Use these coloring pages and posters to **discover all the Summer Games that are played!** The best part?? **Everyone can participate!**

10 Ideas for Use:

1. Pass them out during a movie
2. Send them home as some Summer game 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 Summer games page.
8. Use them to decorate your room or a bulletin board.
9. Use them to help students discuss their favorite Summer games sports.
10. Display them to brighten up your classroom during the Summer games.

Included in this Resource:

1. 26 coloring pages and color posters for Summer games.
2. ABC posters and coloring pages. Learn a new Summer game for every letter in the alphabet!

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.

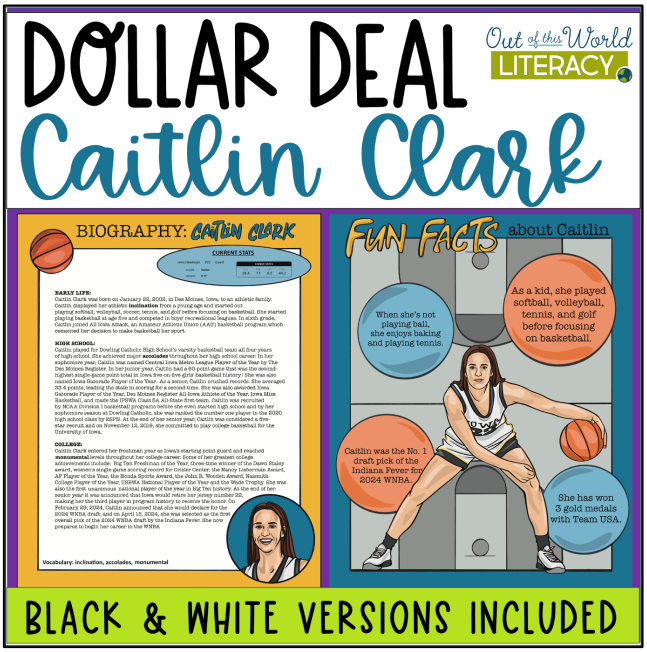
- Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

7. Replace Negative thoughts.

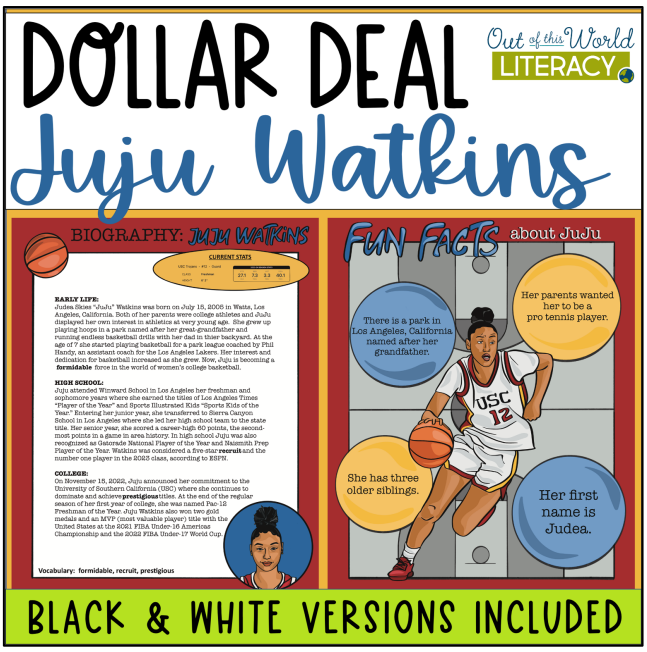
- "concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones," Dr. Joel Pearson, a brain scientist at the University of New South Wales in Australia told Medical Daily.

