

Islamic Foundation of Toronto  
&  
Whetung Ojibway Centre  
presents

# POW - WOW

## Colouring Book For Seniors



# **Islamic Foundation of Toronto & Whetung Ojibway Centre presents Pow - Wow Colouring Book for Seniors**

Adult coloring as a hobby has gained so much momentum over the past few years that it has become a craze, with adult coloring books now available for sale everywhere. Activity professionals no longer need to worry that providing coloring activities for the elderly will be viewed as a childish activity.

Research into the effects of coloring activities for people living with dementia show positive outcomes, most notably a decrease in agitation and anxiety.

The therapeutic value of coloring comes in part from a participant's need to concentrate and in doing so they may 'forget' their troubles whilst in the midst of a coloring activity. Relaxation and meditative moods often follow.

Coloring activities are known to:

- Improves mood
- Relieves stress
- Reduces agitation
- Promotes socialization and reminiscing
- Provides an outlet for self-expression
- Helps to maintain motor function
- Improves dexterity (grip control)
- Improves hand-eye coordination
- Encourages cooperation
- Promotes mindfulness (full attention & concentration required)
- Provides a sense of accomplishment



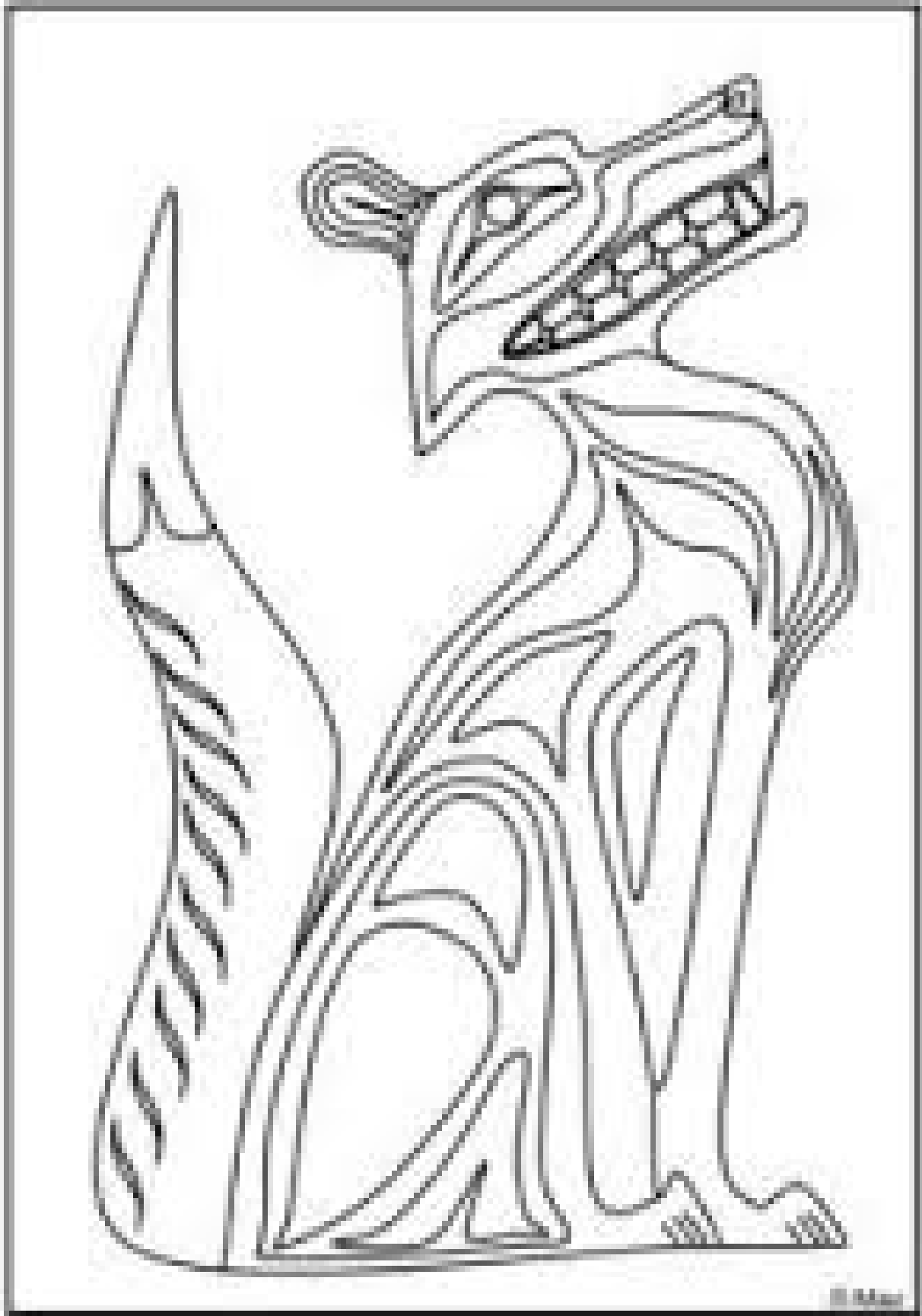




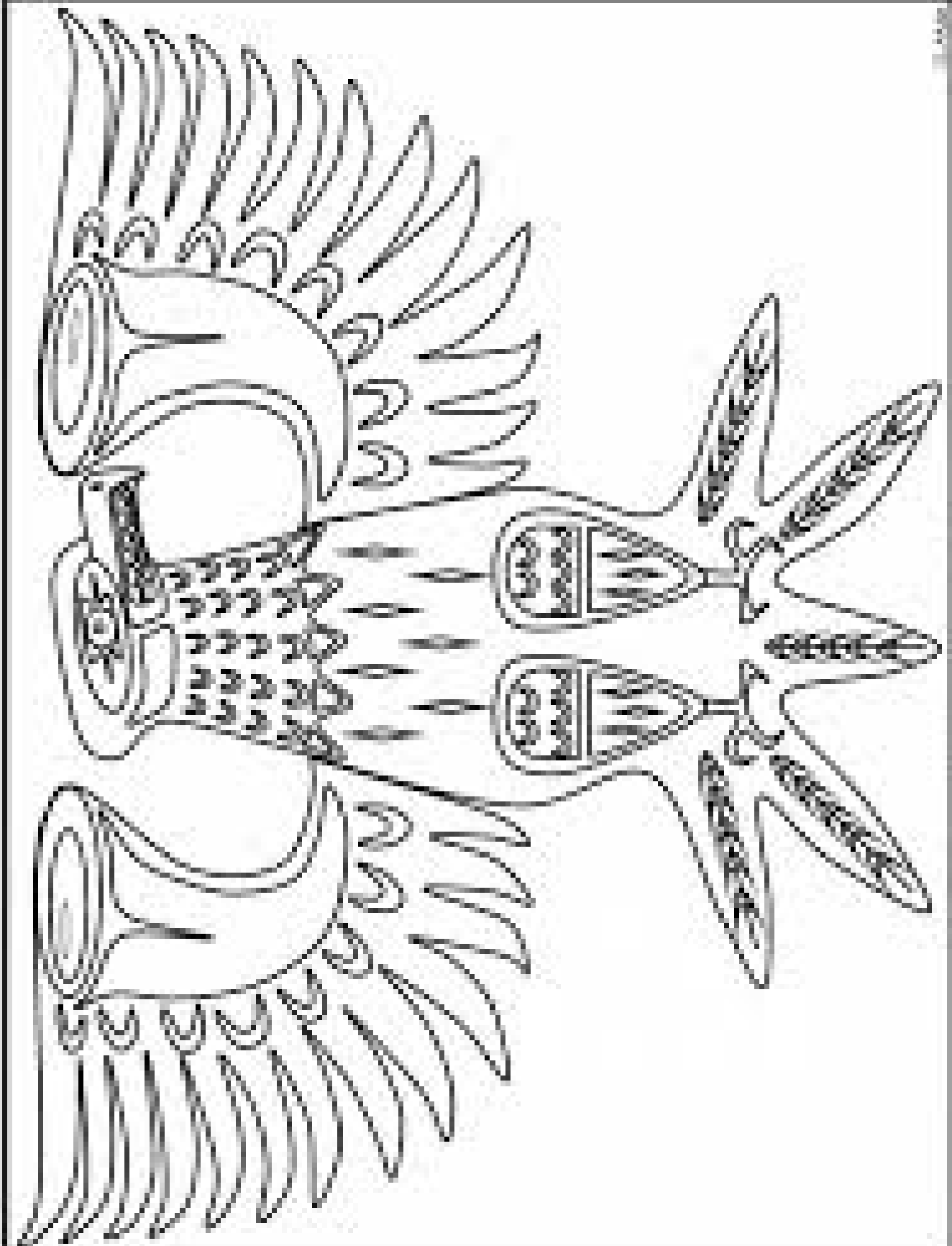


*Just Color*

