Color and Play:
Learn and have fun with government coloring books and games for all ages
Jane Canfield
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Pontifical Catholic University of Puerto Rico
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787-841-2000, ext 1806
787-348-5151 Cellular
Benefits of Coloring

1. Reduce anxiety
2. Helps combat depression
3. Coloring books and the use of mandalas (i.e., circular art shapes) have been held as a method of alleviating stress and anxiety, improving mood and physiological changes in past and contemporary art therapy literature. (Mantzios, M., & Giannou, K. (2018). When Did Coloring Books Become Mindful? Exploring the Effectiveness of a Novel Method of Mindfulness-Guided Instructions for Coloring Books to Increase Mindfulness and Decrease Anxiety. Frontiers in psychology, 9, 56. https://doi.org/10.3389/fpsyg.2018.00056)
4. It’s fun
5. If you color in the library, you will attract patrons of all types and ages and can use your coloring as a lead in to explain government information.
Cognitive and Affective Benefits of Coloring: Two Randomized Controlled Crossover Studies

Holt, Nicola J.; Furbert, Leah; Sweetingham, Emily

Art Therapy: Journal of the American Art Therapy Association, v36 n4 p200-208 2019

This research sought to replicate and extend work suggesting that coloring can reduce anxiety, asking whether coloring can improve cognitive performance. In 2 experiments, undergraduates (N = 47, N = 52) colored and participated in a control condition. Subjective and performance measures of mood and mindfulness were included: an implicit mood test (Experiment 1) and a selective attention task (Experiment 2) along with a divergent thinking test. In both experiments, coloring significantly reduced anxiety and increased mindfulness compared with control and baseline scores. Following coloring, participants scored significantly lower on implicit fear than the control condition, and significantly higher on selective attention and original ideation. Coloring might not only reduce anxiety, but also improve mindful attention and creative cognition.

Descriptors: Art Activities, Art Therapy, Anxiety, Undergraduate Students, Comparative Analysis, Task Analysis, Metacognition, Scores, Fear, Attention Control, Schemata (Cognition), Creative Thinking, Tests, Psychological Patterns, Likert Scales, Creativity Tests, Psychology, Outcomes of Education

Routledge. Available from: Taylor & Francis, Ltd. 530 Walnut Street Suite 850, Philadelphia, PA 19106. Tel: 800-354-1420; Tel: 215-625-8900; Fax: 215-207-0050; Web site: http://www.tandf.co.uk/journals

Publication Type: Journal Articles; Reports - Research

Education Level: Higher Education; Postsecondary Education
Search results
Items: 1 to 20 of 4111

1. When Did Coloring Books Become Mindful? Exploring the Effectiveness of a Novel Method of Mindfulness-Guided Instructions for Coloring Books to Increase Mindfulness and Decrease Anxiety
   Michail Mantzios, Kyriaki Giannou
   PMCID: PMC5797627
   Article Publisher PDF–265K Cite

2. A Mindfulness-Based Brain-Computer Interface to Augment Mandala Coloring for Depression: Protocol for a Single-Case Experimental Design
   Claudia Daudén Roquet, Corina Sas
   JMIR Res Protoc. 2021 Jan; 10(1): e20819. Published online 2021 Jan 18. doi: 10.2196/20819
   PMCID: PMC7850610
   Article Publisher Cite
Can Coloring Mandalas Reduce Anxiety? files.eric.ed.gov/fulltext/EJ688443.pdf

Coloring of a reasonably complex geometric pattern may induce a meditative state that benefits individuals suffering from anxiety.
Finding Government Coloring Books and Games

https://www.usa.gov/

https://catalog.gpo.gov/

https://bookstore.gpo.gov/
Coloring Books - Kids Environment Kids Health - National ...
kids.niehs.nih.gov/activities/coloring/coloring-books/index.htm

Coloring pages featuring environmental coloring books! The .gov means it's official. Federal government websites often end in .gov or .mil.

NASA Coloring Books | Science Mission Directorate
science.nasa.gov/toolkits/coloring-books
Adventures in Aeronautics - English (12 MB) Adventures in Aeronautics - Chinese (3 MB) Adventures in Aeronautics - Spanish (11 MB) Aero Adventure ...
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COLORING BOOKS

https://usbg.gov/coloring
Botanical Coloring Book. Inspired by the plant collections and gardens of the United States Botanic Garden

Food Safe Families Activity Book for Kids
Agency Publisher: Department of Agriculture (USDA)
Format: Paperback
USA Price: $5.00
Display Foreign Price
Stock: In stock
GPO Stock Number: 001-000-04778-7
ISBN: 9780160937309
Brain coloring book and other health interests


