



GABBY'S MINDFUL COLORING

INTRODUCTION

Mandalas are ancient geometric designs known for their meditative qualities. In this activity, you'll have the opportunity to color a Mandala mindfully, focusing on each stroke and your breath.

PREPARATION

- Find a quiet and comfortable place to work.
- Gather your coloring materials: colored pencils, markers, or crayons.
- Take a few deep breaths to center yourself and clear your mind.

EXPLORING THE MANDALA

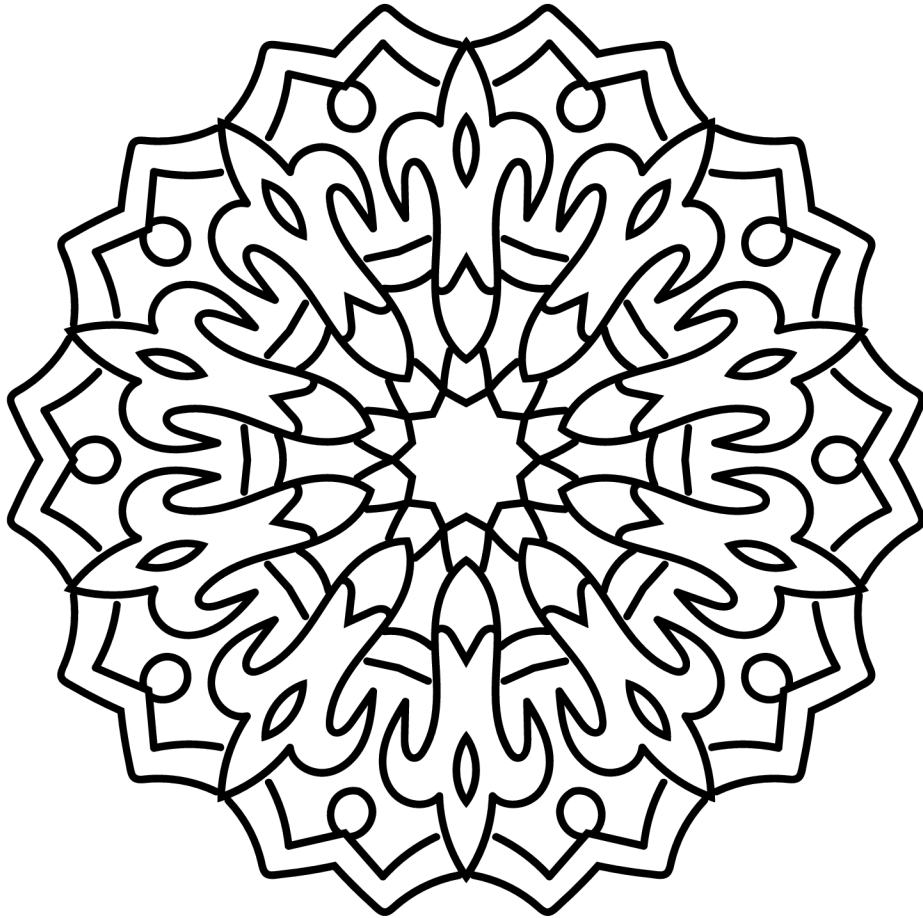
- Observe the intricate Mandala design in front of you.
- Take a moment to appreciate the symmetry, patterns, and details of the Mandala.
- As you look at the Mandala, consider what colors you'd like to use. Trust your instincts and choose colors that resonate with you.

COLORING MINDFULLY

- Begin coloring the Mandala from the center outward or in any pattern that feels right to you.
- As you apply each stroke, focus your attention on the movement of your hand and the texture of the paper.
- Notice the sensation of the coloring tool on the paper, the colors blending or contrasting, and the Mandala coming to life.
- Breathe slowly and rhythmically as you color, matching your breath to your strokes. Inhale as you move your coloring tool in one direction and exhale as you move it in another.
- If your mind starts to wander or you become distracted, gently bring your focus back to the coloring process.



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REFLECTION QUESTIONS

After you've completed coloring the Mandala, take a moment to reflect on your experience.

What thoughts and feelings arose during the mindful coloring process?

Did you find it calming or challenging to stay focused on each stroke and your breath?

How can you carry this sense of mindfulness into other aspects of your life?