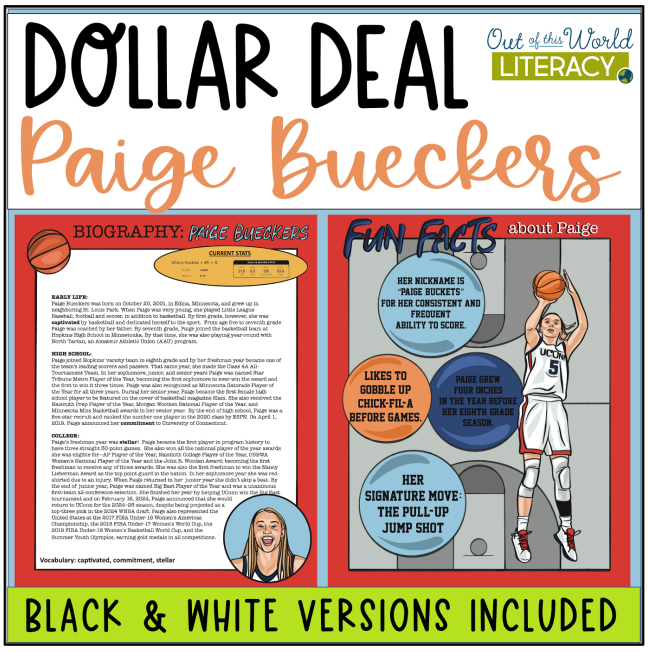
Copyright: Out of This World Literacy (Jen Bengel)

See other Sport and Literacy Resources by clicking the images below





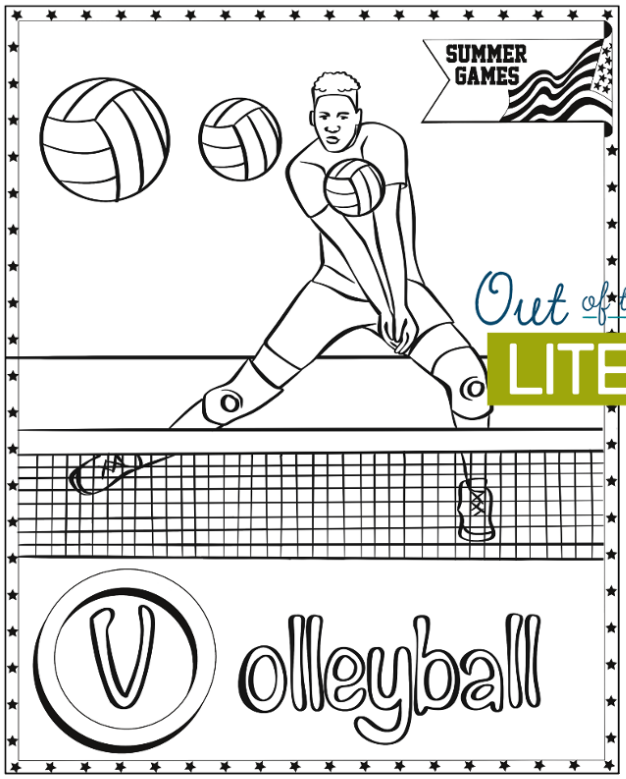




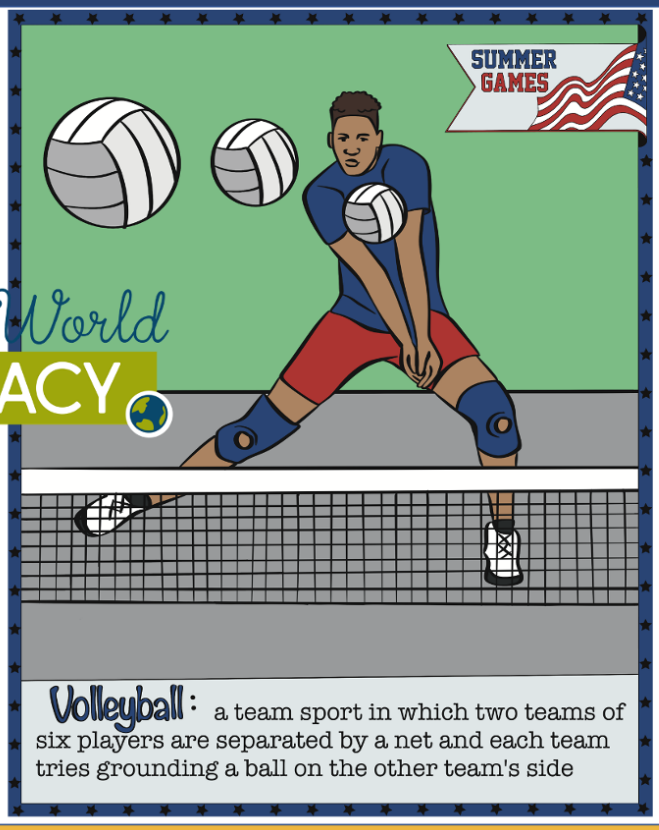
Copyright: Out of This World Literacy (Jen Bengel)

LEARN THE GAMES!

