Use these coloring pages and writing prompts to **save your sanity during the hectic new year!** The best part?? **Everyone can participate!**

Included in this Resource Bundle:

1. 20 coloring pages for New Year's fun.
2. Color versions available for 10 of the styles to use for fun classroom display or ideas for coloring!
3. Pages available in 3 sizes:
    1. Full page
    2. Half page
    3. Quarter page
4. 10 creative writing prompts in full sheets with custom art.
5. Each prompt focuses on a key word:
    1. Brave
    2. Good things
    3. Fresh
    4. Achieve
    5. Learn
    6. Improve
    7. Love
    8. True
    9. Excited
    10. Happiness

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.

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See other New Years Resources by clicking the images below



New Year's Resolutions

By Jen Bengel - Out of This World Literacy

New Years ResolutionsHappy New Year! Enjoy this resource of NO PREP printable resources.You can also see other NO PREP resources for the Common Core and Holidays by clicking the link below:NO PRE...

Subjects: Reading, Arts & Music, Writing
Grades: 2nd, 3rd, 4th, 5th, 6th
Types: Activities, Printables, Graphic Organizers

$3.00

★★★★★ 250

Digital Download
PDF (10.48 MB)

ADD TO CART

WISH LIST



3 Growth Mindset Reader's Theaters - New Year's Resolutions

By Jen Bengel - Out of This World Literacy

This is a super exciting resource that will help your students:Discover what a New Year's Resolution is and how to set one of their ownBuild reading fluency by performing a reader's theaterGain confidence as...

Subjects: English Language Arts, Balanced Literacy, The New Year
Grades: 2nd, 3rd, 4th
Types: Printables, Scripts, Graphic Organizers

$6.95

★★★★★ 18

Digital Download
PDF (10.03 MB)

ADD TO CART

WISH LIST



Grammar Games - Silly Stories for New Year's Eve

By Jen Bengel - Out of This World Literacy

Happy New Year!I created some New Years silly stories (think Mad Libs™) that the kids can create with a partner or small group. I hope you and your students enjoy these activities and have fun reading...

Subjects: English Language Arts, Reading, Grammar
Grades: 2nd, 3rd, 4th, 5th, 6th
Types: Activities, Printables, Centers

$3.00

★★★★★ 6

Digital Download
PDF (7.19 MB)

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WISH LIST

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See all the Coloring Pages Sets Now!

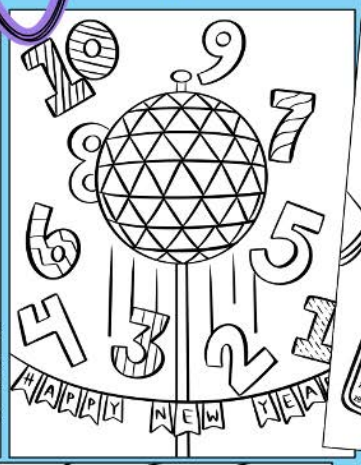
Coloring Pages Bundle



20 New Year's Coloring Pages!









In 3 sizes, plus...
COLOR POSTERS

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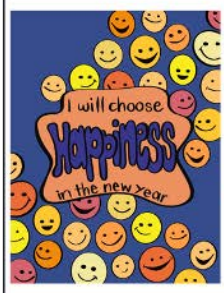
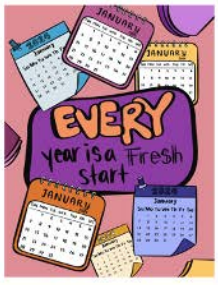
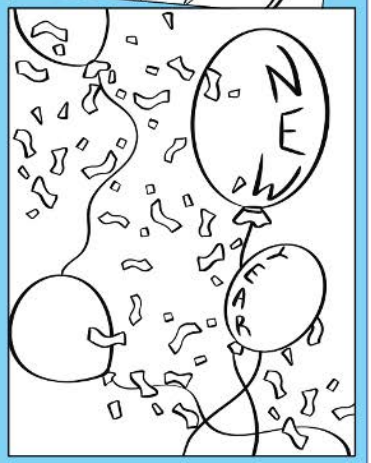




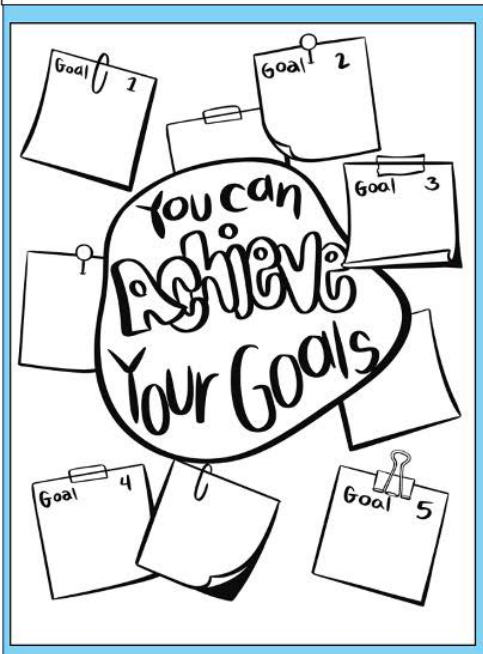






Available in 3 Sizes

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 New Year's goals!
6. Send them home for some New Year's 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 the New Year season!

7 Health Benefits Of COLORING

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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.

10 New Year's Writing Prompts

Name: _____ Date: _____

BRAVE

What is one way you can show bravery in the new year?

Who is the bravest person you know? Why?



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Name: _____ Date: _____

GOOD THINGS

What good things do you hope will happen to you in the new year?

What good things can you do for someone else?



Begin the New Year by setting new goals!

Name: _____ Date: _____

FRESH

A fresh new year brings change. What changes would you like to happen?

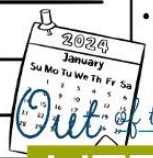
What is something new you would like to try?

Name: _____ Date: _____

ACHIEVE

What is one BIG goal you want to achieve? How will you do it?

What is one SMALL goal you know you can achieve in the new year?





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Reflect and prepare to learn this New Year

Name: _____ Date: _____

IMPROVE

What is a lesson that you learned last year?

Think of a mistake you made. How can you make sure you don't do it again?

Name: _____ Date: _____

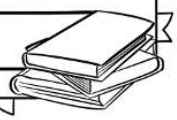
LEARN

List 2 things you would like to learn about in the new year?

1) _____

2) _____

What makes you want to learn about those things?



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Set a positive mindset for the New Year

Name: _____ Date: _____

EXCITED

What are you most excited to DO in the new year?

Where are you most excited to GO in the new year?

Name: _____ Date: _____

HAPPINESS

I will choose to be happy when...

I will keep my smile and positive attitude even if...



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