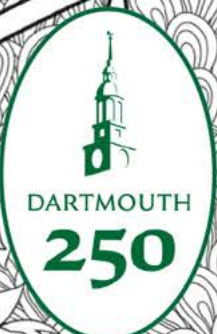
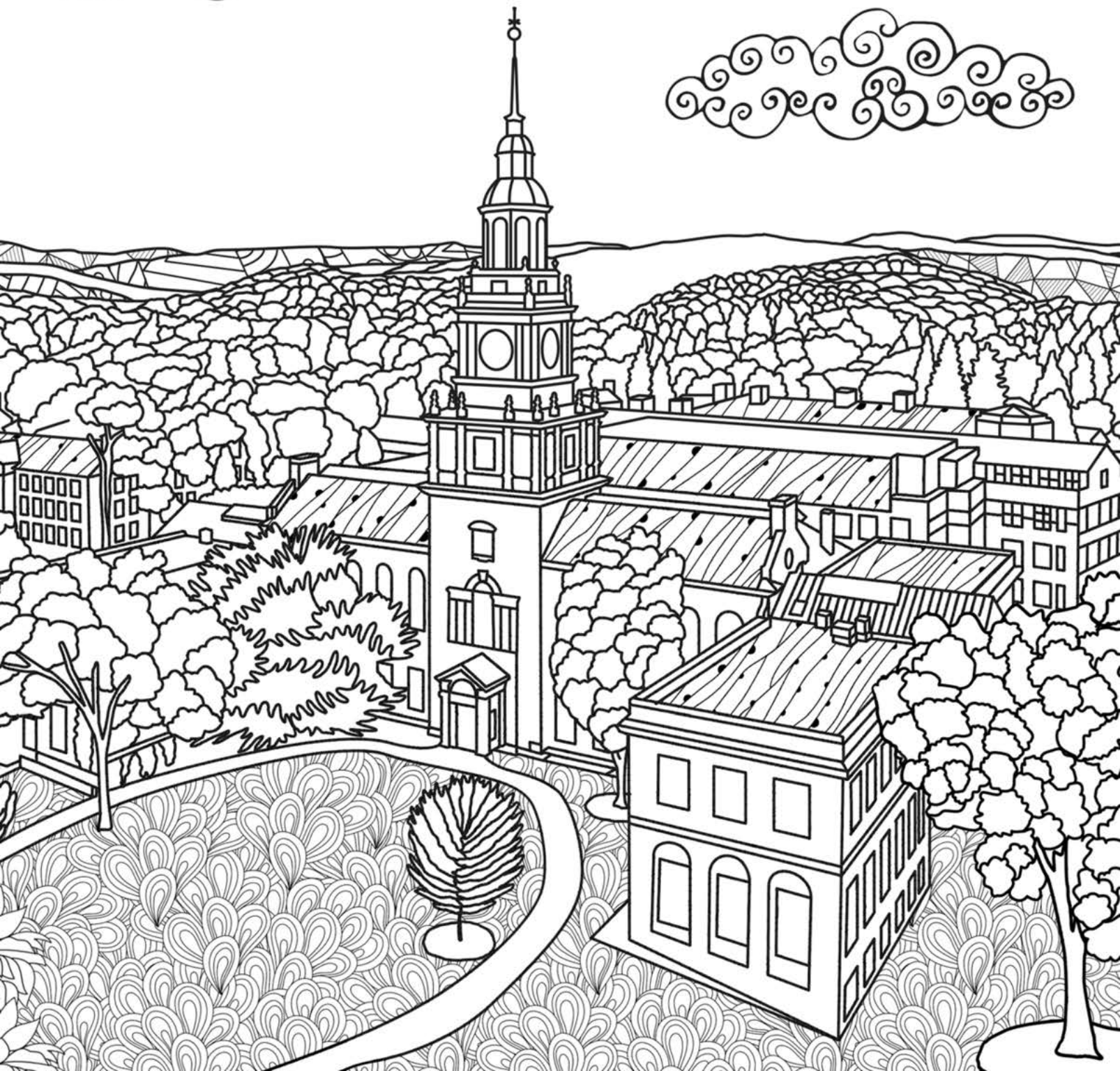
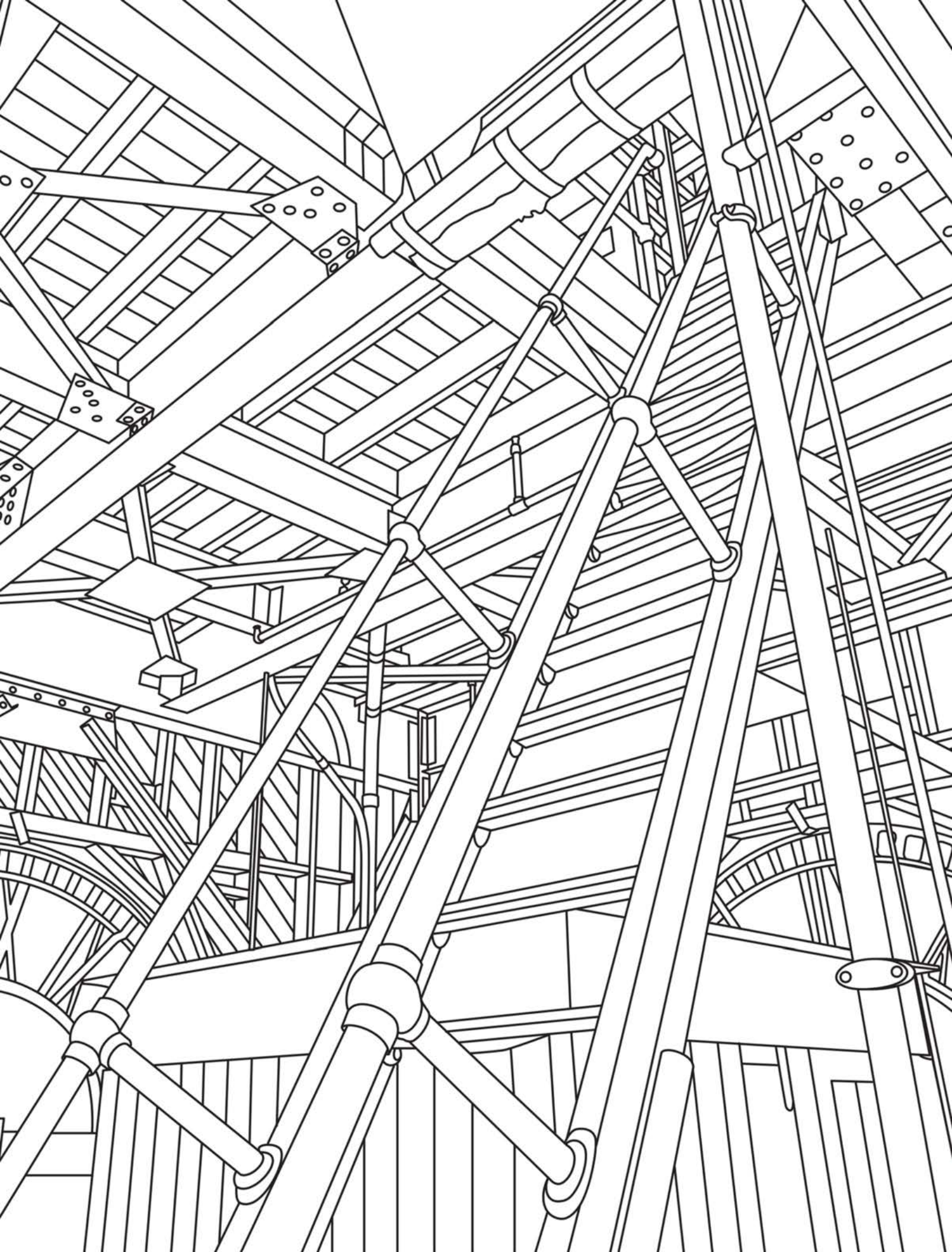
