

Coloring for Calmness



A good way to unplug from electronics and practice mindfulness is the simple act of coloring! Taking care of your own mental health is an important act of self-kindness!

First: Source a wide-selection of coloring pages. This can be done online, through crafts stores, or even by asking students to draw a variety of options!

Second: Make copies of these pages.

Third: Take time once a week to color together and to share what's going on in each others' lives.

Fourth: Make a family gallery to show off your masterpieces!

Take it a step further: Apply for a Random Acts grant to help offset the cost of pages and coloring materials.

Need help completing your kindness act?

Reach out to our Student Group Coordinator for help with planning or assistance.

Need help with funding for your act? We can help you! Apply on the Random Acts website.

Changing the world one random act of kindness at a time

A registered 501(c)(3) organization in the United States. EIN #: 04-3276521



info@RandomActs.org



www.RandomActs.org