



# Color and Play:

Learn and have fun with government coloring books and games for all ages





Jane Canfield  
Federal Government Information Coordinator  
Pontifical Catholic University of Puerto Rico

[jcanfield@pucpr.edu](mailto:jcanfield@pucpr.edu)

787-841-2000, ext 1806

787-348-5151 Cellular



**FDLP ACADEMY**

Engage and Empower through Education

# 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.



Collection

Thesaurus

Search education resources

Search

[Advanced Search Tips](#) Peer reviewed only  Full text available on ERIC[Notes](#) [FAQ](#) [Contact Us](#)

## 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>*

 Peer reviewed [Direct link](#)**ERIC Number:** EJ1235246**Record Type:** Journal**Publication Date:** 2019**Pages:** 9**Abstractor:** As Provided**ISBN:** N/A**ISSN:** ISSN-0742-1656**Publication Type:** Journal Articles; Reports - Research**Education Level:** Higher Education; Postsecondary Education



PMC benefits of coloring Search

Create alert Journal List Advanced

Help

COVID-19 Information

Public health information (CDC) | Research information (NIH) | SARS-CoV-2 data (NCBI) | Prevention and treatment information (HHS) | Español

Article attributes

- Associated Data
Author manuscripts
Digitized back issues
MEDLINE journals
Open access
Preprints
Retracted

Text availability

Include embargoed articles

Publication date

- 1 year
5 years
10 years
Custom range...

Research Funder

- NIH
AHRQ
ACL

Display Settings: Summary, 20 per page, Sorted by Default order

Send to:

Filter your results:

- All (4111)
NIH grants (1102)
Embargoed (0)

Manage Filters

Search results

Items: 1 to 20 of 4111

<< First < Prev Page 1 of 206 Next > Last >>

- 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. Front Psychol. 2018; 9: 56. Published online 2018 Jan 30. doi: 10.3389/fpsyg.2018.00056
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

Find related data

Database: Select

Find items

Search details

benefits[All Fields] AND coloring[All Fields]

# Coloring Activities for Anxiety Reduction and Mood Improvement in Taiwanese Community-Dwelling Older Adults: A Randomized Controlled Study

Malcolm Koo, Hsuan-Pin Chen, Yueh-Chiao Yeh

Evid Based Complement Alternat Med. 2020; 2020: 6964737. Published online 2020 Jan 21. doi: 10.1155/2020/6964737

PMCID: PMC6996682

## Sample articles on the benefits of coloring

[Can Coloring Mandalas Reduce Anxiety?](#)

[files.eric.ed.gov/fulltext/EJ688443.pdf](https://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/>



All Government Images Videos

Search USA.gov Only

coloring books

**Coloring Books** - Kids Environment Kids Health - National ...  
[kids.niehs.nih.gov/activities/coloring/coloring-books/index.htm](https://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](https://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 ...



# CATALOG OF U.S. GOVERNMENT PUBLICATIONS (CGP)

**Catalogs to Search:** [Congressional Serial Set](#) [Historic Shelflist](#) [FDLP Web Archive](#) [Serials](#) [Congressional Publications](#) [Electronic Titles](#) [Gov eBooks](#)

**My Options:** [Bookshelf](#) [Results List](#) [Preferences](#) [Previous Searches](#)

[Catalog of U.S. Government Publications Home Page](#) > National Bibliography of U.S. Government Publications

**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= coloring books**

**Sort options:** [Year\(d\)/Title](#) [Year\(a\)/Title](#) [Title/Year\(d\)](#) [SuDoc \(a\)](#)

**Display options:** [Extended](#) | [Brief](#)

**Records 1 - 10 of 138** (maximum display and sort is 2000 records)

Jump to #

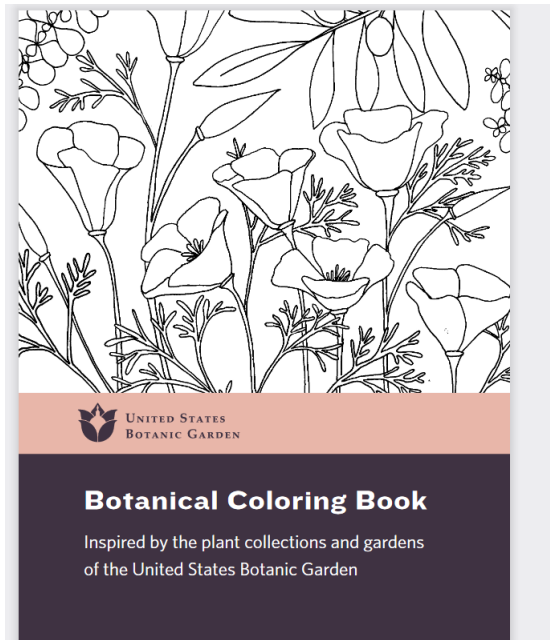
[Previous Page](#) [Next Page](#)