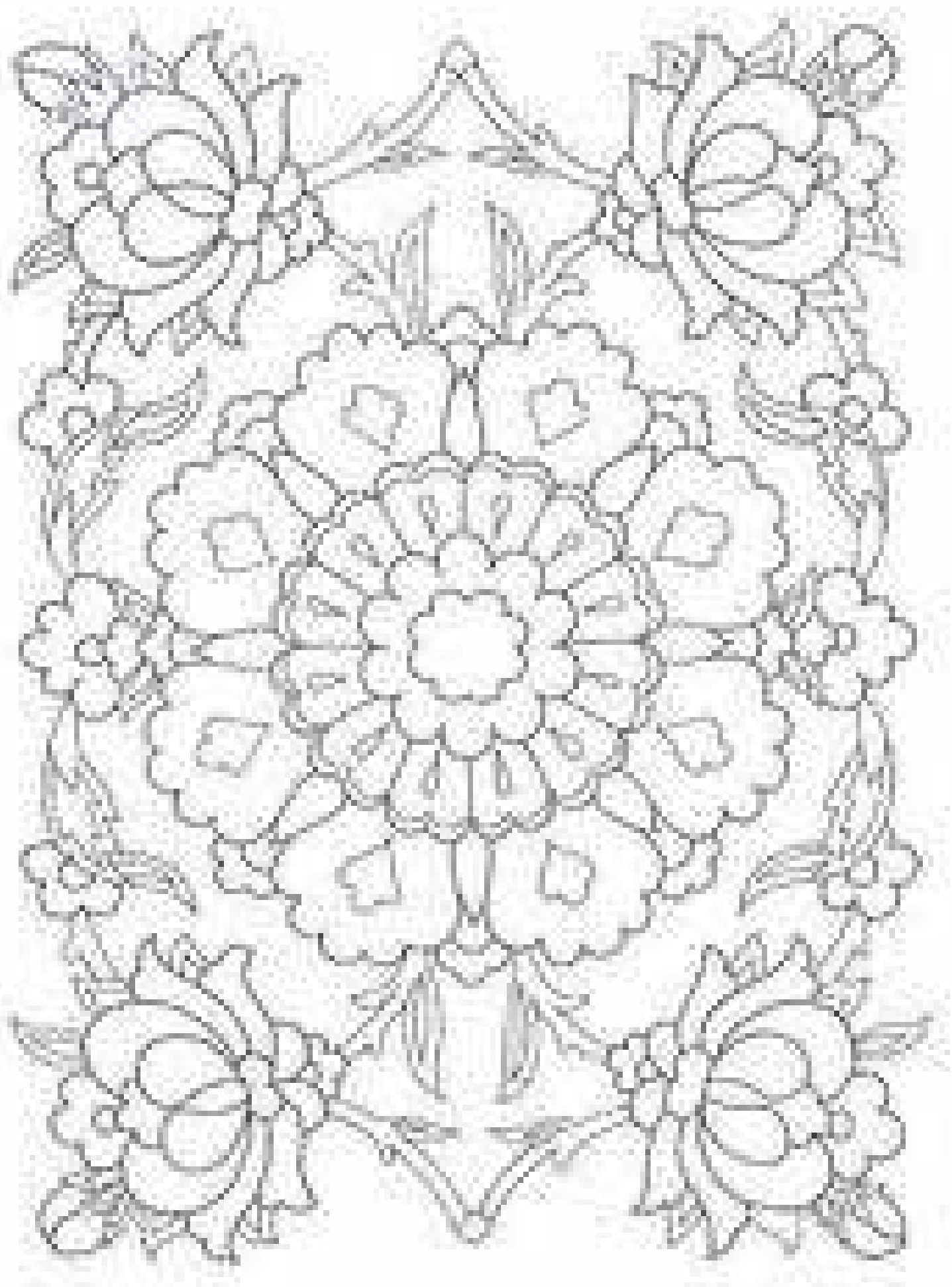


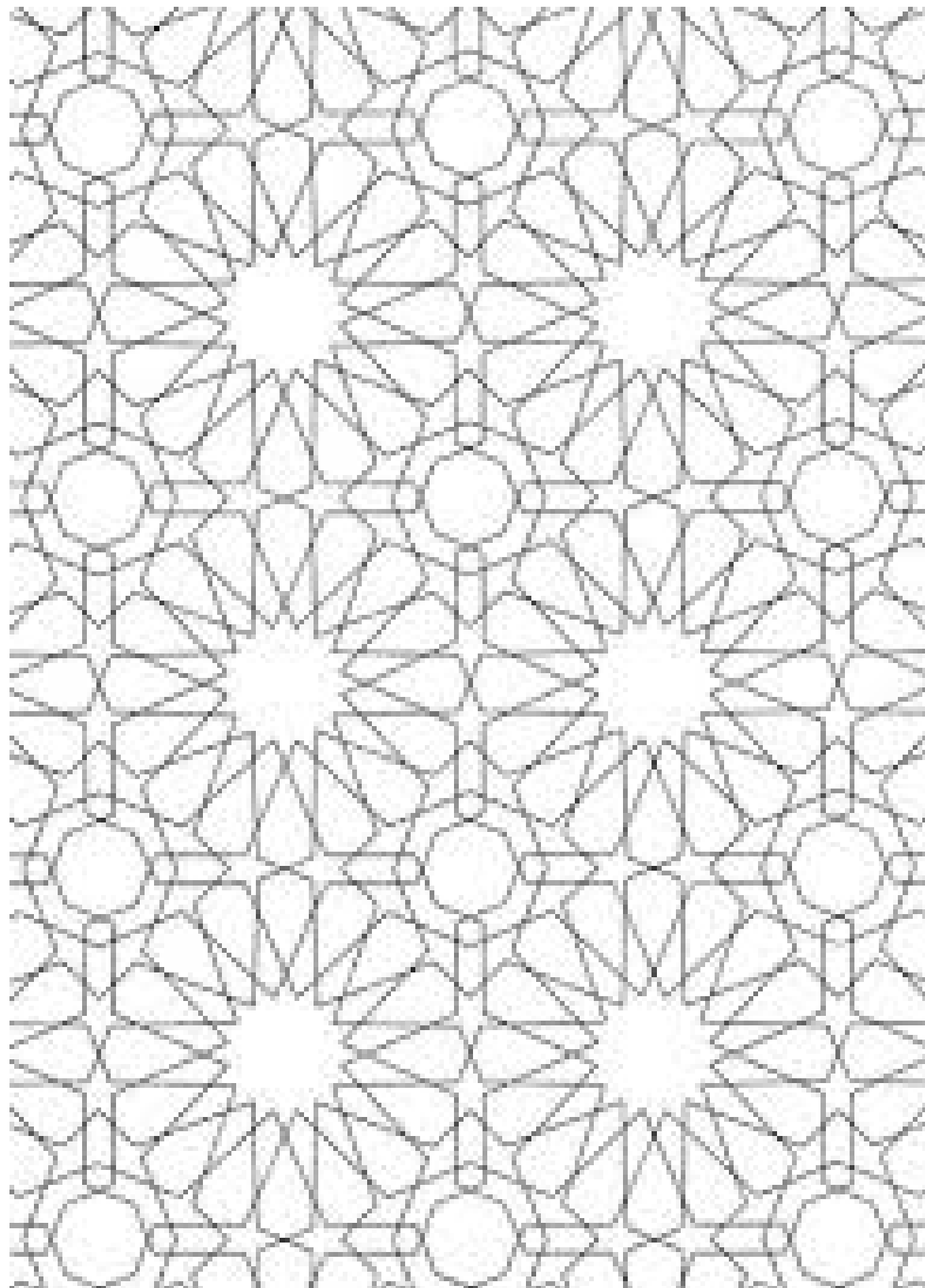


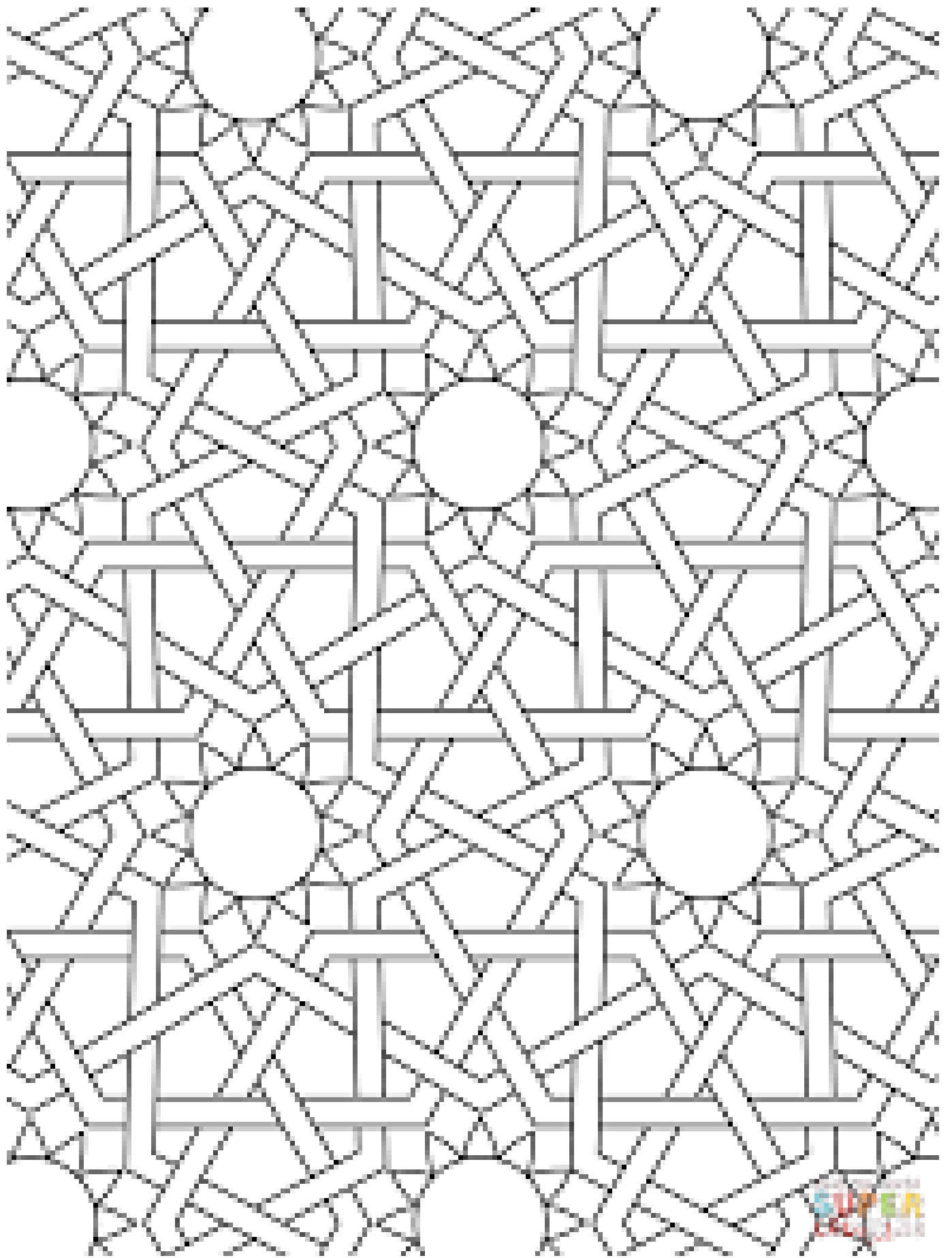


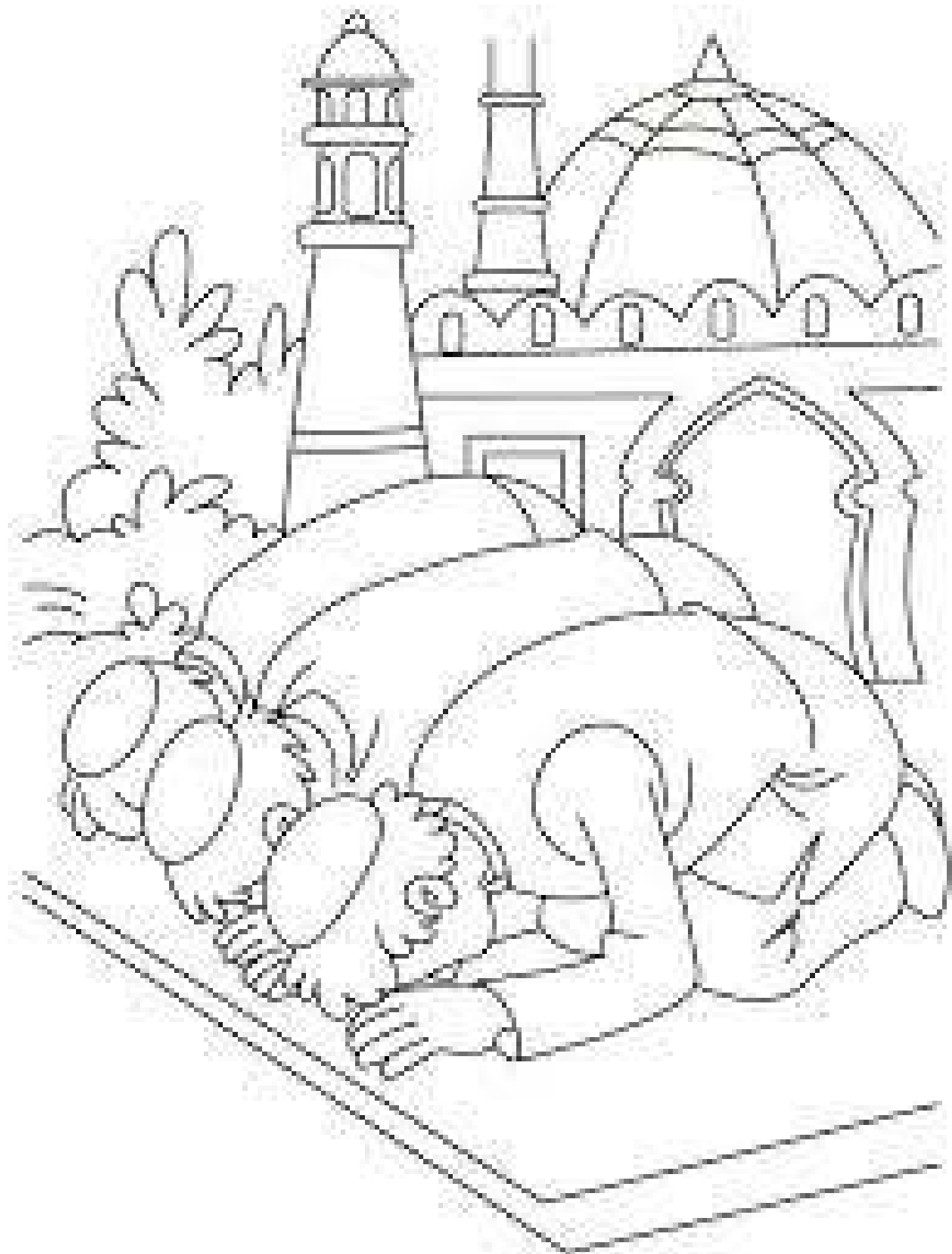






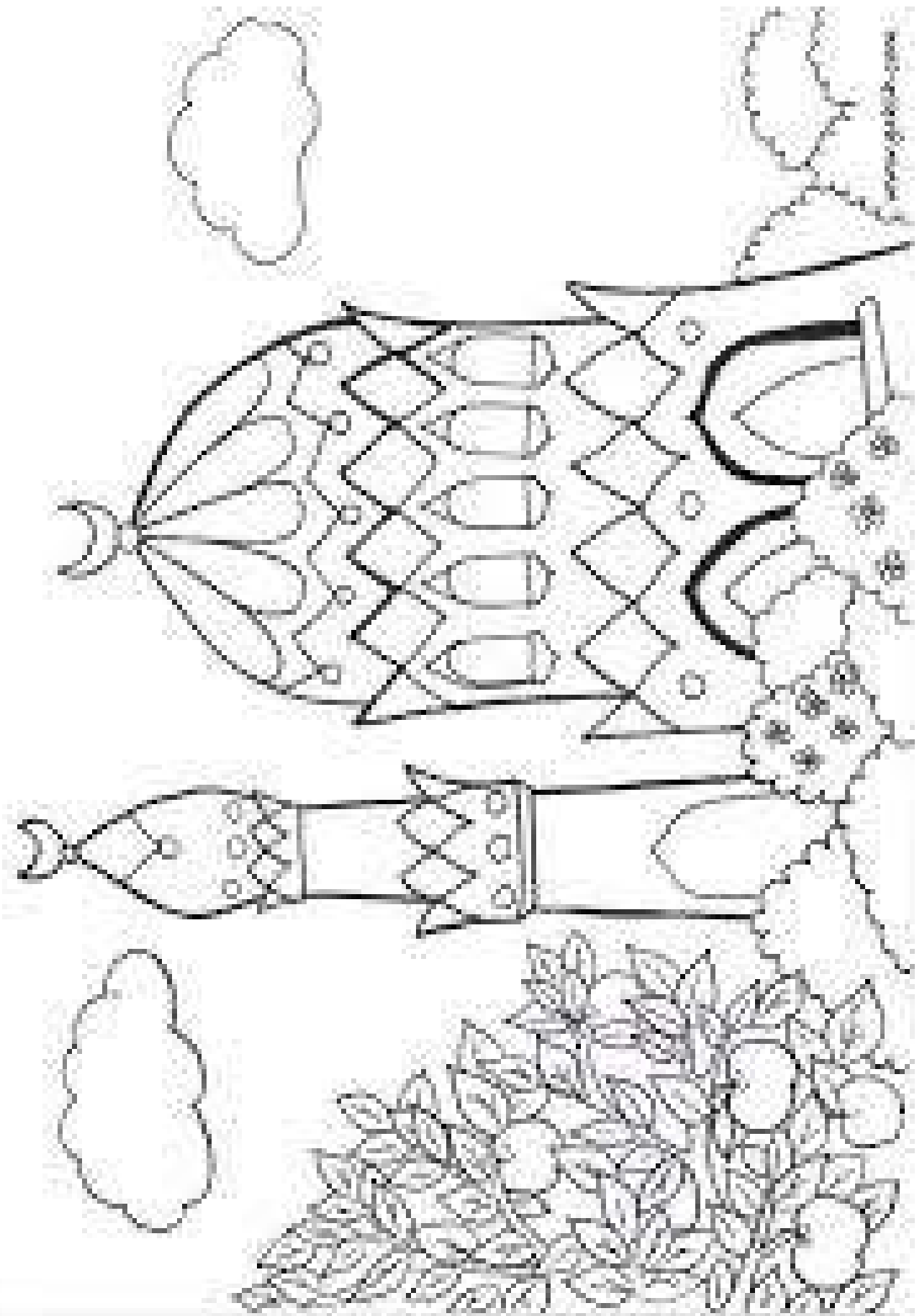