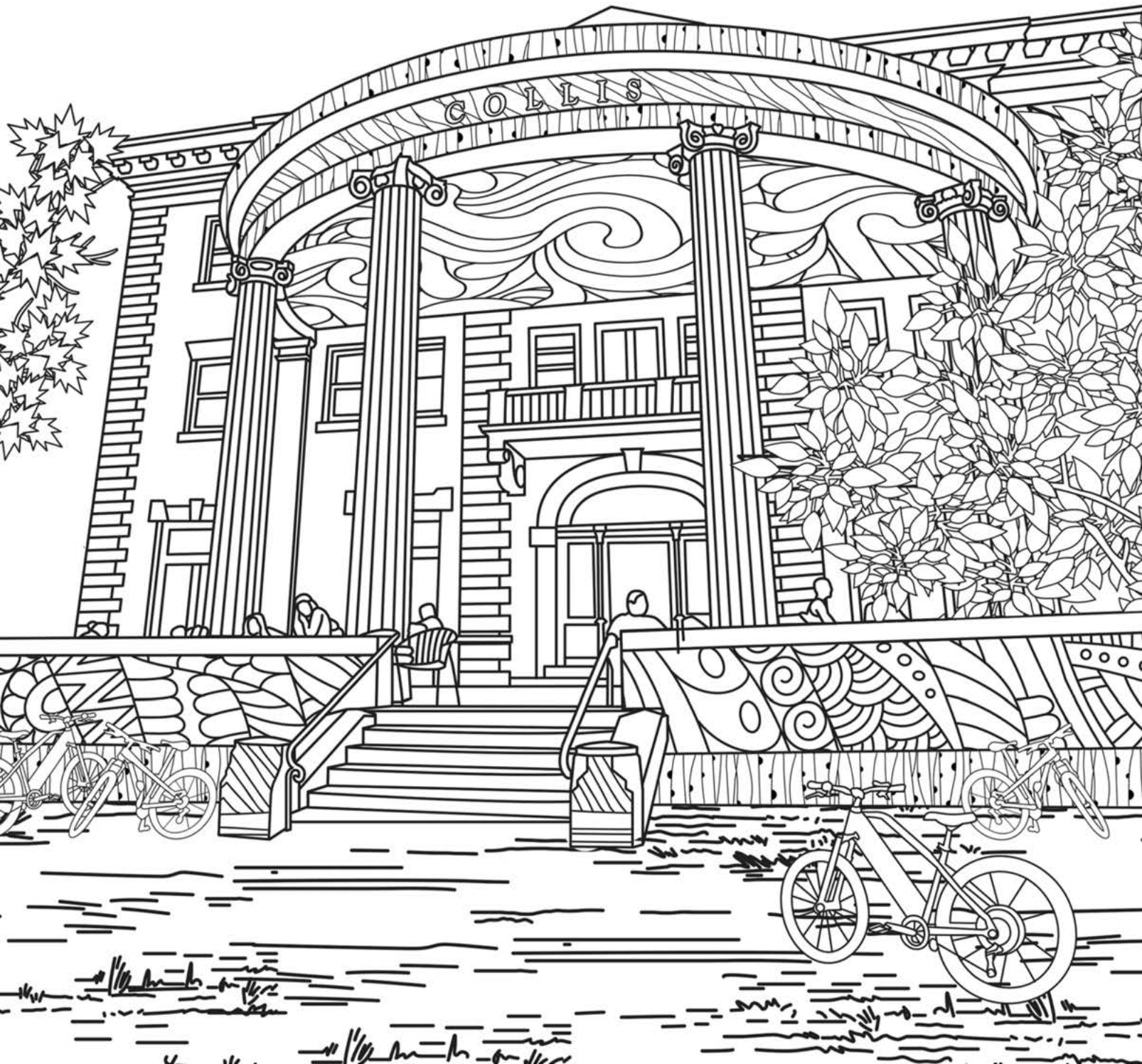


