

Mindful Colouring

Colour your way to peace and calm. Pages of exquisite pictures and intricate patterns will prompt you to meditate on your artwork as you mindfully fill pages with colour.

Course Teacher Information:

Ms. Gerken has been teaching for many years and this is her second year in China and at BMH. She enjoys Art and using a range of art related activities in the classroom. She invites students to stimulate their creativity, improve fine motor skills and help self expression. Mindful colouring is great for relaxation and focus.

Basic Information Overview	
Year Group (s)	P1-P2
Teacher Source	Ms. Gerken, BMH Teacher
Number of lessons	1 per week; 17 sessions in Term 2
Language	English
Venue	Kapok Classroom, K304
Class Time	Thursday, 3:45-4:45PM

Course Overview

Enrollment Criteria

Students who would benefit from this are those who enjoy colouring and would like to be in a calm environment.

Engage and Assess

In the first weeks, children will be assessed on their ability to focus on the moment, and express themselves creatively. We will be practicing colouring and improving our vision and motor skills.

Explore and Develop

In the middle weeks of the course, students will develop competence and confidence using different artistic media including colouring pencils, crayons and markers.

Refine and Present

In the final weeks, the children will showcase their skills by selecting their favourite colouring example and present it in a small exhibition. Other students and teachers are welcome to see the examples.

Parent Engagement Opportunity

Children will take their colouring pages home each week. Parents are encouraged to ask their child to reflect on the choices they made (i.e. colour, shades, media used).

Others

In order to participate in this course, students should bring in their own colouring pencils and markers.

