

# TOYBOX



## Relax with Colouring

Colouring is Not Just for Kids!

**Goal:** Try colouring or drawing to help relax and practice mindfulness. You can do this alone or with your family!

**[Tip]:** Turn on some of your favorite music to create a relaxing environment!

**Why is this important?** This activity provides a chance to relax and unwind for a little while. What better way to do that, than harnessing your own creativity! Also, coloring can help improve depression and anxiety in adults.

**Reference:** Flett, J. A. M., Lie, C., Riordan, B. C., Thompson, L. M., Conner, T. S., & Hayne, H. (2017). Sharpen Your Pencils: Preliminary Evidence that Adult Coloring Reduces Depressive Symptoms and Anxiety. *Creativity Research Journal*, 29(4), 409–416.