

# Yoginis Mindful Christmas Colouring



## Instructions and benefits

### Why should we use colouring as a exercise in mindfulness?

While you colour your brain changes from using beta waves, which are highly focused on tasks, to alpha waves which are associated with relaxation. Colour also has an effect on cognitive function. Using different colours when you mindfully colour stimulates different modes of thinking and feeling, and when we concentrate while colouring mindfully we replace thoughts with a state of peace and calm. Some children struggle to sit still and concentrate; colouring mindfully is a great way to start their concentration journey. By definition mindfulness/meditation is the act of focusing your attention on simple tasks that require repetitive motion. Colouring is repetitive and brings you to the present moment. While you colour, you induce a “trance like state” from the moment you choose a colour to work with to the movement of your pencil on paper. For a moment everything stops and you are left to enjoy the activity before you.

### Benefits of mindful colouring

- Can improve memory
- Increases concentration
- Helps us to feel calm
- Allows the body and mind to relax
- No rules in colouring makes us feel safe and content
- May improve your mood

### Instructions

- Explain to the children to the children the importance of not rushing through the colouring activity and there is no right or wrong way to colour, how it can help calm their brains and help hem relax.
- That this is a mindful exercise and sometimes we have to train our minds and bodies to slow down and focus on what we are doing here and now.
- Mention, some children may find this difficult and that is ok, but just to notice why they feel a sense to hurry and get things done or are feeling the way they do towards the activity.
- They can write about this on the back of their picture, other children may want to write about how it made them feel.

During the Christmas period many people are rushing about and feel stressed, perhaps you can encourage the children to practice colouring activities at home with their families to help them stay calm and relaxed at this busy time.



Train today, teach tomorrow.

# Mindful Christmas Colouring



How many items can you count above?

- |                    |                          |             |                          |             |                          |
|--------------------|--------------------------|-------------|--------------------------|-------------|--------------------------|
| Christmas Tree     | <input type="checkbox"/> | Bells       | <input type="checkbox"/> | Candy Canes | <input type="checkbox"/> |
| Skates             | <input type="checkbox"/> | Baubles     | <input type="checkbox"/> | Holly       | <input type="checkbox"/> |
| Snow Globes        | <input type="checkbox"/> | Gingerbread | <input type="checkbox"/> | Snowflakes  | <input type="checkbox"/> |
| Christmas Puddings | <input type="checkbox"/> | Presents    | <input type="checkbox"/> | Stars       | <input type="checkbox"/> |