DARTMOUTH



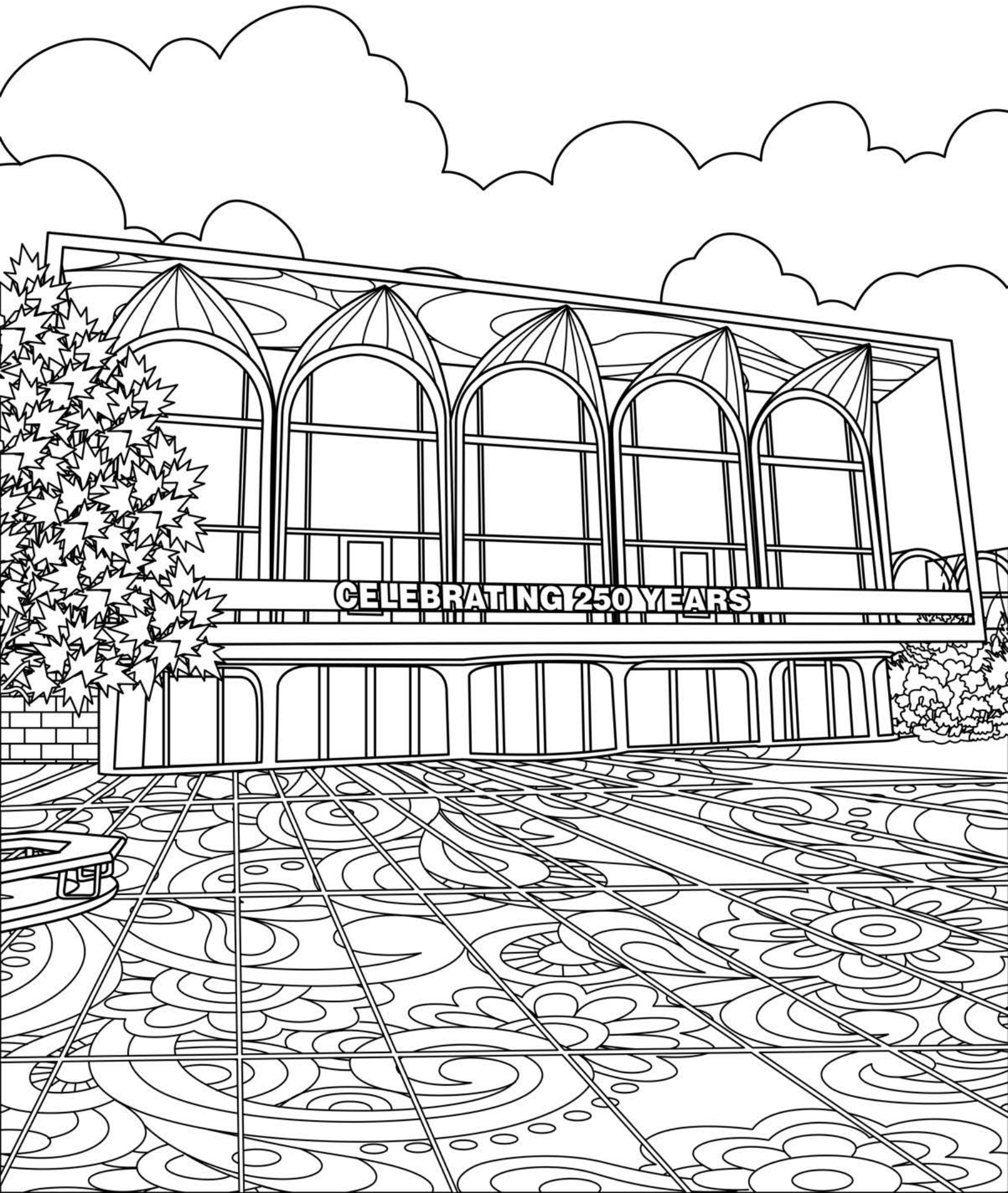




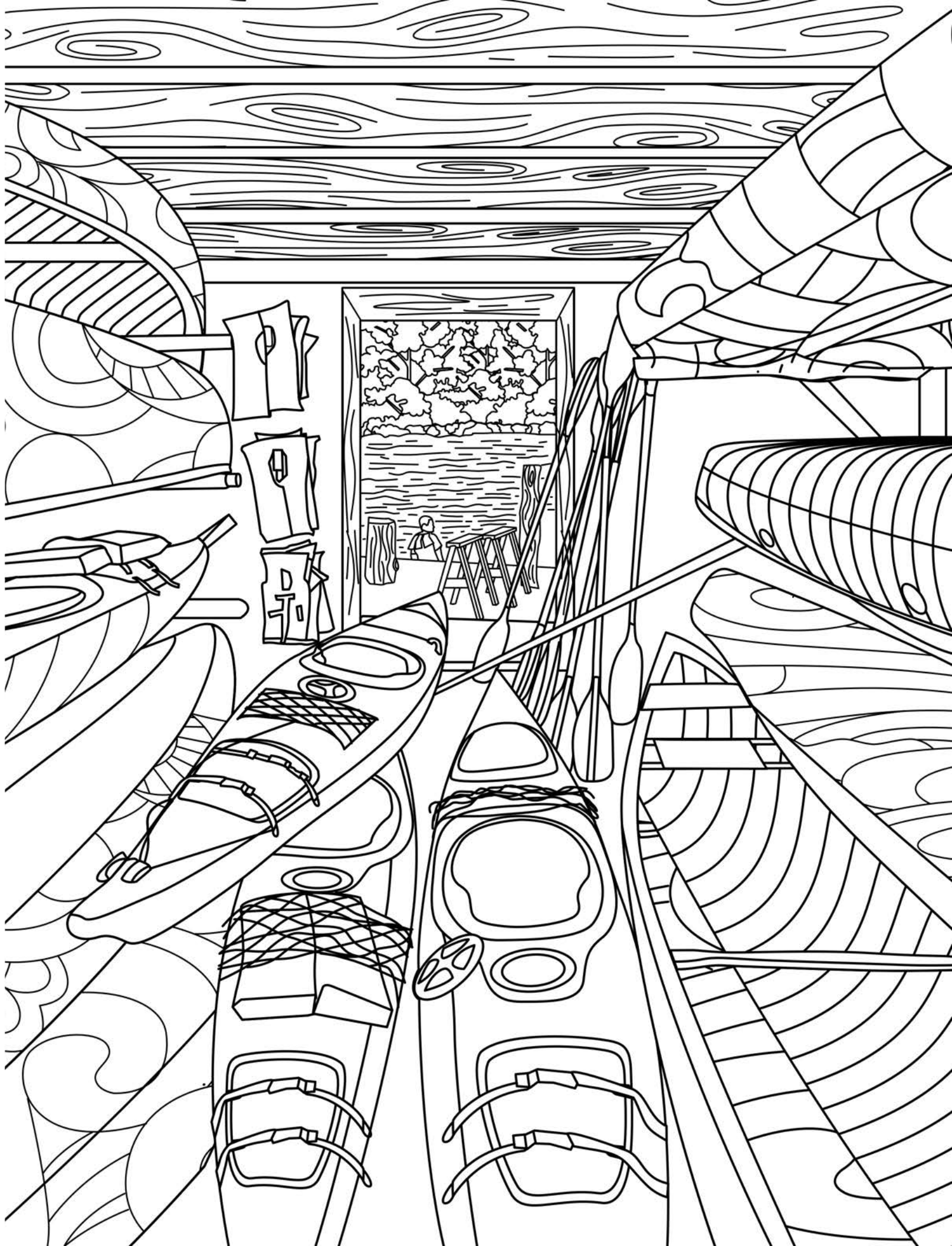






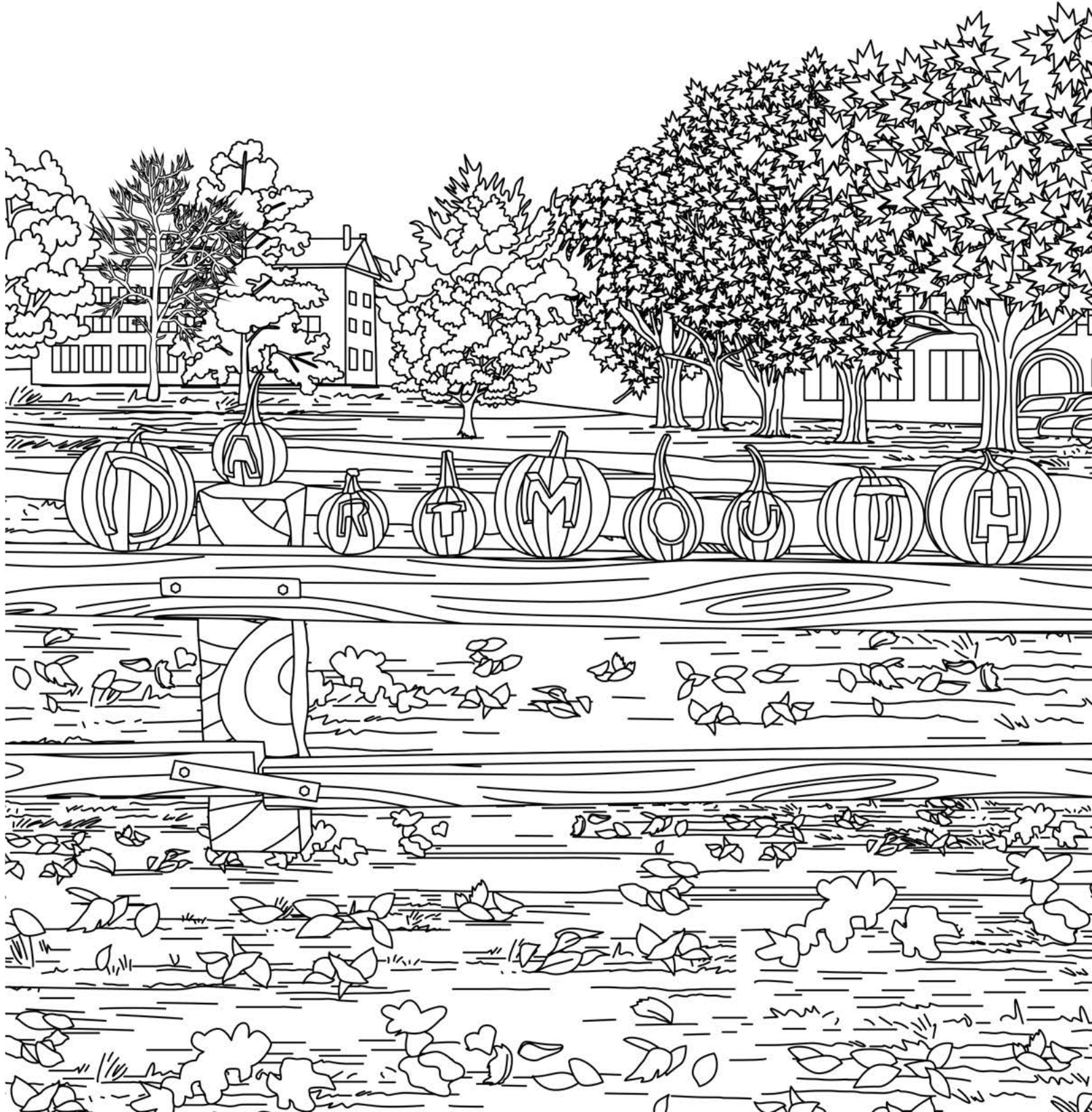


CELEBRATING 250 YEARS

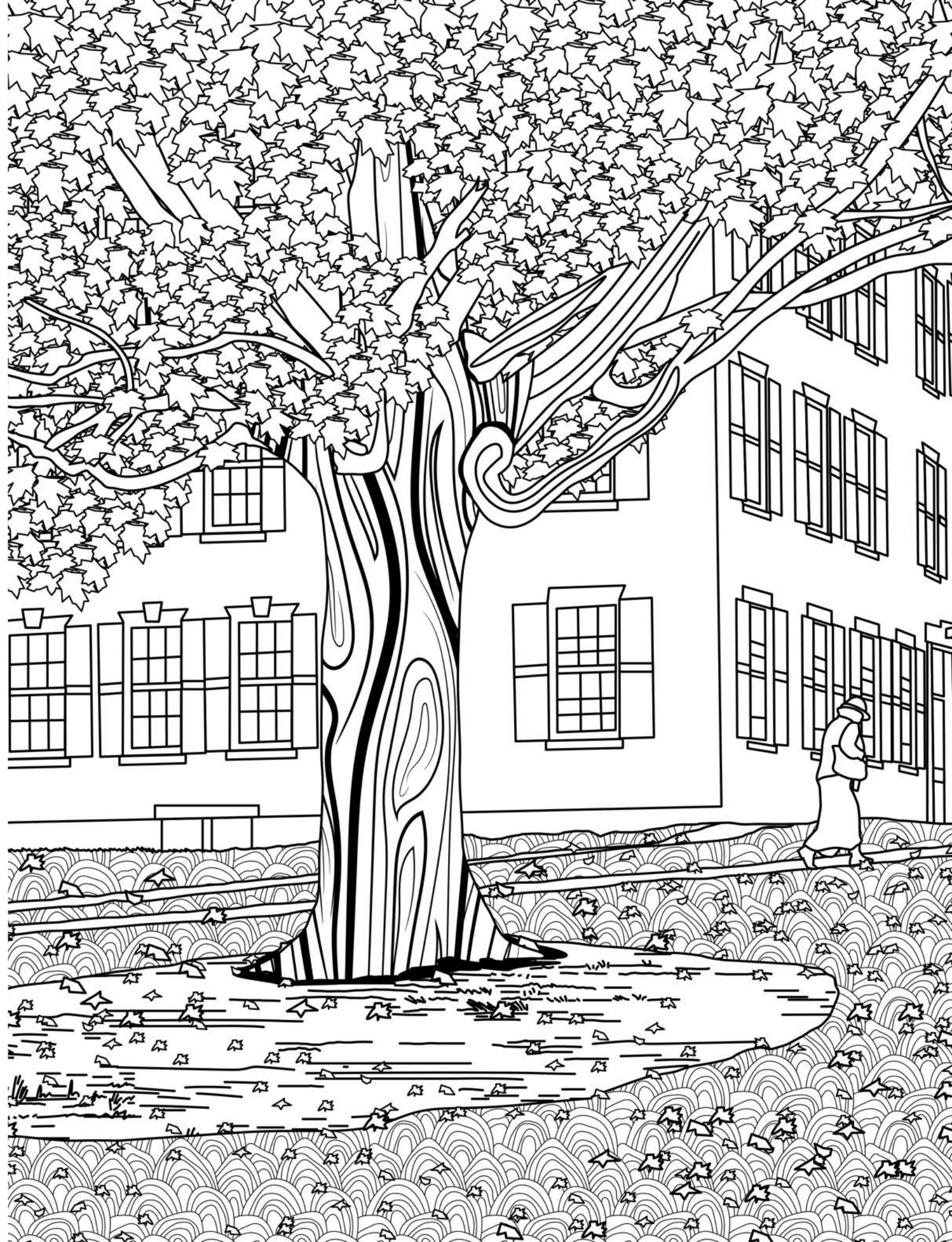














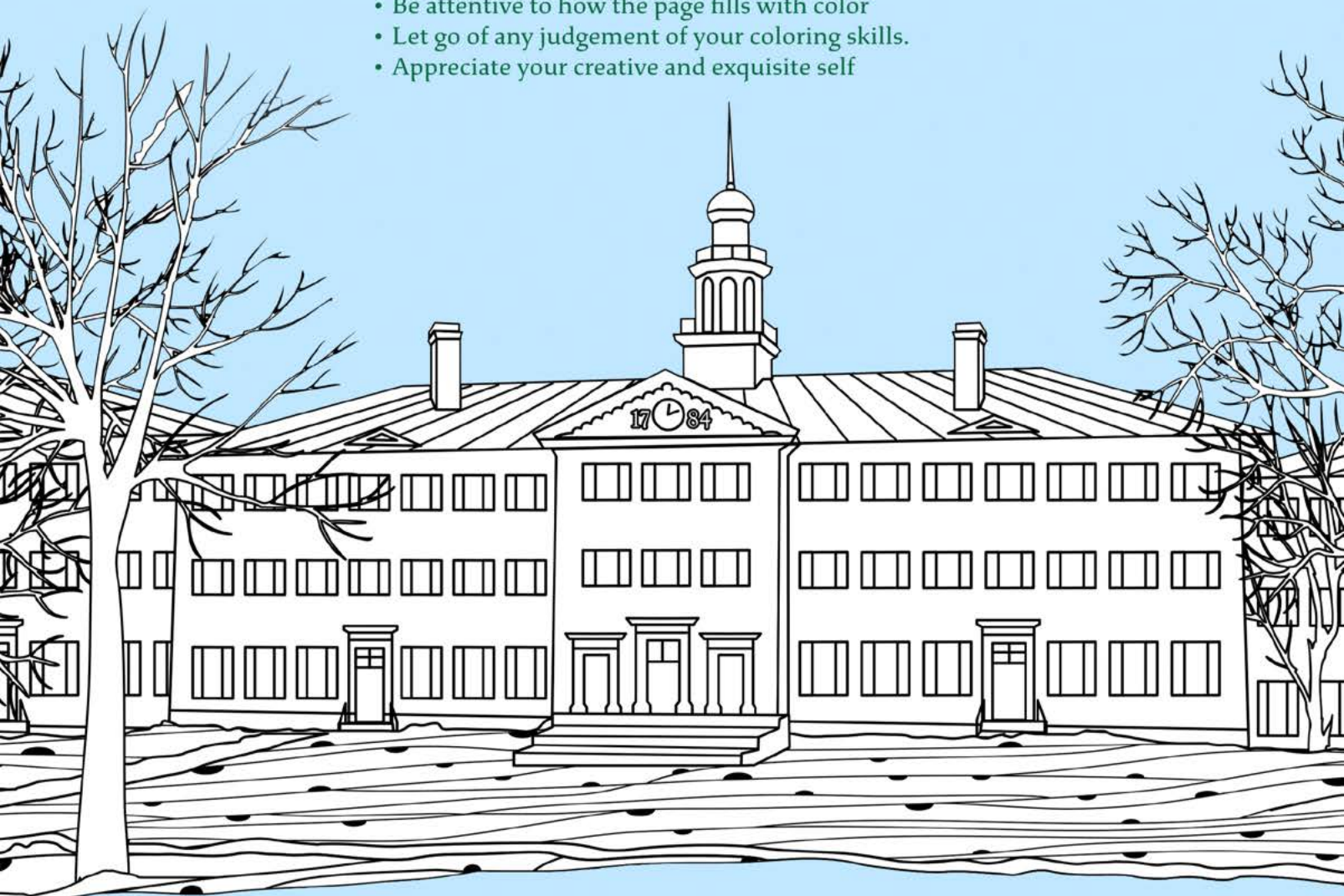
DARTMOUTH
250

Coloring for Mindfulness

Being mindful is about paying attention to the present moment, putting aside our to-do lists & self-criticisms, and intentionally focusing on the here and now. The act of coloring – carefully and attentively filling a page with color - is particularly suited to mindful meditation.

As you color these detailed Dartmouth landscapes and icons, try to:

- Settle in (mentally and physically)
- Notice the feel of the pencil in your hand
- Tune into the texture of the page as it touches the pencil
- Meditate on the beauty of the entire illustration
- Take note of how the parts come together to make up the whole
- Be attentive to how the page fills with color
- Let go of any judgement of your coloring skills.
- Appreciate your creative and exquisite self



You can apply the same “noticing” practice to lots of moments throughout your day – brushing your teeth, enjoying a meal, going for a walk! For on-campus opportunities to practice mindfulness, visit:

The Student Wellness Center
(<https://students.dartmouth.edu/wellness-center/>)
3rd Floor Robinson Hall
StudentWellnessCenter@dartmouth.edu

Tucker Center
(<https://students.dartmouth.edu/tucker/>)
South Fairbanks Hall
tucker.center@Dartmouth.edu

**Creation of the 250th Anniversary Coloring Book
sponsored by the Collis Governing Board and Student Wellness Center.**