

Coloring Book

Establishing collective principles through the act of coloring



Ways to Implement This Activity

There are a few ways to go about this activity in a classroom setting:

- Each student can complete the entire worksheet in an extended classroom session or as homework.
- The worksheet can be used in a shorter time by breaking the class into small groups to complete Part (1), then letting each student individually complete Part (2) either during the classroom session or for homework.
- Once the worksheet is complete, students can optionally come together for Part (3) to share their principles and collectively agree upon a community code of conduct.
- Consider showcasing the final pages of this worksheet, which illustrate the original principles, in your classroom as a reminder throughout the academic year.

Why A Coloring Book?

According to clinical psychologist Scott M. Bea, PsyD, coloring is a calming activity for all ages because it refocuses our attention, and takes us outside ourselves. *Source: Cleveland Clinic*

What Does Coloring Do to Relax People?

1. Our attention flows away from ourselves

"It is very much like a meditative exercise."

2. It relaxes the brain

"You're not disturbed by your own thoughts... and both your body and your brain may find this rewarding."

3. Low stakes make it pleasurable

"Coloring can be a wonderful escape, rather than a demanding test of our capacities."

Activity

Let's consider essential principles for engagement and conversation in community spaces, like a classroom.

In every community space, it is meaningful to take the time for everyone to come together and create a shared code of conduct with principles that define behavioral expectations and agreed-upon norms.

Establishing cooperative principles helps create communities of respect, kindness, empathy, and belonging. In addition, once the code is agreed upon, everyone has a guiding framework for holding themselves and others accountable.

Through this activity, you will have the opportunity to reflect on a few provided guiding principles while taking time to relax and rejuvenate your mental well-being through the act of coloring. We recommend using the *Crayola Colors of the World Crayons* set which was created to support coloring in different skin tones.

Then, you can create your own principle to propose for a shared community code of conduct for one of your own community spaces, such as your classroom.

Part 1: Suggested Principles for Community Spaces

The following five pages each include a principle and a cartoon graphic for coloring that illustrates it. There is also space, as well as a guiding prompt, for reflecting on each principle.

Take time to sit and think about what each one means to you and how you can act in ways that reflect the principle in your daily experience.

LISTEN TO LEARN,
NOT RESPOND!



What does this principle mean to you? What does this look like in action?

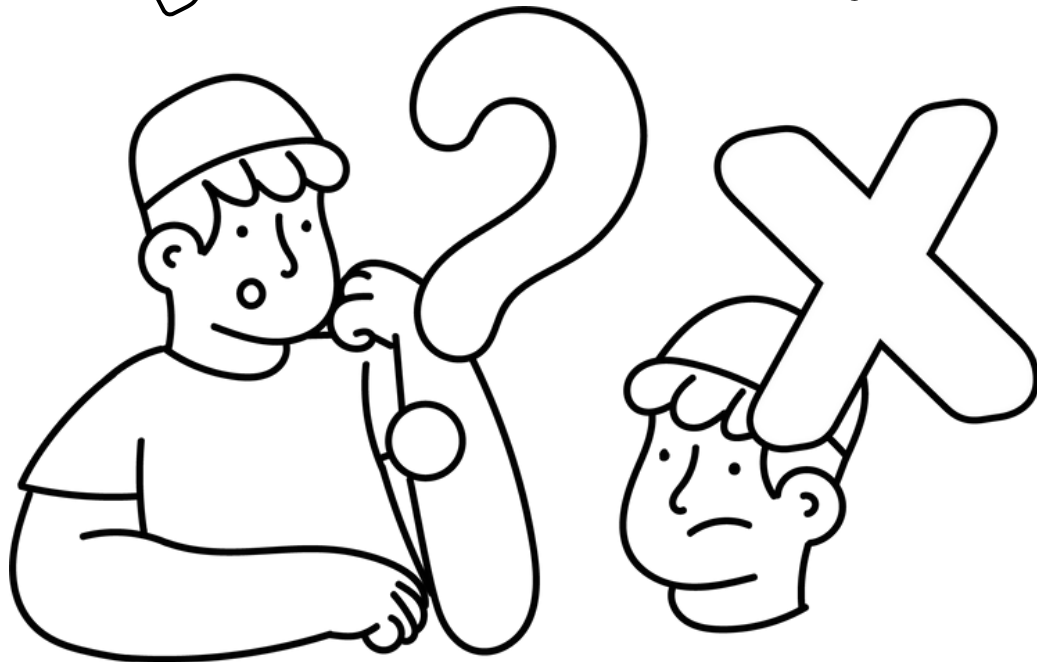
SHARE AIR TIME!