SUMMER GAMES



Out of this World LITERACY

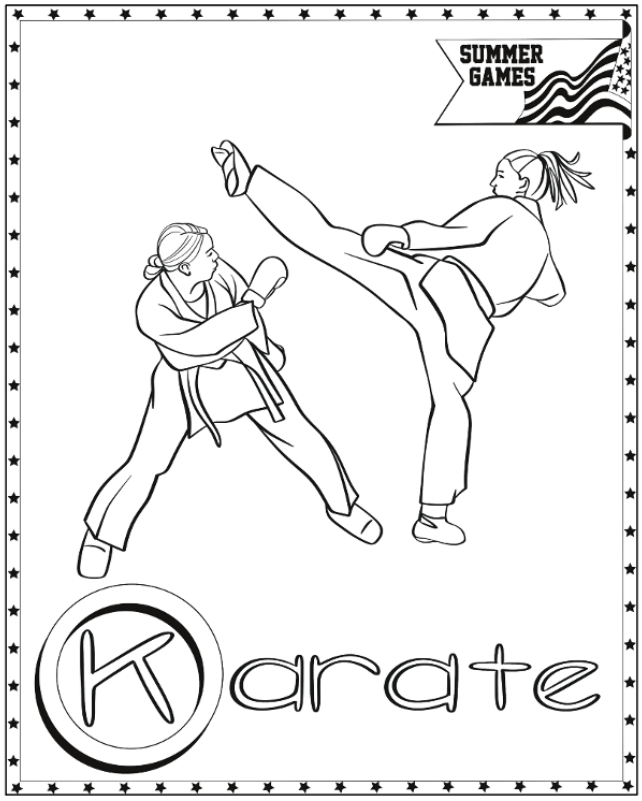


26 COLORING PAGES & COLORED POSTERS!

26 POSTERS TO STUDY, COLOR, DISPLAY!

SUMMER GAMES







Out of this World LITERACY

26 COLOR POSTERS TO DISPLAY!





Archery: sport involving shooting arrows with a bow

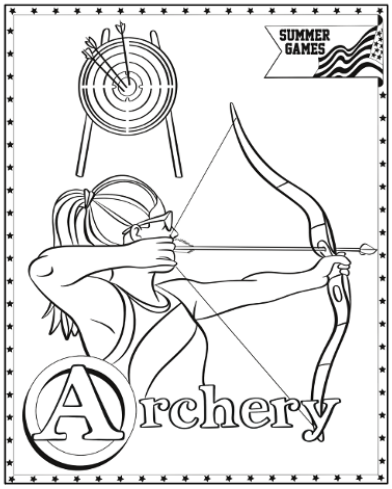


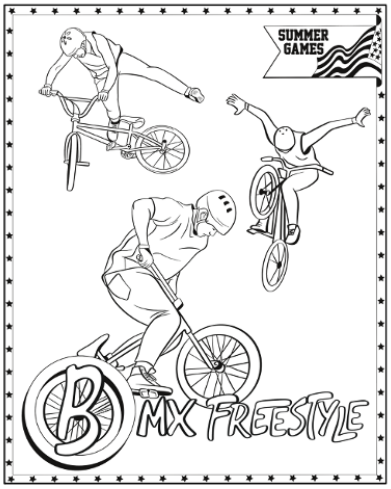
Climbing: an indoor competitive sport where the players need to climb the artificial walls

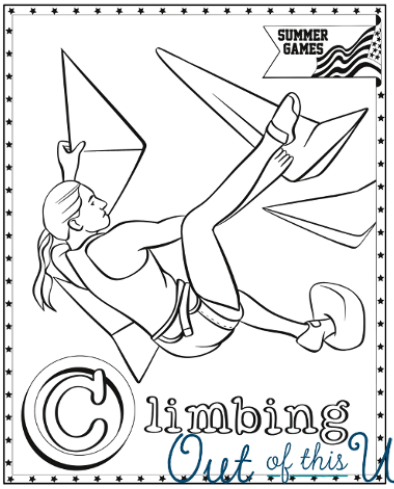
Out of this World LITERACY

DISCOVER A NEW GAME FOR EVERY LETTER IN THE ALPHABET!

SUMMER GAMES







Out of this World LITERACY