#		Title	Year	Author	SuDoc Number	Internet Access
1	<input type="checkbox"/>	<a href="#">Atlantic &amp; shortnose sturgeons : coloring, activities, and education booklet /</a>	2019		C 55.302:ST 9	<a href="https://purl.fdlp.gov/GPO/gpo121589">https://purl.fdlp.gov/GPO/gpo121589</a>
2	<input type="checkbox"/>	<a href="#">Atlantic &amp; shortnose sturgeons : coloring, activities, and education booklet /</a>	2019		C 55.302:ST 9	

# 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:

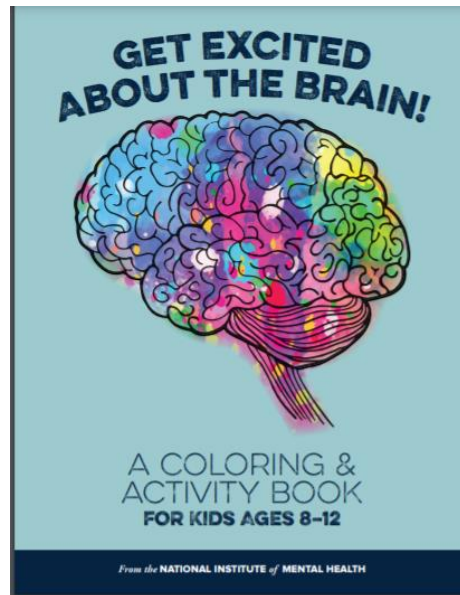
**001-000-04778-7**

ISBN: **9780160937309**



# Brain coloring book and other health interests

[https://www.nimh.nih.gov/health/publications/get-excited-about-the-brain/index.shtml?utm\\_source=linkedin&utm\\_medium=socialmedia&utm\\_campaign=brainawarenessweek21](https://www.nimh.nih.gov/health/publications/get-excited-about-the-brain/index.shtml?utm_source=linkedin&utm_medium=socialmedia&utm_campaign=brainawarenessweek21)



[https://www.cdc.gov/injury/pdfs/ColorMeSafe\\_eng-a.pdf](https://www.cdc.gov/injury/pdfs/ColorMeSafe_eng-a.pdf)

[https://www.cdc.gov/injury/pdfs/ColorMeSafe\\_spa-a.pdf](https://www.cdc.gov/injury/pdfs/ColorMeSafe_spa-a.pdf)

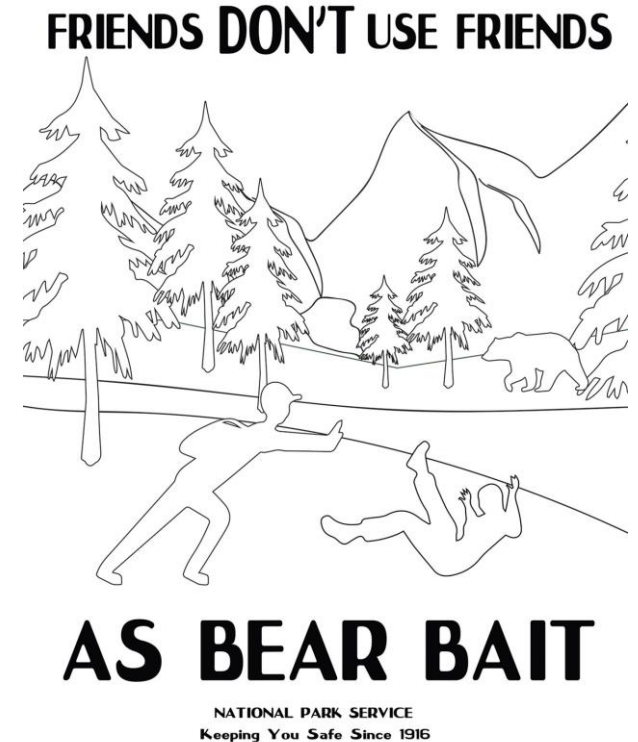
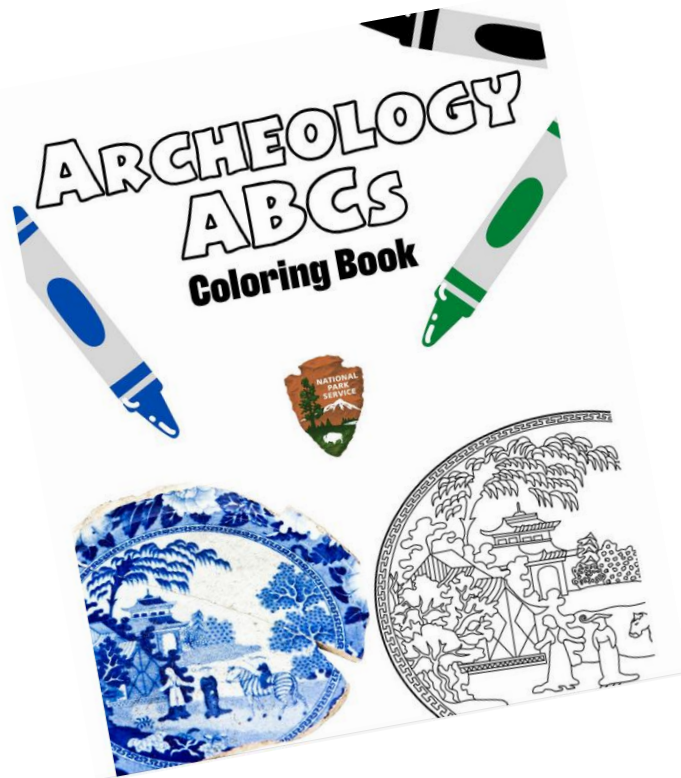
# Friends don't use friends as bear-bait (Thanks Suzanne Caro for this one) and other fun stuff from the National Park Service

