

FEELINGS INSPECTORS RESOURCE
Self Care

Mandala Colouring

About this activity

This activity encourages children to relax and reduce stress through colouring.

What do we need?

Coloured pens or pencils.
Print out the templates below in advance



Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

“

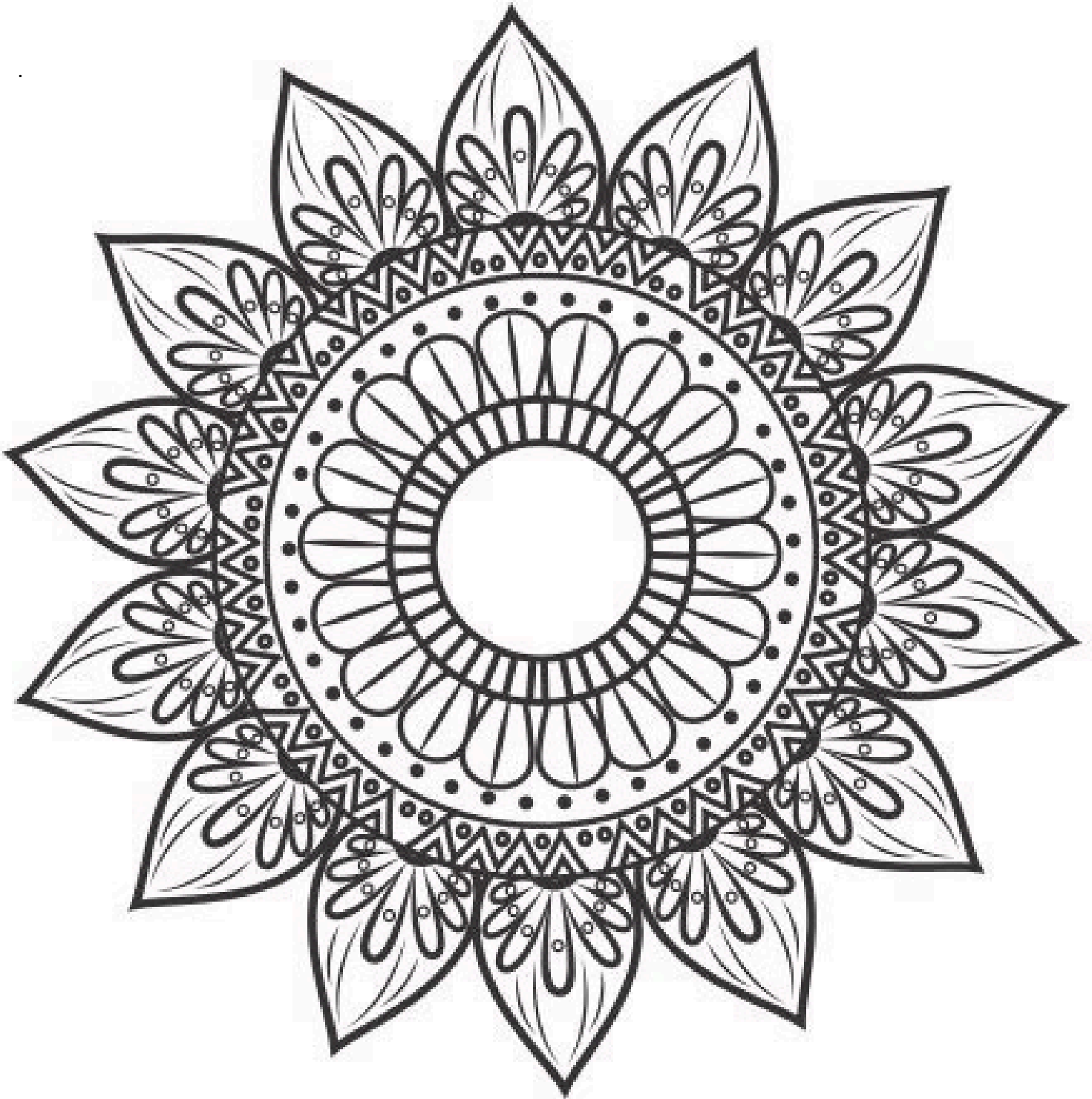
I liked that we could just chat and let our minds wander while we coloured. Your thoughts just pour away.

