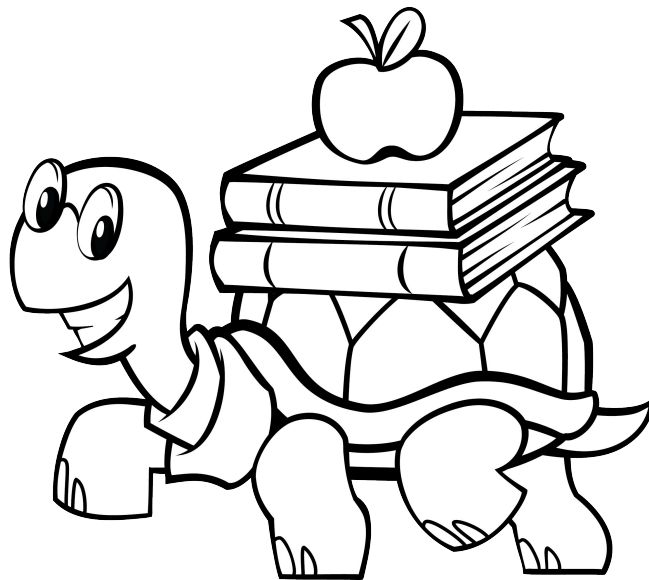
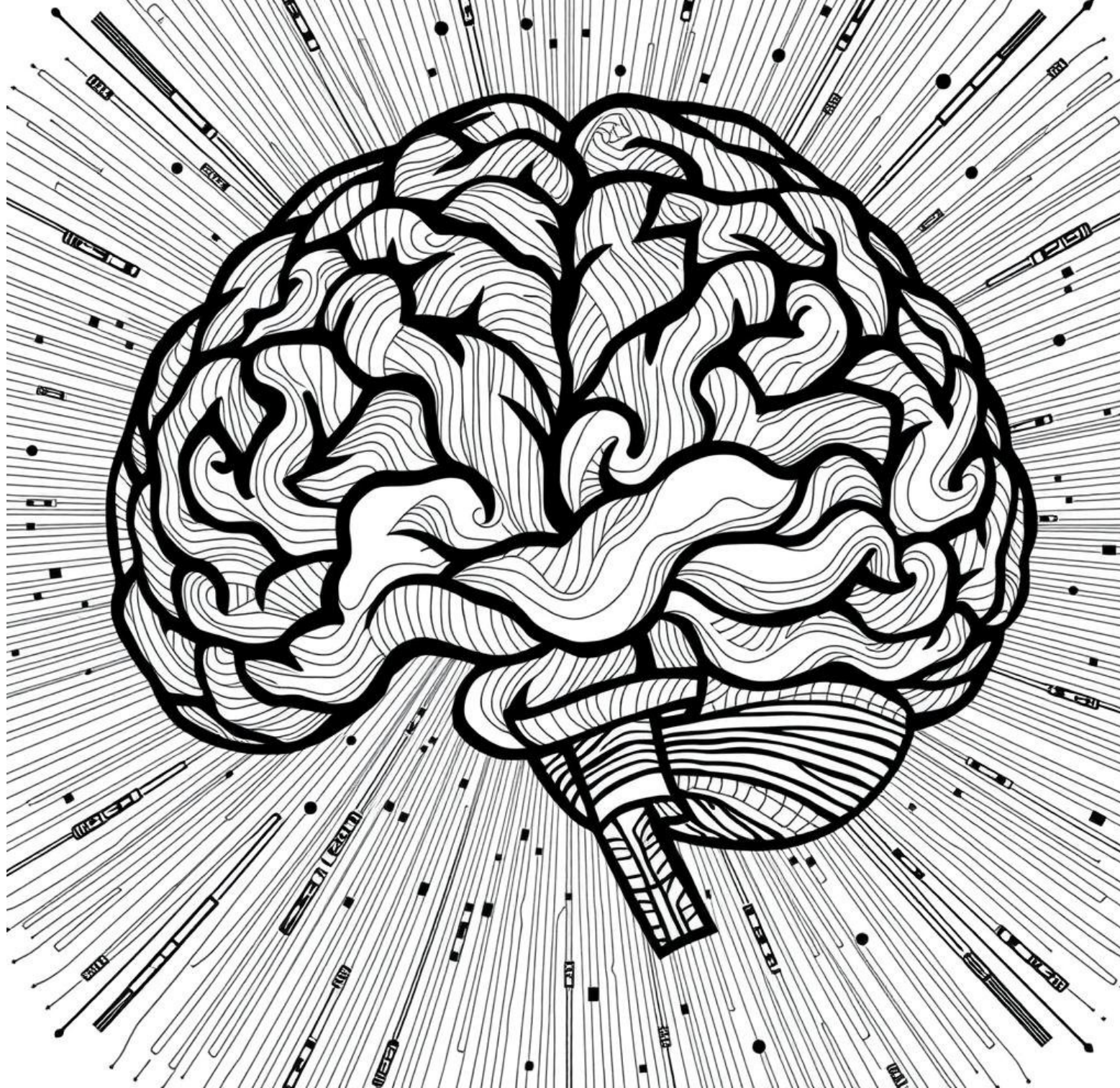