<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](http://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 ...

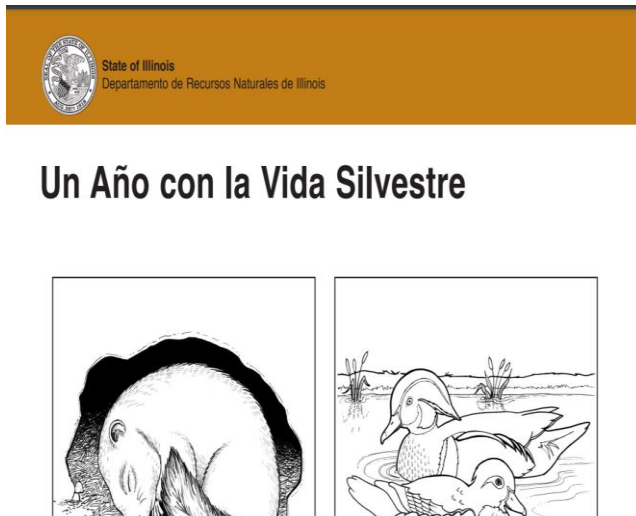


# State and Regional Resources

[TPWD: Coloring and Activity Books - Outdoor Learning ...](#)

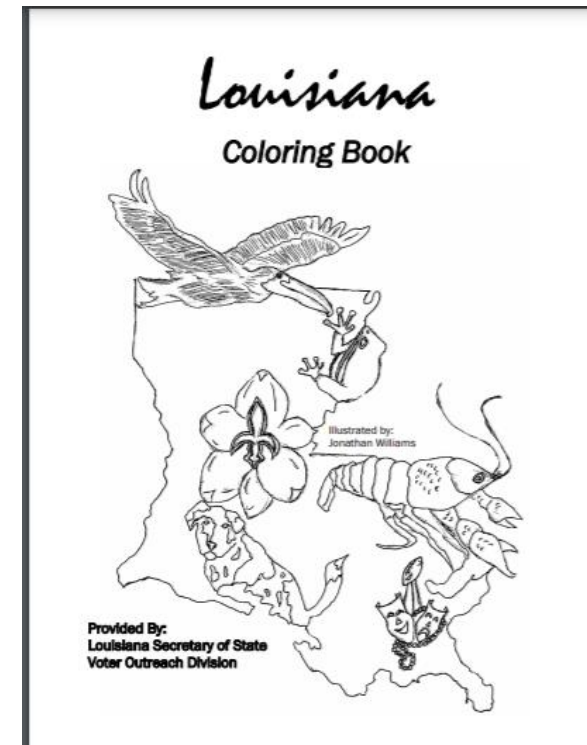
[tpwd.texas.gov/publications/learning/color/](http://tpwd.texas.gov/publications/learning/color/)

**Coloring Books.** Texas Wildlife **Coloring Book.** Texas Wildlife Management Area **Coloring Book.** Endangered Species Activity **Book.** Indian Years **Coloring Bo ..**



