



COLORING

Do you remember coloring as a child and that distinctive, unique smell of Crayola crayons? (It is actually from beef fat!) From the original 8 color box to the double decker box of 64 colors with its own built-in sharpener in the back, nothing was like a new box of crayons especially at the start of the new school year! Well, Crayola is still around, and so is the coloring book industry. In fact, bigger and better than ever with a NEW coloring group – ADULTS!

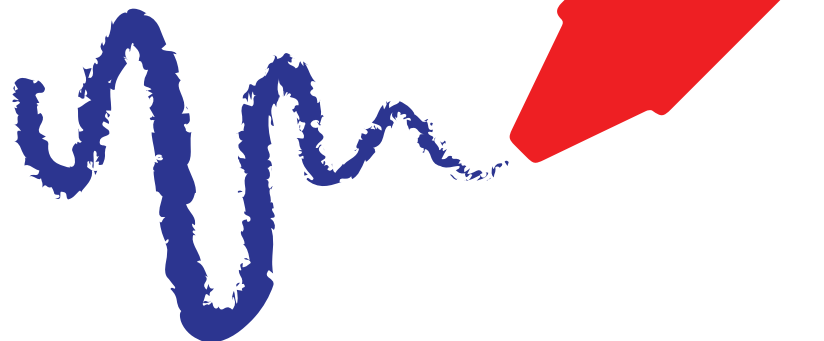
The adult coloring book industry has expanded and is here to stay with seniors with and without dementia finding this activity to be relaxing, creative and good for the mind, body, and soul. In 2015, the Adult Coloring Book: Stress Relieving Patterns, was a NYT Best Seller and sold over half a million copies. Why was it such a huge success? Coloring helps millions of people relax and instantly feel calmer as they color the uniquely designed patterns specifically created to encourage stress relief.

Coloring improves eye-hand coordination, is an outlet to express one's self, and has been proven to improve moods reducing stress and agitation because the concentration needed to color allows one to “forget your troubles” while coloring.

Who knew that this simple activity from childhood is so powerful and beneficial to seniors with dementia? Now all you need to know as your client's caregiver are the right coloring pages and tools to use and learn some tips to plan exciting and stimulating coloring sessions.

A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!

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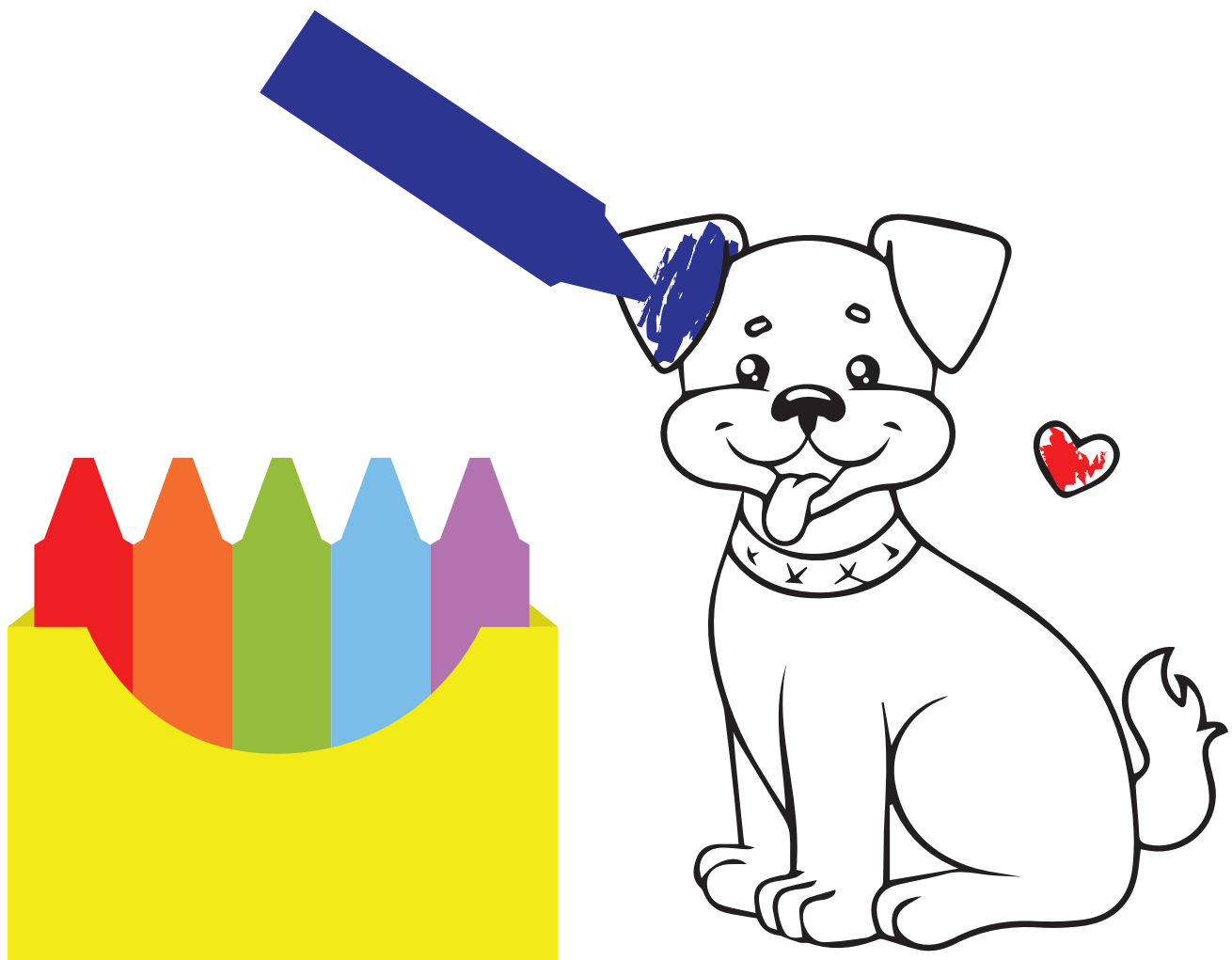


