Use these coloring pages to **save your sanity the week of Halloween or anytime this fall!** The best part?? **Everyone can participate!**

# 10 Ideas for Use:

1. Pass them out during a movie
2. Send them home as some fall fun
3. Set a different one on their desk each day before school for a fun morning surprise
4. Make them an option during choice time
5. Use them for a rainy-day indoor recess
6. Use them for early finishers
7. Have them write sentences or a story to match the coloring page
8. Use them as a follow-up from doing something hard, like state testing
9. Use them to help students discuss Halloween or fall plans
10. Display them to brighten up your classroom during the fall season!

# Included in this Resource:

1. 20 coloring pages for Halloween and fall. Available in 3 sizes:
    1. Full page
    2. Half Page
    3. Small post card size
2. Color versions available for 3 of the styles to use for fun classroom display or ideas for coloring!

# Custom Designs Credit:

Andrea Bufford Art

www.andreabufford.com

andrea bufford

# Health Benefits of COLORING

## 1. Reduces stress and anxiety.



- According to Mayo Clinic Health System…

"Coloring is a healthy way to **relieve stress**. It **calms the brain and helps your body relax**. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety."

- Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

## 2. Promotes mindfulness.



- Coloring helps you stay in the moment and build your focus stamina, just what's needed for taking lengthy tests.

## 3. Embraces the imperfect.



- There is no right or wrong answer with coloring.

## 4. Improve motor skills and vision.



- Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines. choosing colors generates a creative thought process.

## 5. Improve sleep.



- We get a better night's sleep when avoiding engaging with electronics at night because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

## 6. Improve focus.



- Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

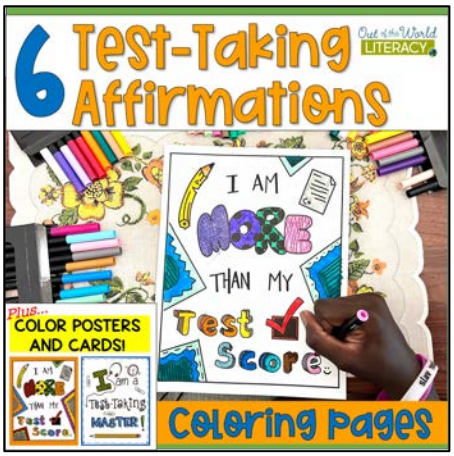
## 7. Replace Negative thoughts.



- "concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones," Dr. Joel Pearson, a brain scientist at the University of New South Wales in Australia told Medical Daily.

Copyright: Out of This World Literacy (Jen Bengel)

See other Coloring Resources by clicking the images below



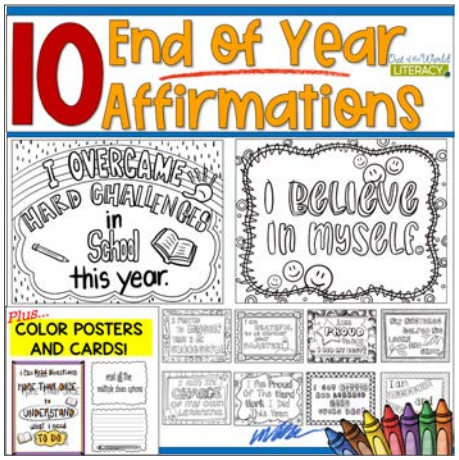

Test-Taking Affirmations




Test-Taking Affirming Tips




Earth Day Affirmations




End of Year Affirmations



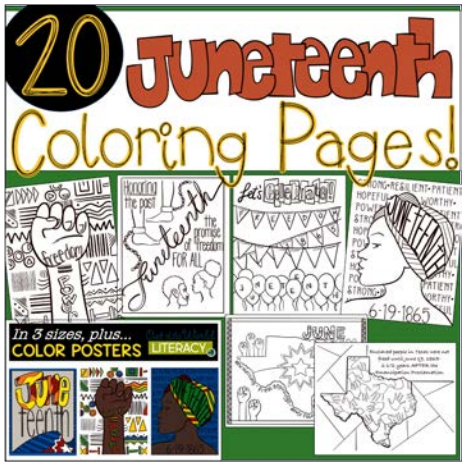

Pride Coloring




Father's Day Coloring




Summer Coloring




Juneteenth Coloring




Mother's Day Coloring

Copyright: Out of This World Literacy (Jen Bengel)

