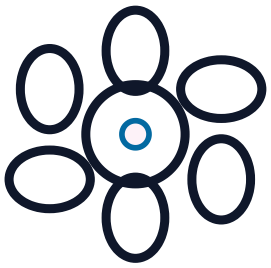
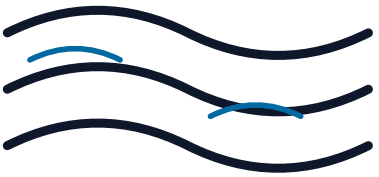
Mindfulness Coloring Pages

Calm shapes · Ages 3-7

Thick outlines, plenty of white space, one shape per frame. The slow routine: pick two crayons, start at the middle, color outward one section at a time — **name the color when a section is done.**



MANDALA FLOWER



ROLLING WAVES



NESTING RINGS



RAIN CLOUD

The slow moves, every sitting

- [ ] Pick two crayons
- [ ] Start at the middle
- [ ] One section at a time
- [ ] Say the color out loud

Adult: tape the page corners down so it stops sliding, stay in the room while the crayon box is out, and keep the round to one shape — half a shape is a full round.

Mindfulness Coloring Pages

Detail shapes · Ages 3-7

Same calm shapes, more to fill. Ages 5-7 add a third crayon after the first pass — **a child who wants the big four stays there.**



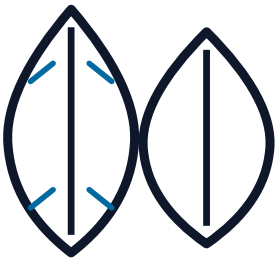
RINGED FLOWER



CURL WAVES



DOTTED RINGS



LEAF PAIR

After the round

Every shape sits inside a dashed frame, so a finished one can be cut out and taped to the wall. Ages 5 and up do the cut with blunt-tip scissors at the same table as an adult.

Half a shape is a full round — the page goes on the stack finished or not, and the crayons go back in the box.

Adult: an adult, close enough to act, for every round with scissors in it. Keep the crayon box closed between sittings and tape the corners down before the round starts.