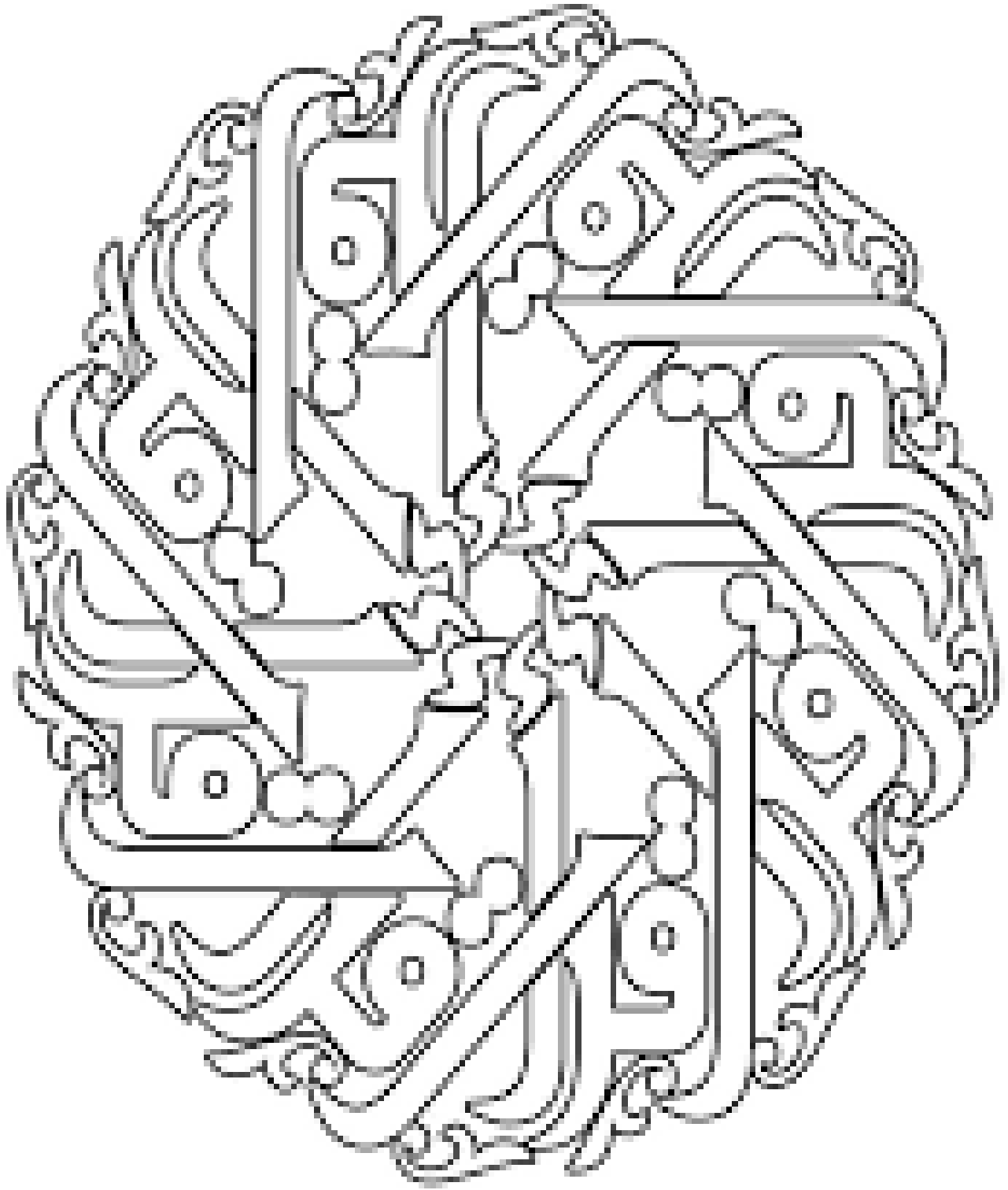
**Ar-Rahman Allami Qur'an**  
**The Most Beneficent. It is He Who has taught the Qur'an.**  
**[Surah Rahman 55: 1 - 2]**







*Just Color*



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WORKSHEET FOR ART

