

PROJECT: GET IT DONE TOGETHER

Mindful Coloring

Gather your crayons or colored pencils and spend the next 20-30 minutes coloring. This is a great way to relax your mind and reduce any stress you might not even realize you're carrying.

Did you know that coloring is a type of meditation? It has great health benefits like boosting your immune system and improving memory and attention skills! You can print out the following pages to color in or free style on your own.

