# Coloring Activity Mindfulness Pack

2025



*This Month*

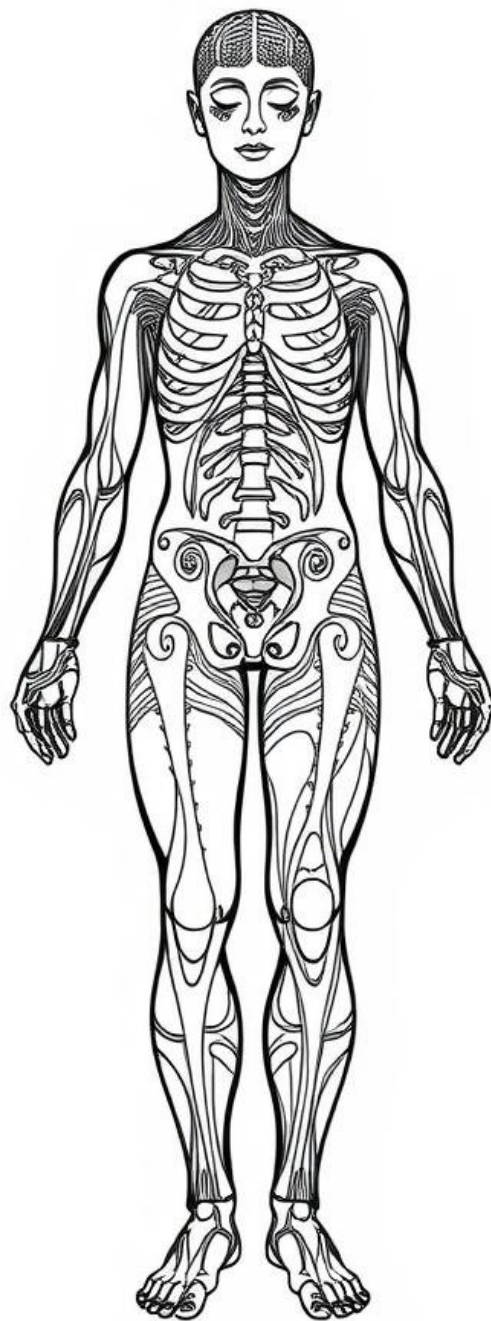


**What if we could design our brain to reflect our inner thoughts, dreams intentions and imagination? Color-in your ideal “brain” above as you see it in your mind’s eye.**

