DIGITAL AGEING
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MANDALA COLORING

Description

This activity involves seniors engaging in coloring mandalas to enhance their spatial intelligence. Mandalas are symmetrical designs that promote focus, relaxation, and cognitive stimulation.

Coloring these patterns can improve spatial awareness, fine motor skills, and visual-spatial reasoning.

Learning Objectives

- Improve spatial intelligence by recognizing patterns and understanding the relationships between different parts of the mandala.
- Enhance fine motor skills through the act of coloring within lines and managing small coloring tools.
- Foster relaxation and reduce stress through a mindful and creative activity.
- Promote social interaction and discussion about colors and patterns used.

Time Needed

45-60 min

Learning Setting

Individual or small groups (3-5 participants)

Materials Required

- Printed mandala patterns of 3 difficulty levels.
- Colored pencils, markers, or crayons.

Step By Step Guidance

1. Explain the purpose of the activity and the benefits of coloring mandalas. Show examples of completed mandalas to inspire participants.
2. Allow participants to choose their preferred mandala design and coloring tools.You can use provided examples with 3 level of difficulty starting from the easiest.
3. Coloring Session (45-60 min.):
- Provide assistance and encouragement as needed.
- Allow participants to share their completed or in-progress mandalas.
- Discuss the experience, focusing on how it felt to work on the mandalas and any challenges faced.

Practical Tips

- Ensure the environment is comfortable and free from distractions.
- Choose mandala patterns that match the participants' skill levels, starting with simpler designs and progressing to more complex ones.
- Provide a variety of coloring tools to accommodate different preferences.
- Encourage participants to take breaks if they feel fatigued.

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Expected Results

- Cognitive Benefits: Enhanced spatial intelligence and visual-spatial reasoning skills.
- Emotional Well-being: Reduced stress levels and increased relaxation.
- Social Interaction: Improved social bonds through shared activity and discussions.
- Creative Expression: Increased confidence in artistic abilities and personal expression through color choices and patterns.
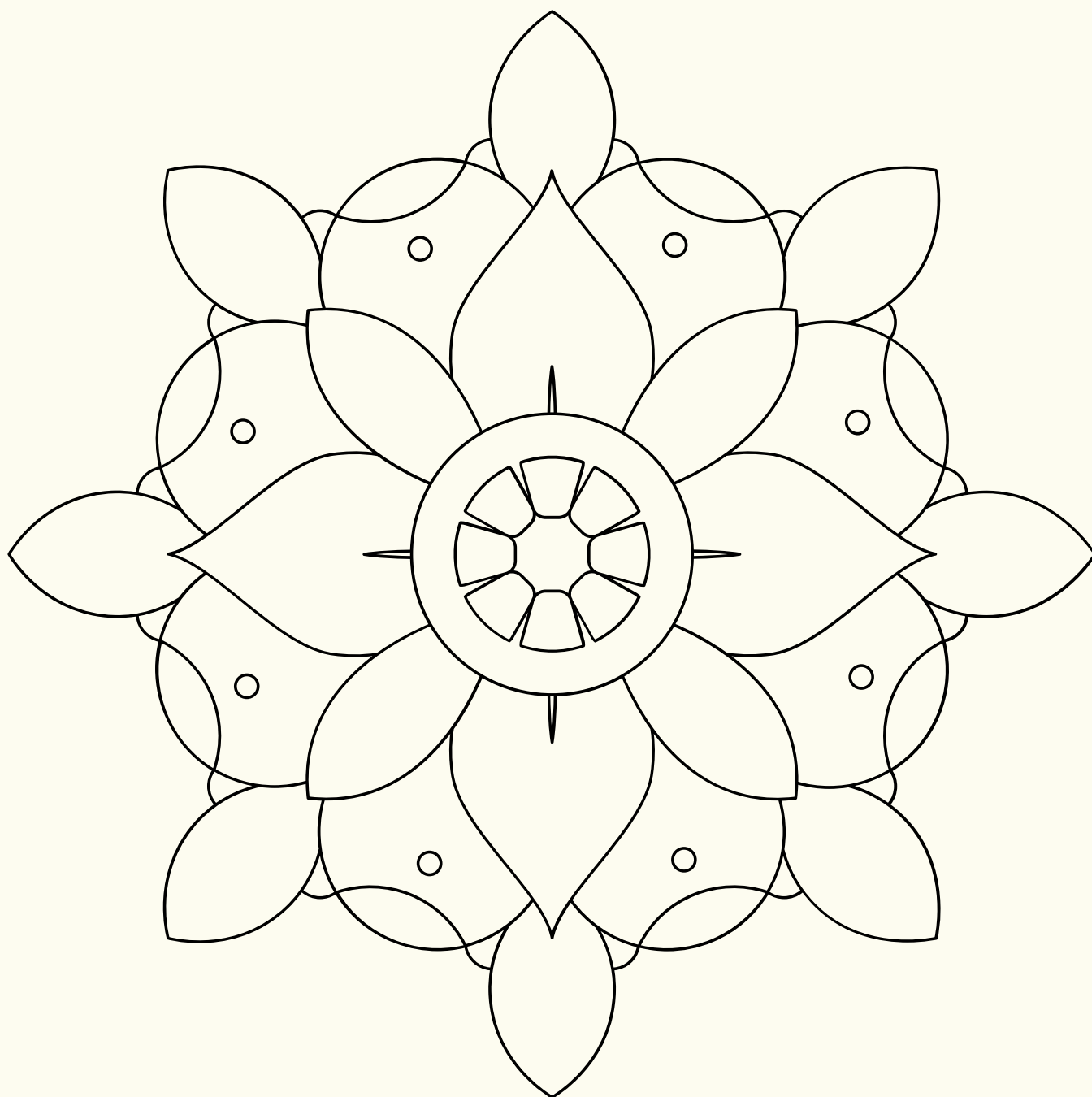
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Mandalas - Canva

BEGINNER LEVEL

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INTERMEDIATE LEVEL

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