.com/articles/mindfulness-exercises/

Ali, S. (2018). Are Adult Coloring Books Actually Helpful? Exploring the mental health benefits of the coloring book trend.

Retrieved from www.psychologytoday.com/ca/blog/modern-mentality/201803/are-adult-coloringbooks-actually-helpful

Greenberg, M. (2012). Nine Essential Qualities of Mindfulness: learn how to say "yes" to the present moment.

Retrieved from www.psychologytoday.com/ca/blog/the-mindfulself-express/201202/nine-essential-qualities-mindfulness

Houston, E. (2020). What is Mindfulness Coloring? + 39 More Creative Mindfulness Art Ideas.

Retrieved from positivepsychology.com/mindfulness-coloring-art/

MyHealthAlberta. (2019). Stress Management.

Retrieved from myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk

Shapiro, L. E. (2016). Between Sessions Resources: Mindful coloring. A simple and fun way to reduce the stress in your life.

Retrieved from www.betweenessions.com/wpcontent/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf



BUILDING HEALTHY KIDS.

ACCESS YORK

1-877-464-9675

TTY: 1-866-512-6228

accessyork@york.ca

york.ca/HealthyKids



25-PH3-004