Use these coloring pages to **save your sanity during the hectic holiday season!** The best part?? **Everyone can participate!**

10 Ideas for Use:

1. Pass them out during a movie
2. Send them home as some holiday 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 an 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 Christmas plans
10. Display them to brighten up your classroom during the holiday season!

Included in this Resource:

1. 20 coloring pages for holidays around the world. 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 Holiday Resources by clicking the images below



Holidays Around the World Reading Comprehension Passages - Lexile Leveled

By Jen Bengel - Out of This World Literacy

Do you wish you could determine all your students' reading abilities in one day so you could provide appropriate learning opportunities for them at the start of the year?If that's you, then these Lexile-Leveled...

Subjects: English Language Arts, Reading, Holidays/Seasonal
Grades: 2nd, 3rd, 4th, 5th, 6th
Types: Activities, Assessment, Google Apps

$12.00

★★★★★ 9

Digital Download
PDF (34.22 MB)

ADD TO CART

WISH LIST



Holidays Around the World Reader's Theater Bundle

By Jen Bengel - Out of This World Literacy

This is a super exciting resource that will help your students:Learn about important growth mindset perspectivesDevelop character education skillsBuild reading fluency by performing a reader's...

Subjects: English Language Arts, Balanced Literacy, Holidays/Seasonal
Grades: 2nd, 3rd, 4th
Types: Printables, Scripts, Graphic Organizers

$15.99

★★★★★ 38

Bundle

ADD TO CART

WISH LIST



GRADE LEVELS
Not Grade Specific

SUBJECTS
Arts & Music, Holidays/Seasonal, Christmas/ Chanukah/ Kwanzaa

RESOURCE TYPE
Activities, Printables, Posters

FORMATS INCLUDED
✓ PDF

PAGES
39 pages

$4.50

Edit Listing

Download

Share this resource

Report this resource to TPT

Copyright: Out of This World Literacy (Jen Bengel)

Terms of Use:

****** This purchase is for one teacher only. ******

*** This resource is not to be shared with colleagues or used by an entire grade level, school, or district without purchasing the proper number of licenses.

To share this resource with colleagues you must:

1. Go to 'My TpT' on the top right of your screen
2. Click on 'My Purchases'
3. Click the 'Buy Additional Licenses' button
4. Purchase a discounted license for each colleague you plan to share this resource with

*** The license in not transferrable to another person.

*** If you are a coach, principal, or district interested in a site license, please contact me for a quote at jenbengel5@gmail.com.

*** This resource may not be uploaded to the internet in any form, including classroom/personal websites and network drives.

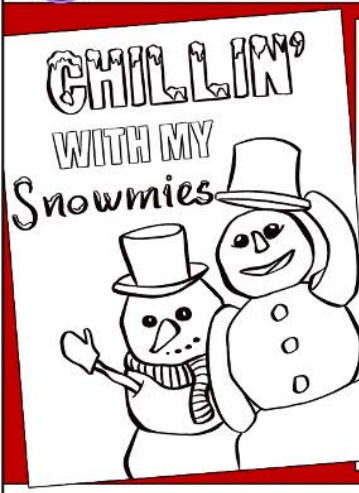
This Resource is NOT to be:

- Used by an entire grade level, school, or district without purchasing the proper number of licenses.
- Resold or redistributed
- Modified and resold
- Shared on databases, where individuals other than the purchaser have access

I work very hard to provide you with high-quality, time-saving resources and I greatly appreciate your support. Thank you for respecting my work and for respecting my terms of use!

Jen Bengel

20 Christmas Coloring Pages!



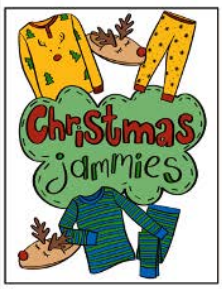




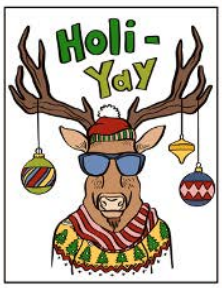


In 3 sizes, plus...
COLOR POSTERS

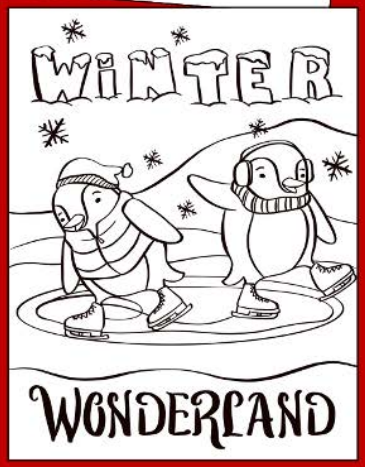
Out of this World LITERACY





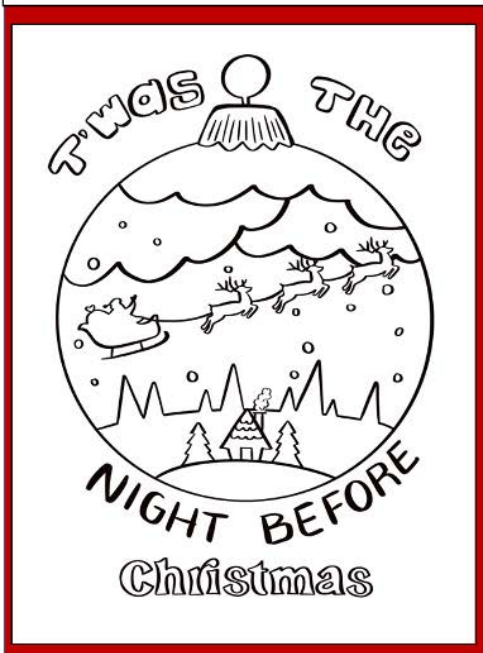


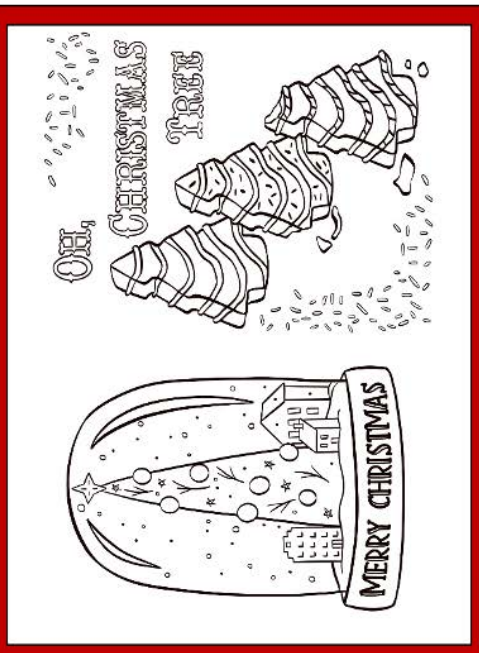




Available in 3 Sizes

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

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.