

Mindfulness Colouring

Feelings Meditation



Year: K-6

Resource Description: The practice of mindfulness colouring encourages students to cultivate present-moment awareness. It promotes a sense of calm and relaxation, ultimately fostering emotional wellbeing.

This resource can help to shift the classroom's energy. Read the provided script out loud to your students during the activity to promote focus and relaxation. You may like to play calming background music while students are colouring to enhance the sense of tranquillity and concentration.

Resource Objective: Mental Fitness Focus.

Most suitable time to integrate this resource: To help students concentrate following sport or as a transition or at the end of the day.

Gotcha4Life Protective Factor link: Emotional Adaptability
(‘Build your emotional muscles’)

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Feelings Meditation Script

Today, we're going to go on a relaxing journey with our colouring in sheets. As you colour in the rainbow, the sun, and the clouds, I'm going to tell you a little story and guide you through some calming thoughts.

Alright, let's begin.

Take a deep breath in through your nose, and slowly breathe out through your mouth. One more time, breathe in deeply... and breathe out slowly. Great job.

Now, look at your colouring sheet. Imagine it's a magical place full of beautiful colours and patterns, waiting to be filled with your creativity.

As you choose your first colour and start to colour in, I want you to think about how it's OK to feel any emotion. Emotions are what make us human and awesome. Each colour you choose can represent a different feeling.

Look at the rainbow. Maybe you pick a bright colour for one of the arches. What colour reminds you of happy moments? Think about a time when you felt really happy. What was happening? Who were you with?

Now, pick another colour for the rainbow. What colour helps you to feel calm and relaxed? Think about a time when you felt calm and relaxed. What were you doing? Was it reading a book, playing quietly, or maybe just sitting and thinking? How do you feel in your body when you are calm and relaxed?

As you colour in the rainbow, remember that emotions are a bit like the weather. Sometimes we have sunny days, and sometimes we have rainy days. And that's OK. Just like we can't control if the sun or the rain comes out, we can't always control our feelings. But we can choose how we react and the choices we make.

Next, look at the sun on your sheet. Think about the colours you'd like to use to colour in the sun. What colours make you feel warm and cheerful? Think about a time when you felt warm inside, like when someone gave you a hug or said something nice about you. Think about how that felt.

Now, look at the clouds and think about what colours you'd like to use. You might think about a time when you felt a little sad or worried. Remember, it's OK to feel this way sometimes. Just like the rain helps plants grow, our feelings and experiences help us learn and grow too.

As you keep colouring, remember that it's normal to have all sorts of emotions. Just like the weather changes, our feelings do too. And that's part of what makes us human and awesome.

After you have coloured the clouds, choose your favourite bright colours and add some extra colours to your picture. Imagine how the sun always comes out after the rain and sometimes creates a beautiful rainbow. Think about a time when something made you smile or laugh after feeling sad. Those moments of joy and happiness are like sunshine breaking through the clouds.

Take another deep breath in... and out. Feel how relaxed and calm you are becoming.

Look at the swirls and patterns around the rainbow, sun, and cloud. Each one is special, just like your emotions. They all have a place and a purpose.

When you're done, take a moment to reflect on what you have created. See how each colour and each feeling is part of the beautiful picture you've created.

Remember, it's OK to feel any emotion. Emotions are what make us human, and awesome.

Take one last deep breath in... and out.

Thank you for colouring and meditating with me today. Remember, you can always use colouring and deep breaths to help you feel calm and understand your emotions when you'd like to feel more mentally fit and calm inside.

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