MAKE SPACE FOR OTHERS TO SHARE



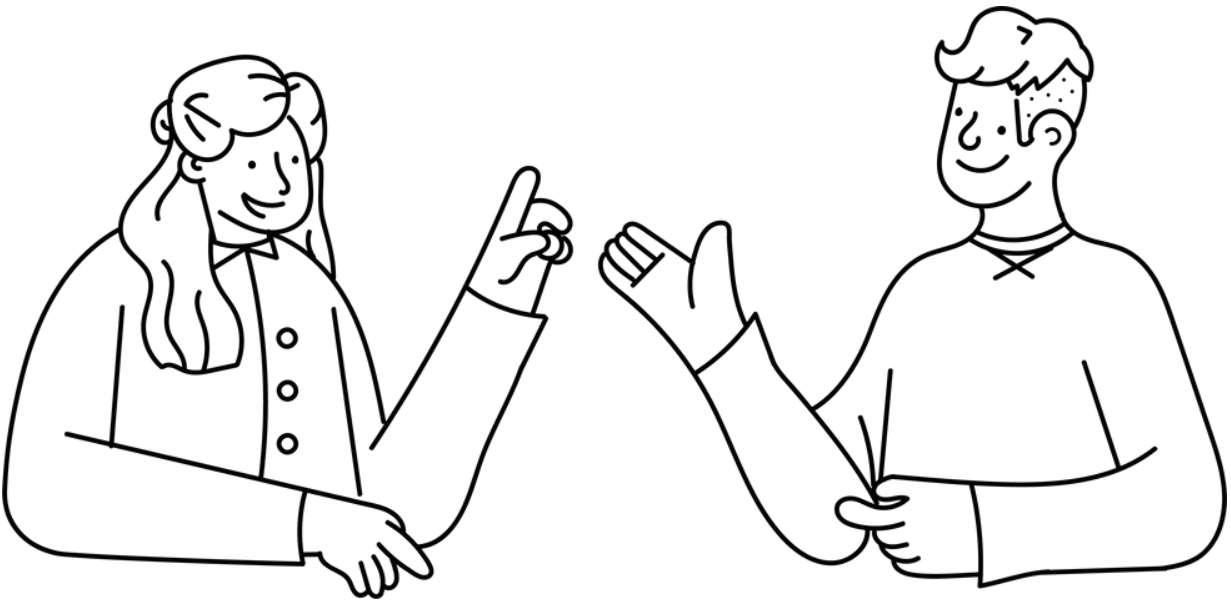
What does this principle mean to you? What does this look like in action?

TURN TO CURIOSITY
BEFORE CRITICISM



What does this principle mean to you? What does this look like in action?

CHOOSE DIALOGUE OVER DEBATE



What does this principle mean to you? What does this look like in action?

ASSUME GOOD INTENTIONS



What does this principle mean to you? What does this look like in action?

Part 2: Create Your Own Principle

Now that you have thought about and colored in our proposed principles, we would like you to think of one for your own community space.

Think about a phrase that illustrates what is important to you regarding how people treat themselves and others in a community. What principle would you want in a shared code of conduct that would make you feel safe, included, and respected by others?

Once you have written down the phrase, brainstorm a visual representation of the principle to draw, and then use the space below to illustrate that image.

Principle: _____

What does this principle mean to you? What does this look like in action?

Part 3: Community Code of Conduct (Optional)

Now that you have brainstormed, written down, and attached an image to a phrase or principle that's important to you, share it with the rest of the class.

Through this activity, you have all collectively created guiding principles that your classroom can put together to form a community code of conduct.

- Collect everyone's phrases/drawings and display them in a visible space in your classroom.

As a classroom community, you now all have your guiding principles available to reference daily. Remember to hold yourselves and each other accountable because you have made a shared promise and commitment to one another!