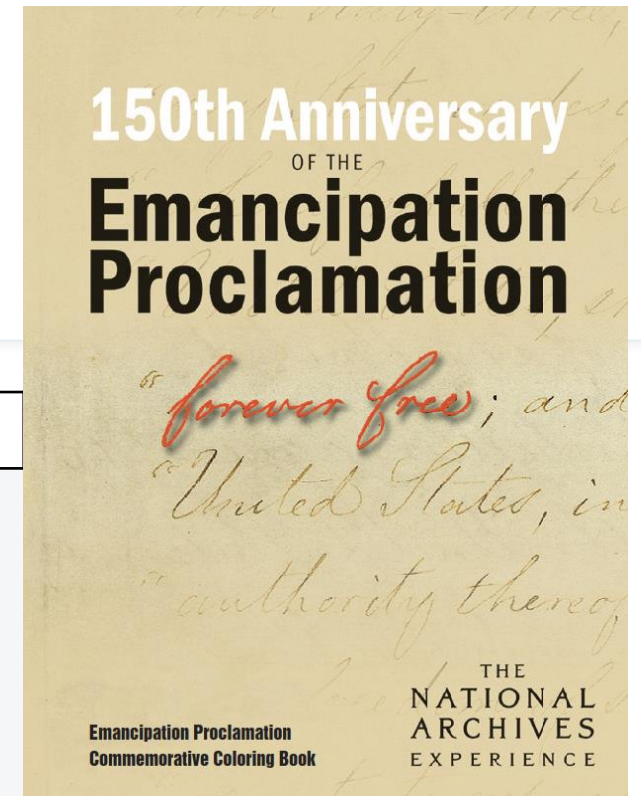
[Louisiana Coloring Book](#)  
[www.sos.la.gov/HistoricalResources/PublishedDocuments/LouisianaColoringBook.pdf](http://www.sos.la.gov/HistoricalResources/PublishedDocuments/LouisianaColoringBook.pdf)

<https://www2.illinois.gov/dnr/publications/Documents/00000566.pdf>



# History is Fun when you color it

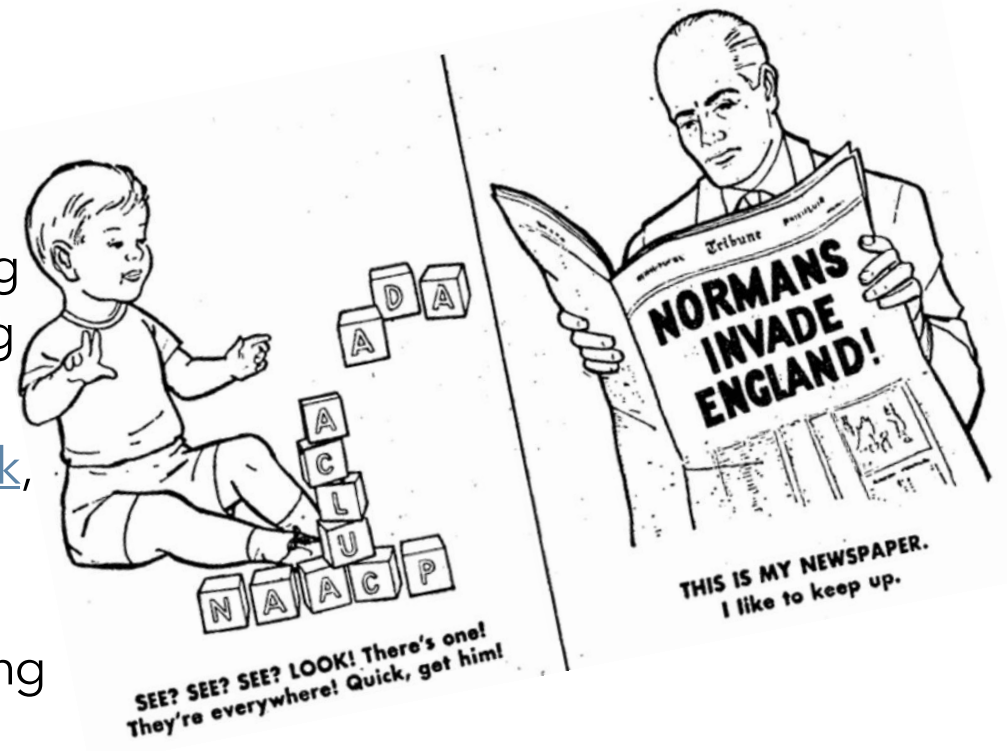
<b>Title</b>	150th anniversary of the Emancipation Proclamation : Emancipation Proclamation commemorative <b>coloring</b> book /
<b>Format</b>	online resource
<b>Internet Access</b>	<a href="https://purl.fdlp.gov/GPO/gpo123646">https://purl.fdlp.gov/GPO/gpo123646</a>
<b>Published</b>	[Washington, D.C. : National Archives and Records Administration, [2013]



# Coloring Books as Protest and Satire

<https://www.smithsonianmag.com/smart-news/adult-coloring-books-were-popular-and-subversive-1960s-180957666/>

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.



