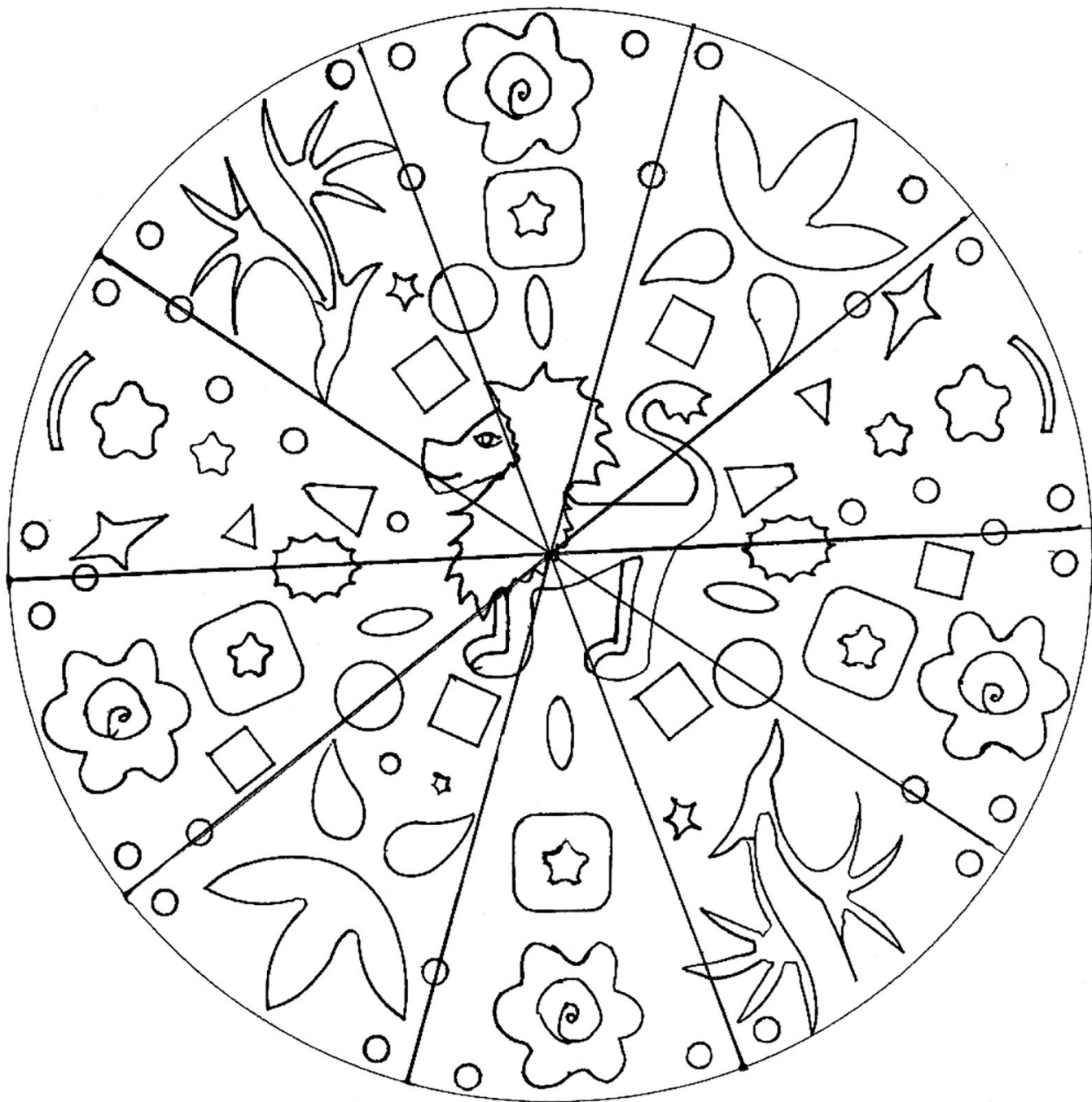