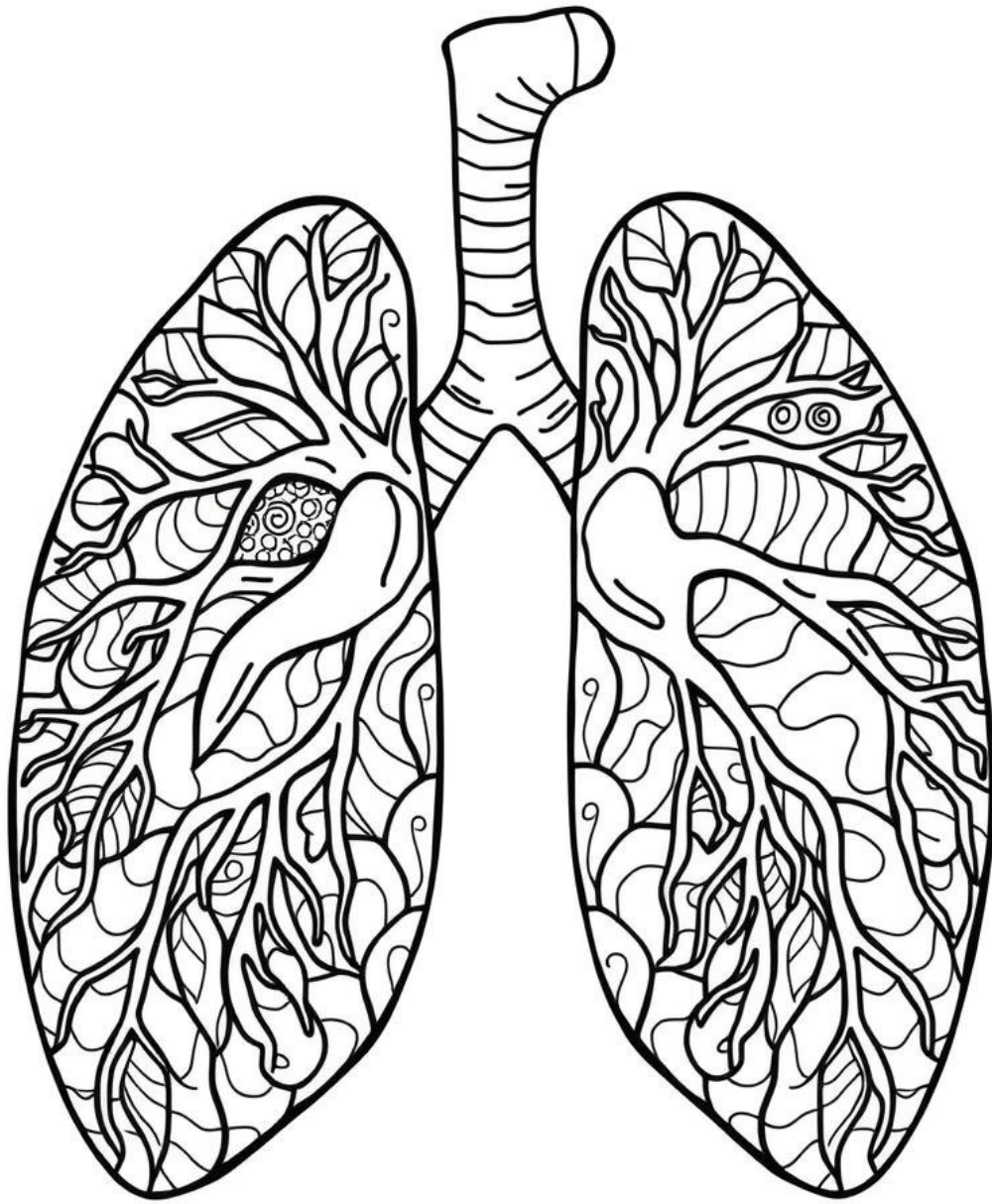




**How do we feel our heart to look at this moment? is it full of calm, warmth and kindness for others? For ourselves? Color in this heart above to reflect your emotions and feelings.**