# 20 Fall Coloring Pages!

Out of this World LITERACY











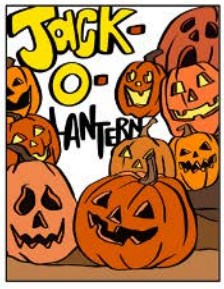


*In 3 sizes, plus...*
**COLOR POSTERS**



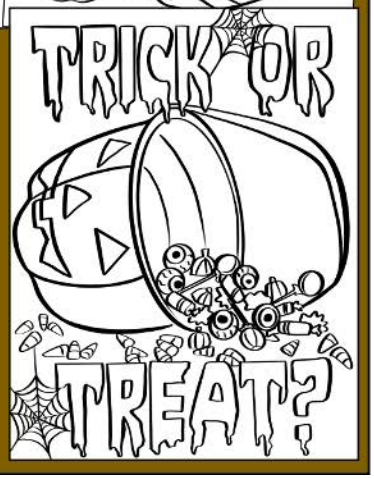






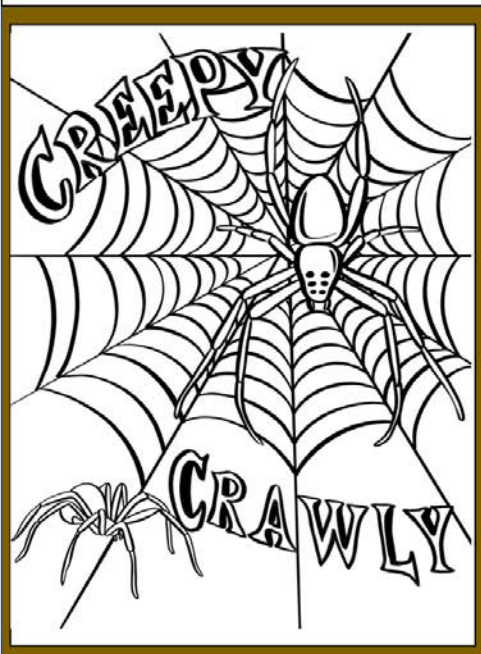






# Available in 3 Sizes

Out of this World LITERACY










Full Page

2 per Page

4 per Page

# 10 Ideas To Use

| | |
|---|---|
| 1 Pass them out to color during a movie! | 6 Send them home for some fall fun! |
| 2 Set a different one on their desks each morning! | 7 Make as an option during choice time! |
| 3 Great rainy-day indoor recess activity! | 8 Relaxing fun for early finishers! |
| 4 Write sentences or make a story to match the coloring page! | 9 Use them as a follow-up from doing something hard, like state testing! |
| 5 Use them to set fall goals or create fall quotes! | 10 Display them to brighten up your classroom this fall! |

# 7 Health Benefits Of COLORING

Out of this World LITERACY

1. **Reduces stress and anxiety.** Calms the brain down and helps students relax.
2. **Promotes mindfulness.** Helps students stay in the moment and build focus stamina.
3. **Embraces the imperfect.** There is no right or wrong answer with coloring.
4. **Improves fine motor skills.** It requires both sides of the brain to communicate.
5. **Improves sleep.** By using coloring to avoid excessive screen time, students sleep better at night.
6. **Improves focus.** Coloring opens up the frontal lobe, which improves organization and problem solving.
7. **Replace negative thoughts.** Concentrating on coloring a pleasant image can replace negative images.