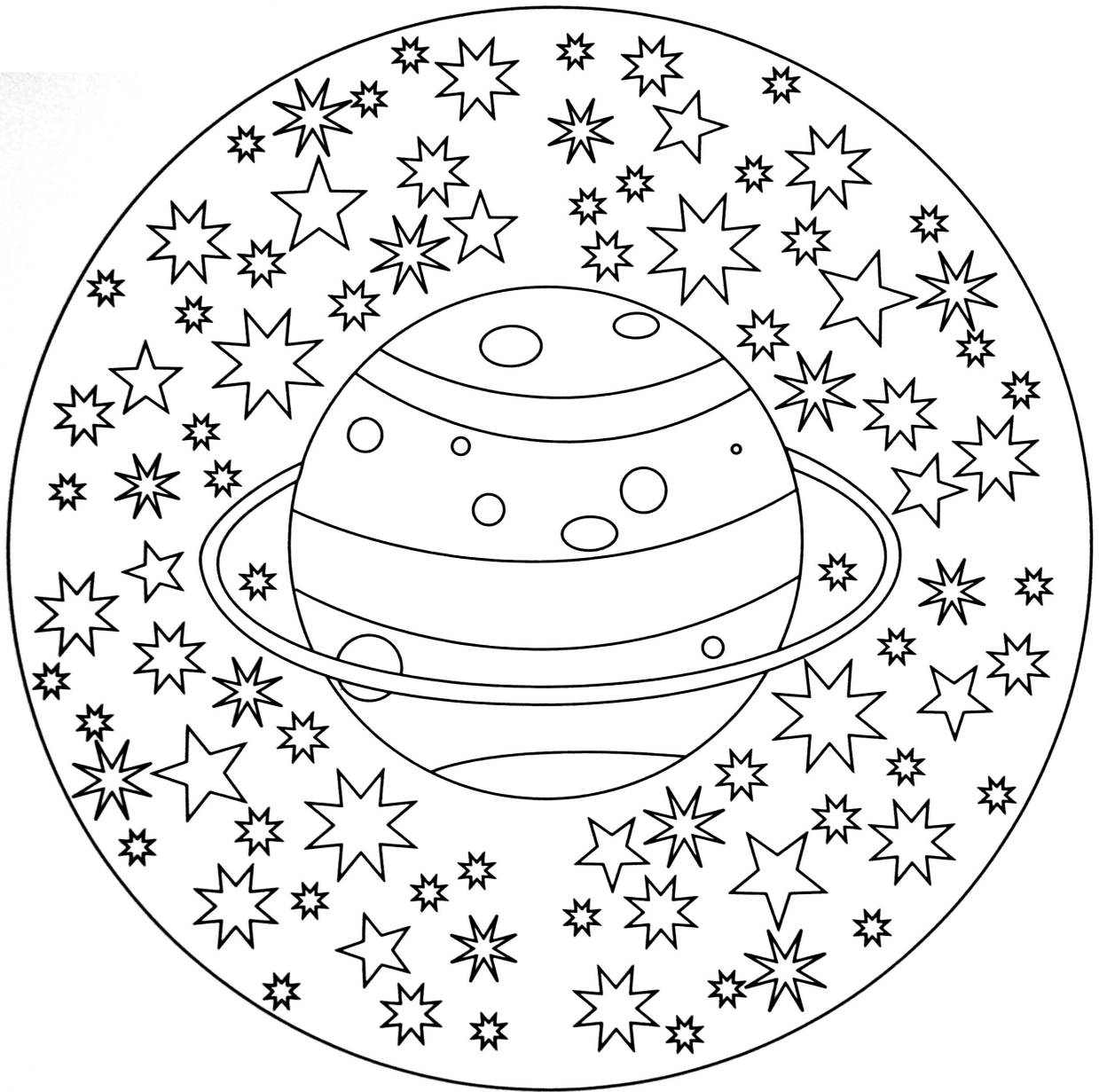