”

EMPATHY



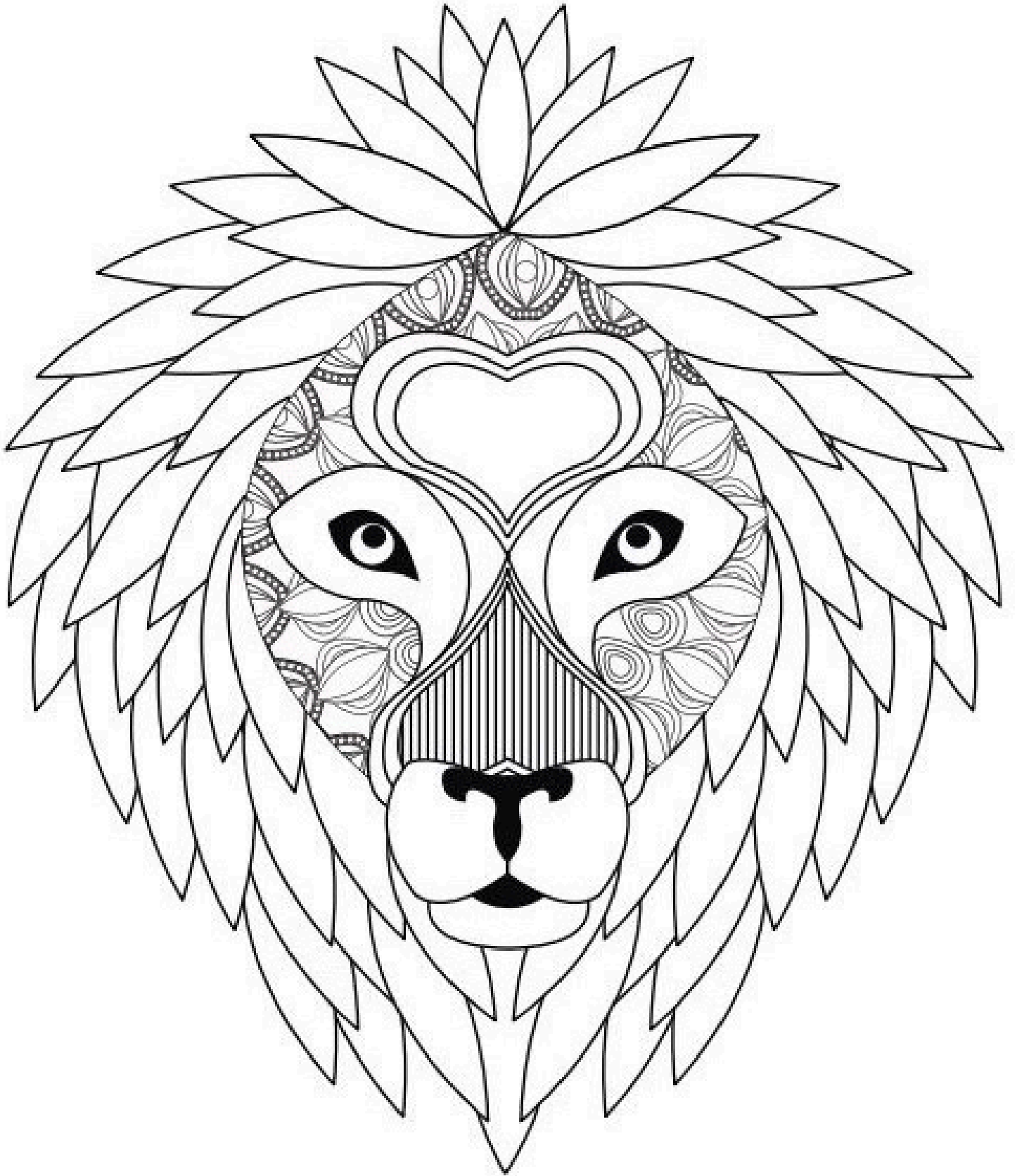
TRUST



LOVE



DIGNITY



KINDNESS



Mandala Colouring

Instructions

Give out the sheets and explain to the children that the only task for this session is to colour in the sheets as a way to relax.

At the end of the session everyone can come together for a short discussion on how colouring and letting their mind wander made them feel.

The use of fine repetitive movements and the deep engagement required for colouring the shapes and patterns of mandalas allows children to stay focused on the activity at hand, leading to mindfulness or 'being in the moment'. This deep engagement in colouring results in stress-relief, reduced anxiety and relaxation. The templates provided also contain the words of the themes of love, kindness, trust, empathy and dignity to allow the children to think about these as they colour.

There are lots of other mandalas available online and children can also create their own or use online mandala generators.

**More
ideas**

A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).