

MANDALA COLORING

There is much research supporting the simple coloring of a pre-drawn mandala produces significant relaxation in school-age children.

The following links will provide you with a free download:

<http://www.coloringcastle.com/>

In the left column near the bottom under the heading "Advanced Coloring" click on "Mandalas"

<http://www.starwheels.com/>

Go to almost the bottom of the page and click on "Free Download: Starwood designs to color in"

Print out mandalas and have youngsters color them in with colored pencils.

<http://www.tlcinstitute.org>

This information is made available courtesy of The National Institute for Trauma and Loss in Children (TLC), a non-profit 501(c)3 program of Children's Home of Detroit (CHD). If you have questions that you would like to ask our TLC Certified Trauma Specialist on staff, or would like a recommendation for a TLC Certified Trauma Specialist in your area, please call TLC toll-free at 877-306-5256 or email us at steele@tlcinst.org