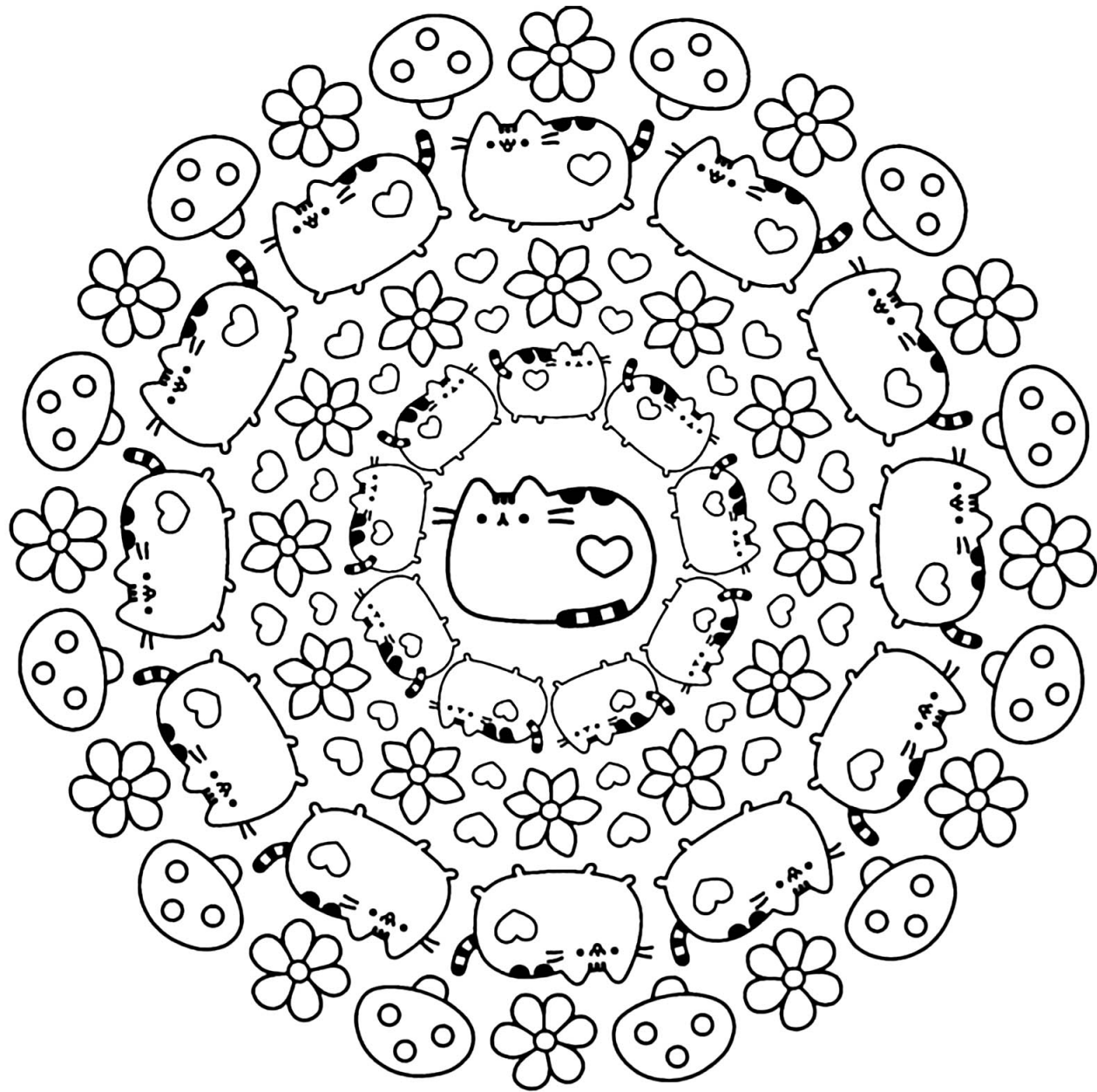
Color Your Stress Away Mandalas

Student Counseling & Disability Services for Students

A mandala is a spiritual practice to help with focus and meditation. The designs involve a circular geometric pattern all organized around a main point. Designs vary from easy to difficult. Symbolically it represents wholeness. This activity helps small children develop patience and helps everyone of all ages destress. Print one or all the designs below (from <https://www.free-mandalas.net/>).





