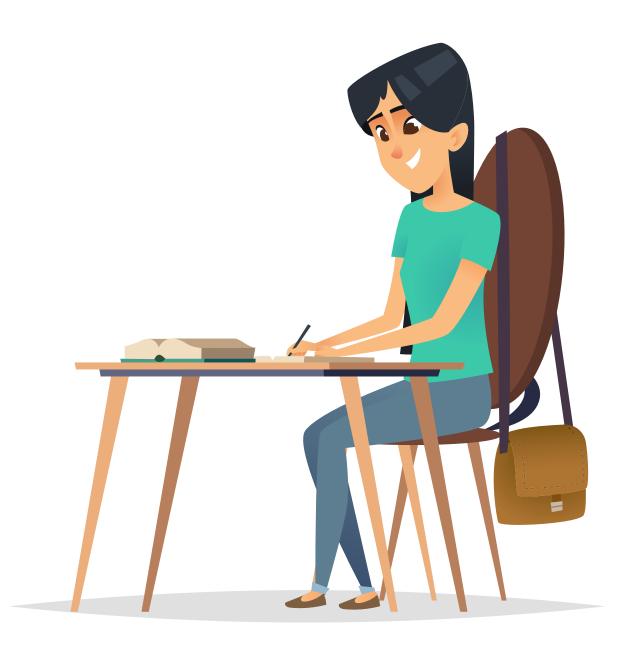
Mindful Coloring



Draw on a piece of paper or color in a coloring book. Focus on the stroke of the marker/crayon/ colored pencil, the sounds as you color and pick colors based on what you're feeling in that moment.

Grades 9-12