Friends don’t use friends as bear-bait (Thanks Suzanne Caro for this one) and other fun stuff from the National Park Service

https://www.nps.gov/articles/bear-bait-coloring.htm

Archeology ABCs Coloring Book (U.S. National Park Service)
www.nps.gov/articles/000/archeology-abcs-coloring-book.htm
Title page for the Archeology ABCs Coloring Book from the Northeast Museum Services Center. NPS. Archeology paints a colorful picture of the past...
State and Regional Resources

TPWD: Coloring and Activity Books - Outdoor Learning ...
tpwd.texas.gov/publications/learning/color/


Louisiana Coloring Book
www.sos.la.gov/HistoricalResources/PublishedDocuments/LouisianaColoringBook.pdf

https://www2.illinois.gov/dnr/publications/Documents/00000566.pdf
| **Title** | 150th anniversary of the Emancipation Proclamation : Emancipation Proclamation commemorative **coloring** book / |
| **Format** | online resource |
| **Internet Access** | [https://purl.fdlp.gov/GPO/gpo123646](https://purl.fdlp.gov/GPO/gpo123646) |
| **Published** | [Washington, D.C. : National Archives and Records Administration, [2013]](https://purl.fdlp.gov/GPO/gpo123646) |
Coloring Books as Protest and Satire


Dysfunction in the workplace was just the first target: a swathe of satirical adult coloring books followed, satorizing conformism, John F. Kennedy and the Soviet Union, among others. The fringe conspiratory group, the John Birch Society, was one of many targets parodied, and in the book, there is a picture of the society's founder with the words, "These are my crayons. I use them a lot. Color them scarlet, crimson red and pinko." But unlike the adult coloring books flying off the shelves today, these books were not created with the intention to be colored in.
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<td><strong>Published</strong></td>
<td>[Emmitsburg, MD] : U.S. Fire Administration, FEMA, 2015.</td>
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<td><strong>Copyright Date</strong></td>
<td>© 2015</td>
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Benefits of Games

- Develop dexterity and hand/eye coordination
- Aid in retention of content [https://files.eric.ed.gov/fulltext/EJ1053979.pdf](https://files.eric.ed.gov/fulltext/EJ1053979.pdf)
- Contribute to making learning fun and entertaining
- Provide visual and auditory learning stimulation
- Are fun to play
- Help memory retention
Selected records (checked below): View Selected | E-mail | Create Subset | Add to Bookshelf

Whole record set: Select All | Deselect All | Rank | Refine

Results for Keywords= board games

Sort options: Year(d)/Title • Year(a)/Title • Title/Year(d) • SuDoc (a)

Display options: Extended | Brief

Records 1 - 10 of 16 (maximum display and sort is 2000 records)

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<td>1</td>
<td>Blue versus orange : the U.S. Naval War College, Japan and the old enemy in the Pacific, 1945-1946 /</td>
<td>2013</td>
<td>Friedman, Hal M.</td>
<td>D 208.210:21</td>
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Results for Keywords= games for children

Sort options: Year(d)/Title Year(a)/Title Title/Year(d) SuDoc (a)

Display options: Extended Brief

Records 1 - 10 of 39 (maximum display and sort is 2000 records)

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<td>1</td>
<td>The adventures of Splish and Splash.</td>
<td>2016</td>
<td></td>
<td>Y 3.C 76/3.29/AD 9/DVD</td>
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Games | NASA Space Place – NASA Science for Kids
spaceplace.nasa.gov/menu/play/games/
Space Volcanoes! Explore the many volcanoes in our solar system using the Space Volcano Explorer. explore. Go With the Flow: An Ocean Currents Game ...

NASA - Games
www.nasa.gov/offices/education/programs/national/summer/get_involved/students/games.html
Games. Be a Martian. Become a citizen scientist and improve Martian maps, take part in research tasks and assist Mars science teams studying data ...
Games for discovery, dexterity and diversion

**Games | NASA Space Place – NASA Science for Kids**
spaceplace.nasa.gov/menu/play/games/
Space Volcanoes! Explore the many volcanoes in our solar system using the Space Volcano Explorer. explore.
Go With the Flow: An Ocean Currents Game ...

**Games | NOAA SciJinks – All About Weather**
scijinks.gov/menu/games/
Topics Answers Games. Weather Hurricanes and Storms Clouds, Water, and Ice Tides and Oceans Atmosphere Seasons Satellites and Technology Space ...

**Activities, Games, and More | NIDA for Teens**
teens.drugabuse.gov/teens/games
Games: Drug Use and Effects. Games that explore what happens to the brain and body when drugs are used.
Image. NIDA National Drug & Alcohol IQ ...
Get out your colors and your game night popcorn and let’s go live

https://spaceplace.nasa.gov/menu/play/games/

https://scijinks.gov/menu/games/

https://www.usa.gov/
Thank You/Gracias