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APPROPRIATE COLORING PAGES

Like all activities, it is the caregiver's responsibility to find the "right" coloring pages for their client. Depending on your client's abilities, choose from children to adult coloring pages according to their skill level. Find coloring pages of your client's interests.

For those clients with advanced dementia, avoid busy, intricate patterns or pictures that can confuse or aggravate them. Use simple pictures like animals, flowers, and landscapes. Use vintage coloring books from time periods when they were younger for familiar items from their past.



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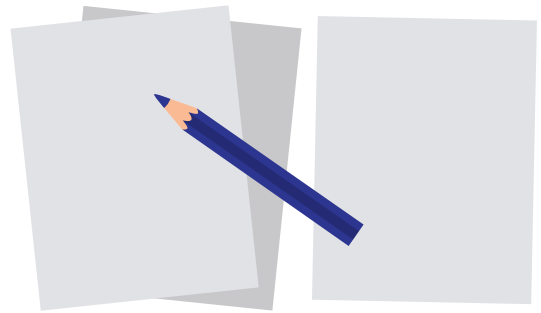
COLORING UTENSILS

- If your client feels “crayons are for babies”, try other coloring tools like colored pencils.
- Watercolor pencils allow blending.
- DON'T use markers – they bleed through the paper.
- Large grip utensils help those with arthritis or hand deformities.
- Look for small tip utensils to allow your client to get in smaller places.



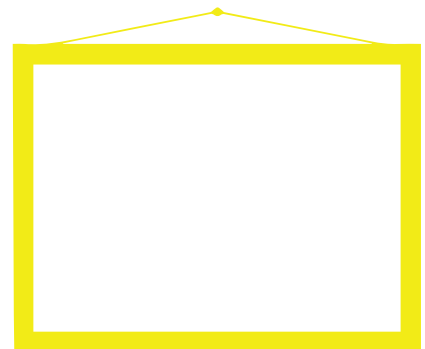
PAPER OPTIONS

- Print coloring pages on heavyweight artist grade paper from an art store for added oomph.
- Vary the thickness and texture of the paper for different results.



CELEBRATING YOUR CLIENT'S ARTWORK

- Encourage and praise your client for their creation.
- Create an “art wall” by designating one prominent wall in your client’s home and post artwork there for all to see.
- Frame special pieces. (You can get frames for \$1 at the Dollar Store.)
- Mail finished masterpieces to loved ones and residents in nursing homes.
- Make bookmarks - laminate and cut into 2” wide strips, single-whole punch at the top, thread ribbon or yarn and write a personal note, word of encouragement or bible scripture verse on the back and give out as presents.



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MORE IDEAS

- Try unusual surfaces to color like sandpaper, wood, plywood, bark.
- Visit this link for 3-ways to capture texture for colored pencil drawings.



[3 Ways to Capture Texture for Colored Pencil Drawings](#)

LINKS TO FREE COLORING PAGES

[Free Coloring Pages for Seniors](#)

[The Colouring Book](#)

[Coloring Pages for Seniors](#)

LINKS TO COLORING BOOKS FOR PURCHASE

[5 Beautiful Coloring Books for Seniors](#)

[Coloring Books for Adults](#)

[Large Print Coloring Books for Seniors](#)

Finding the right tools will help make your coloring sessions exciting, stimulating, and successful. Perhaps schedule a coloring session as part of your client's daily or weekly routine and add peaceful and creative moments to their life. So, go ahead and together with your client, get your "coloring on". We would love to see some of your creations and celebrate with you!



Play some calming and relaxing music in the background from *Just Breathe*.