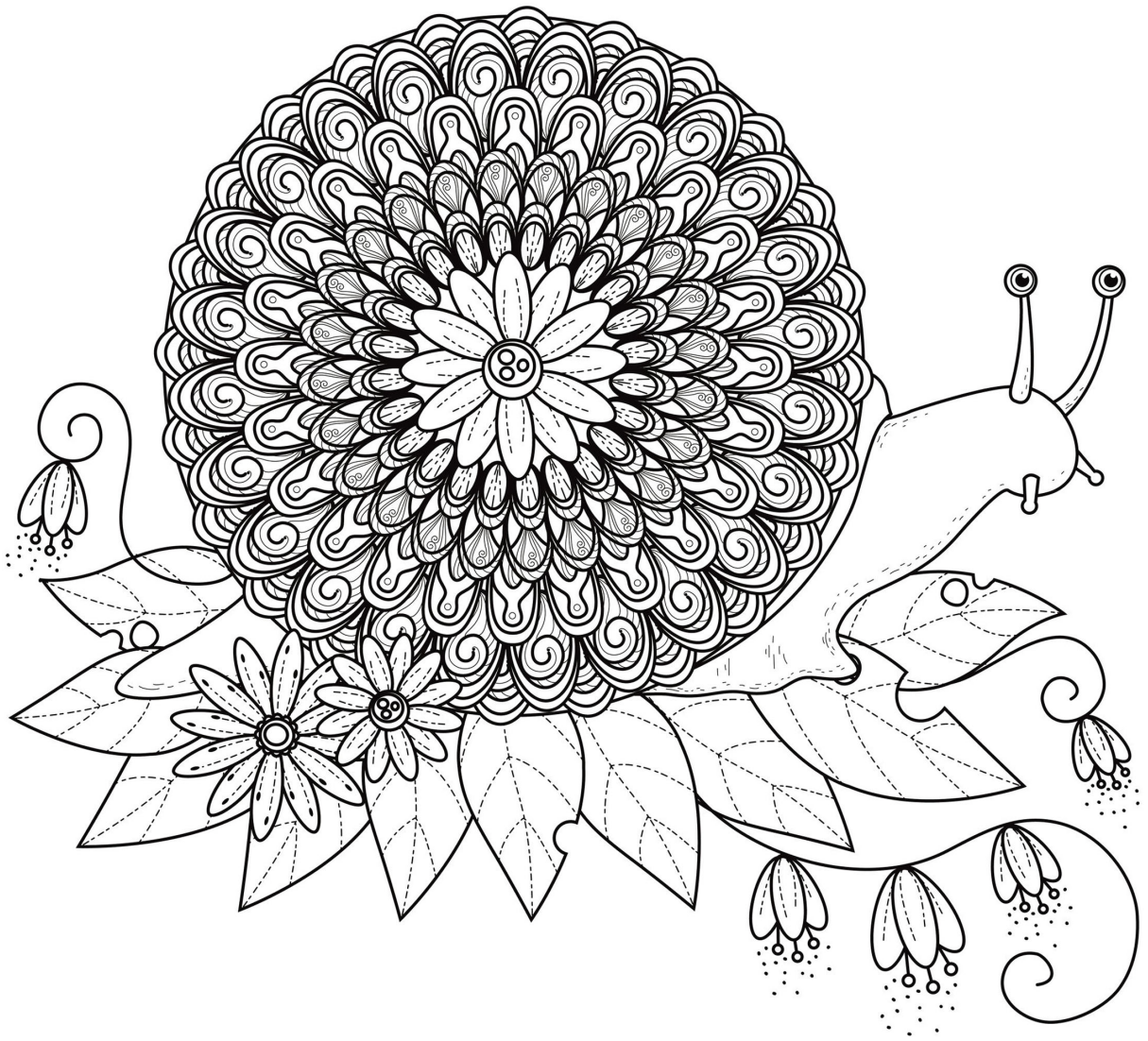




Just Color



Just Color





Just Color