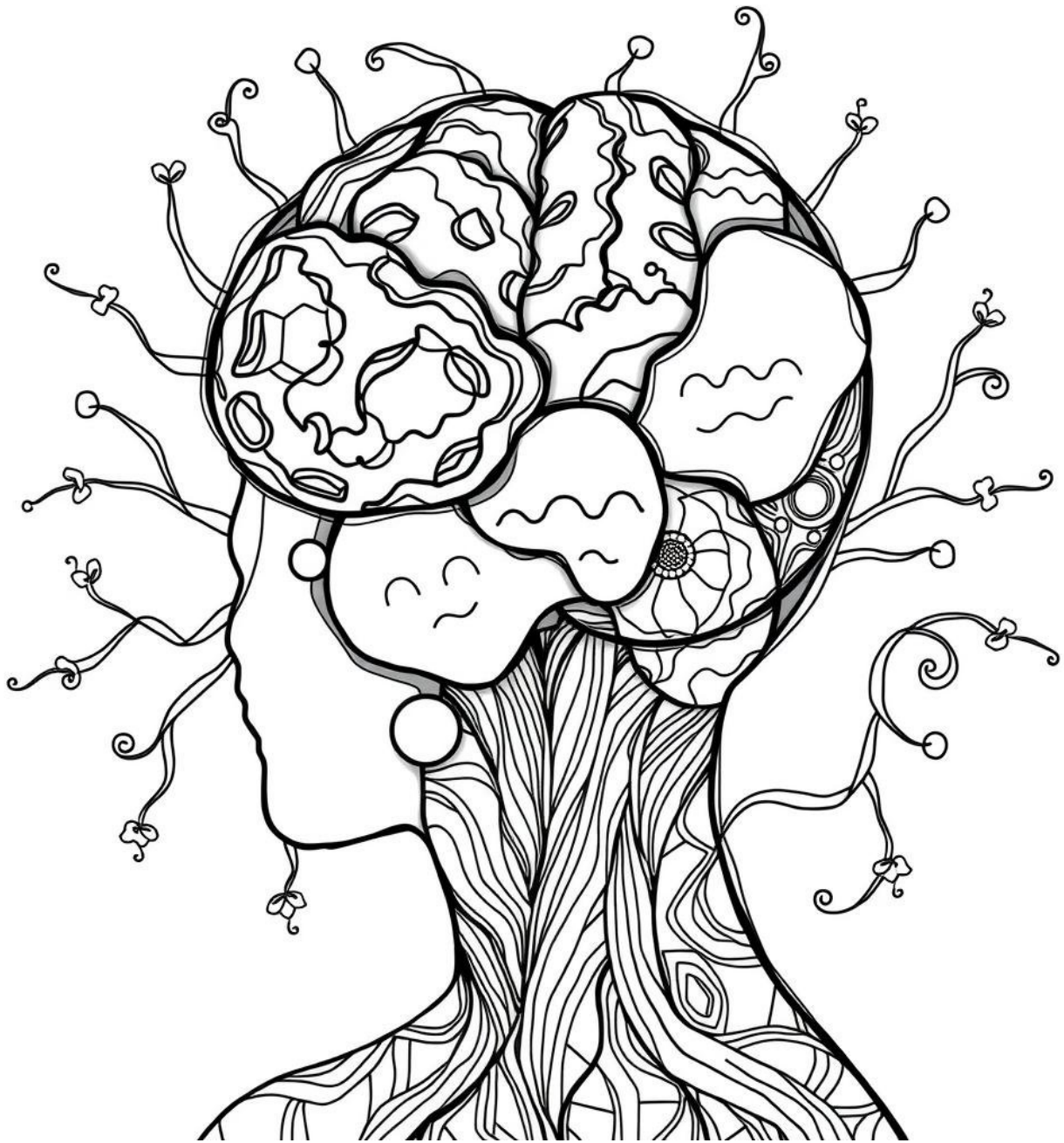


**Our bodies hold us up and reflect  
our mind, heart and mood. How  
would you color in this reflection  
right now?**



**Your lungs help you take air into your body, and with each breath we can feel calmer with practice. What do your calming breaths look like in a colorful set of lungs?**





**How is your mind attached to your body? Is it through movement, sound, sensorial inputs and outputs? Coloring in your senses here can establish intentions and moments of mindfulness.**