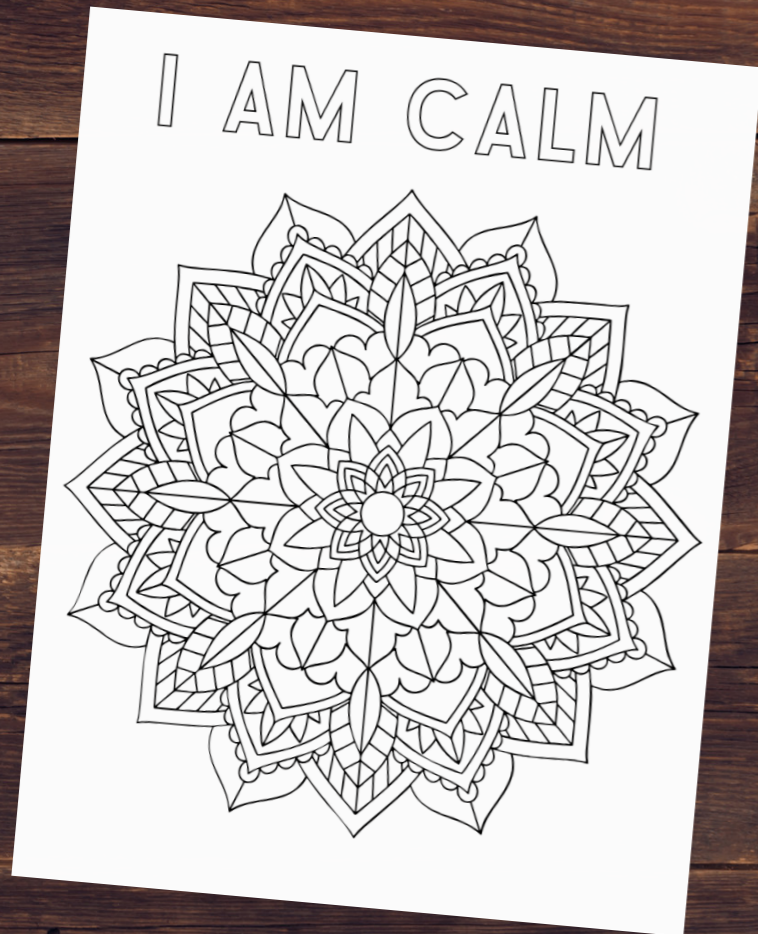


Mandala Coloring Pages

Social-Emotional Learning Activities



Introduction

Social-emotional learning is a methodology of instructional practices and relationship-building activities that allow all humans to feel safe, healthy, loved, and regulated in our world. Social-emotional learning (SEL), as defined by the Collaborative for Academic, Social, and Emotional Learning (CASEL) is "the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

One of the many ways that human beings can self-regulate is by working on art that soothes the mind. Coloring pictures such as mandalas, Zen tangles, and other patterned shapes provide time to decompress and relax when our brain is in a heightened state of arousal.

Rationale

The concepts used at SELebration Learning™ are concepts that are research-based. They have been proven to increase the social-emotional health and wellness of children and adults.

By teaching SEL skills in an explicit way, teachers have the opportunity to make a positive impact on the students that they serve in their classroom.

Once skills have been taught explicitly, students are able to begin to incorporate these social-emotional skills into their daily practice. The skills also become transferable. Students will begin to use these skills in other classes, with friends, with clubs and sports teams, and at home.