# Coloring In Spanish

<b>Title</b>	Seguridad contra incendios : colera y aprende.
<b>Format</b>	online resource
<b>Internet Access</b>	<a href="https://purl.fdlp.gov/GPO/gpo62409">https://purl.fdlp.gov/GPO/gpo62409</a>
<b>Published</b>	[Emmitsburg, MD] : U.S. Fire Administration, FEMA, 2015.
<b>Copyright Date</b>	© 2015





# Benefits of Games



Develop dexterity and hand/eye coordination



Aid in retention of content

<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



<https://www.nia.nih.gov/news/video-games-show-potential-improving-key-aspects-memory-older-adults>

# CATALOG OF U.S. GOVERNMENT PUBLICATIONS (CGP)

**Catalogs to Search:** [Congressional Serial Set](#) [Historic Shelflist](#) [FDLP Web Archive](#) [Serials](#)  
[Congressional Publications](#) [Electronic Titles](#) [Gov eBooks](#)

**My Options:** [Bookshelf](#) [Results List](#)  
[Preferences](#) [Previous Searches](#)

[Catalog of U.S. Government Publications Home Page](#) > National Bibliography of U.S. Government Publications

**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)

[Jump to #](#)

[Previous Page](#) [Next Page](#)

#		Title	Year	Author	SuDoc Number	Internet Access
1	<input type="checkbox"/>	<a href="#">Blue versus orange : the U.S. Naval War College, Japan, and the old enemy in the Pacific, 1945-1946 /</a>	2013	Friedman, Hal M.,	D 208.210:21	

# CATALOG OF U.S. GOVERNMENT PUBLICATIONS (CGP)

**Catalogs to Search:** [Congressional Serial Set](#) [Historic Shelflist](#) [FDLP Web Archive](#) [Serials](#)  
[Congressional Publications](#) [Electronic Titles](#) [Gov eBooks](#)

**My Options:** [Bookshelf](#) [Results List](#)  
[Preferences](#) [Previous Searches](#)

[Catalog of U.S. Government Publications Home Page](#) > National Bibliography of U.S. Government Publications

**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= 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)

[Jump to #](#)

[Previous Page](#) [Next Page](#)

#		Title	Year	Author	SuDoc Number	Internet Access
1	<input type="checkbox"/>	<a href="#">The adventures of Splish and Splash.</a>	2016		Y 3.C 76/3:29/AD 9/DVD	
2	<input type="checkbox"/>	<a href="#">Building blocks for a healthy future. Family</a>	2013		HE 20.402:B 62/2013/SPAN.	



All Government Images Videos

Search USA.gov Only

games

### Games | NASA Space Place – NASA Science for Kids

[spaceplace.nasa.gov/menu/play/games/](https://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](https://www.nasa.gov/offices/education/programs/national/summer/get_involved/students/games.html)

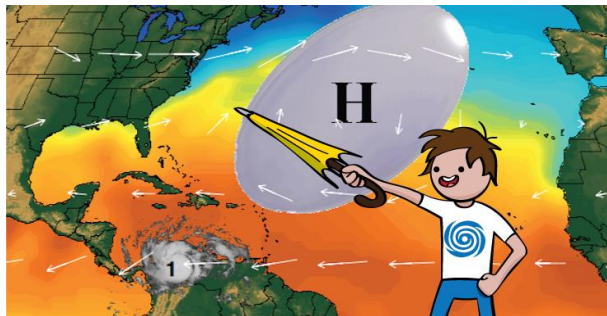
**Games.** Be a Martian. Become a citizen scientist and improve Martian maps, take part in research tasks and assist Mars science teams studying data ...

# Games for discovery, dexterity and diversion

[Games | NASA Space Place – NASA Science for Kids](#)

[spaceplace.nasa.gov/menu/play/games/](http://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/](http://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](http://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/>



Play Hurricane Hero

your view of rainbows.



Tornado Simulator

# Thank You/Gracias



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)



[This Photo](#) by Unknown Author is licensed under [CC BY](#)