

# LABBEASY

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## Coloring Pages - In the Jungle

6 jungle scenes with a cover page  
and 6 postcards to color



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PDF 4165-EN

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### PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

### SAVE PAPER & TONER

Only print out the pages you need.

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## INTRODUCTION

# Coloring Pages In the Jungle

Relaxation begins in the mind! Jungle is the word we used to use for the impenetrable primeval forests with their dense vegetation and uncontrolled nature. Today, we're more precise and distinguish between tropical dry forests, tropical rainforests, monsoon forests and so on. They can be very different from one another, but they have one thing in common: these habitats of millions of animal and plant species have remained completely intact because they were able to develop untouched. Tropical rainforests with their green ferns, moss, reeds, iridescent butterflies and multi-colored birds are the most biodiverse habitats on our planet.

Children color at school primarily to practice motor skills. They're instructed to "always color between the lines!" Coloring books are very popular with children because they comprehend pictures quickly and the activity of coloring has a calming effect. One possible explanation for this calming effect could be the repetitive motion when coloring. In fact, scientists have been able to measure slower brainwave frequencies during coloring, which may explain why it's so calming.

It's also very common for adults to enjoy coloring, but they don't always have the opportunity to do so or maybe they don't have crayons or watercolors to hand. Still, coloring is catching on with adults who are looking for the perfect 'digital detox'. So, get out of the virtual world, put down your smartphones and tablets, pick up the crayons and paints, do something beautiful with your hands, and take yourself back to those childhood days!

But what's really going on in our heads? When coloring, we concentrate primarily on staying between the lines. This level of attention is enough to push distracting thoughts to the periphery of our consciousness. In other words, coloring actually slows down the constant clamor of thoughts. Distracting thoughts often concern things that happened in the past and those that might happen the future. But when you're coloring, such thoughts disappear – you're simply creating - in the here and now.

Coloring won't solve your real-world problems, of course, but it can give you space to breathe. After half an hour of coloring, you'll find you're able to approach your problems with a fresh mind.

So you see, coloring isn't just child's play. In our stressful modern world, it's now perfectly acceptable for adults to color with crayons or colored pencils. Advanced artists can even be daring and use watercolor paints!

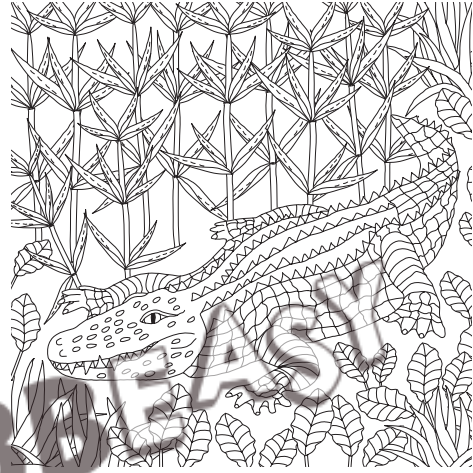
*Micha Labbé*

OVERVIEW

# Coloring Pages In the Jungle



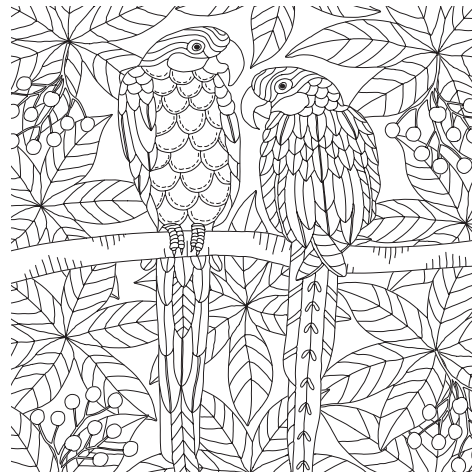
Hummingbirds - Flowers



Crocodile - Reeds



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