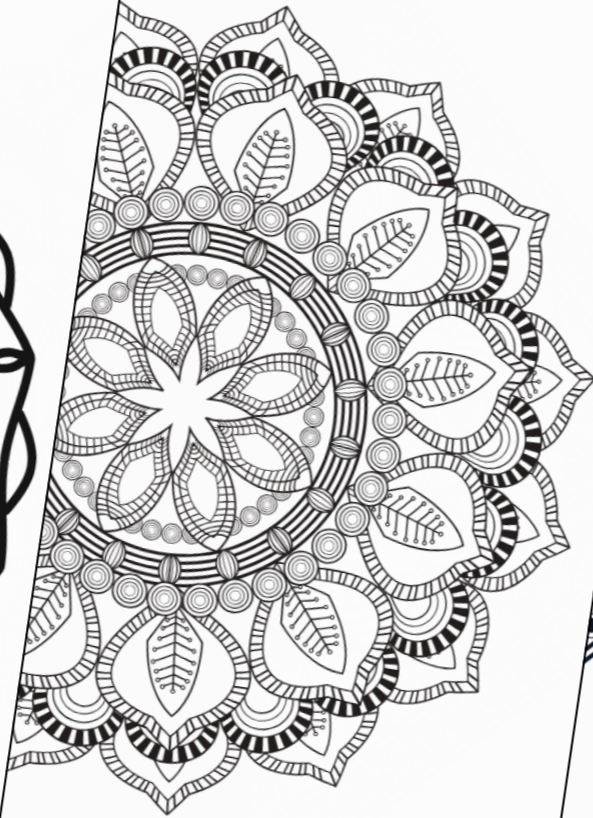
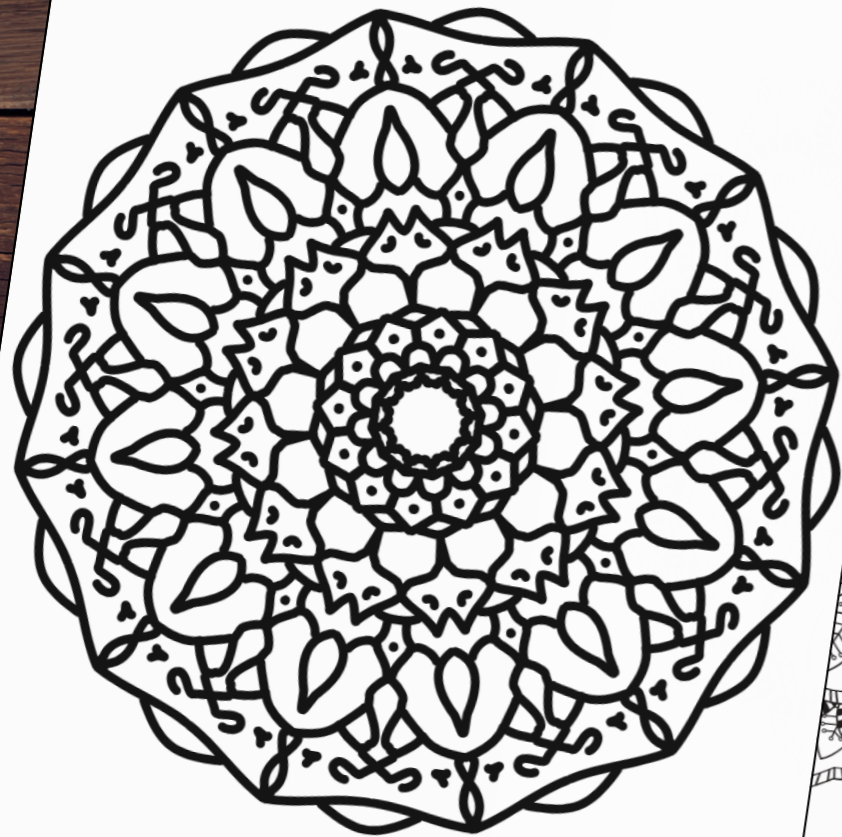
It is recommended that this product be used in conjunction with a Calm Down space in your classroom.

Table of Contents

- Pages 5-24: Mandala-inspired Zentangles (no words) - 20 unique designs
- Pages 25-44: Mandala-inspired Zentangles (with 'I Am Calm') - 20 unique designs

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Mandala Zentangle Coloring Pages



Mandala Zentangle Coloring Pages with "I AM CALM" Caption

CASEL COMPETENCIES

- Self-Awareness
- Self-Management

ASCD WHOLE CHILD TENETS

- Safe
- Healthy
- Supported

Standards Covered in This Resource