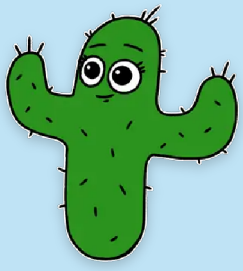
SEL · MINDFULNESS AND CALMING · GRADES K–5

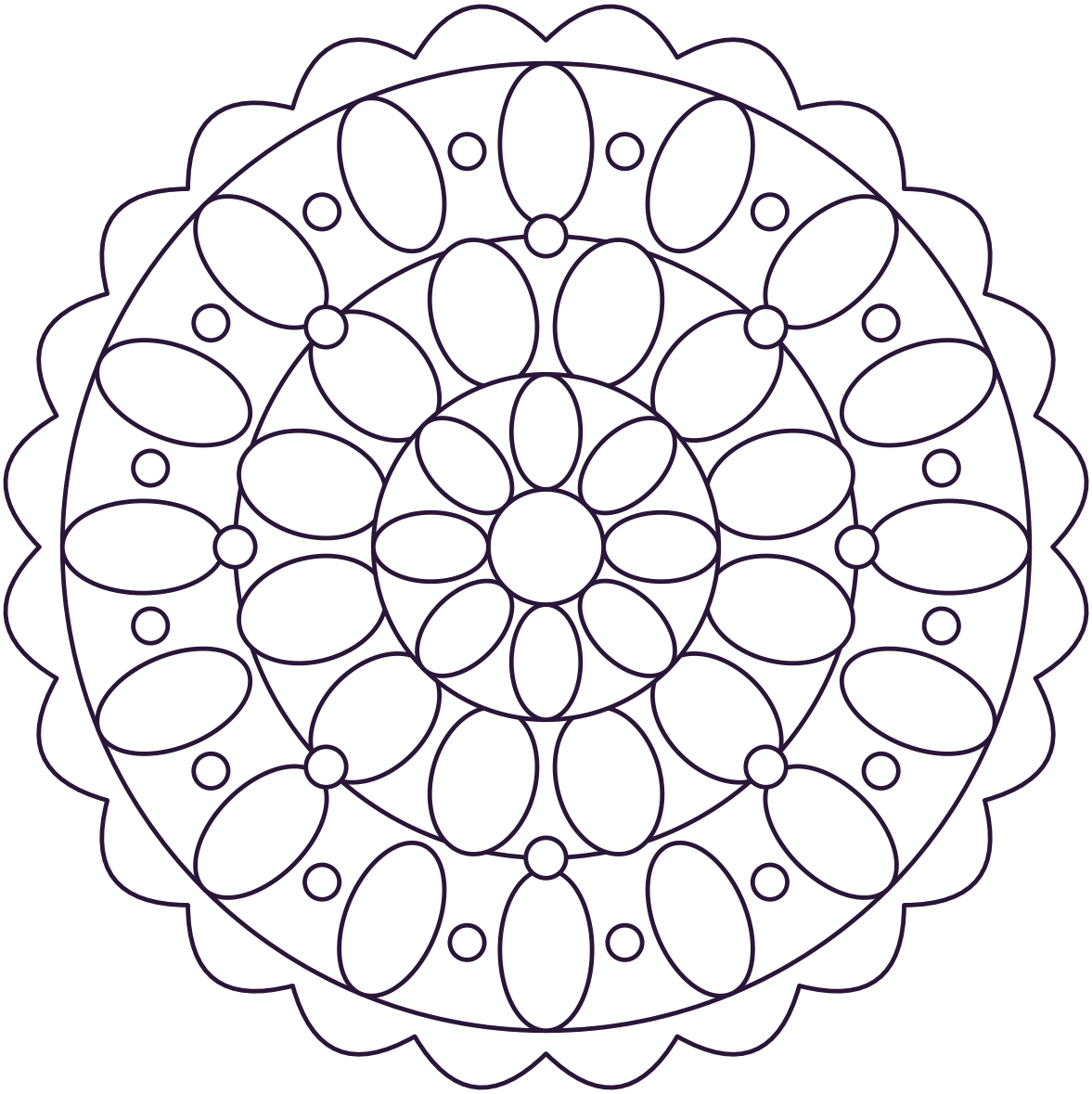
Mindful Coloring Pattern

Color a round pattern slowly, one ring at a time, and notice your breathing as you go.



Name: _____ **Date:** _____

Color slowly. Start in the middle and color one ring at a time. Breathe in as you pick a color and breathe out as you color. If your mind wanders, notice it and come back to your breath.



While I colored, I noticed: _____

Art © Kevin Coulston