

# 15 PRINTABLE FREE COLORING PAGES FOR ADULTS

Relax with tranquil, fully printable coloring pages





## 15 Printable Free Coloring Pages for Adults

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## Letter from the Editors

Dear Readers,

We designed this collection of free coloring pages just for you, keeping your busy lives and crafting know-how in mind. Adult coloring pages are said to relieve stress and allow creative minds to take a break. Shading in repetitive patterns is like yoga for your mind, allowing you to bend your creative mind instead of warding away your worries on a mat. This coloring book is designed especially to help our readers relax. There's a variety of coloring pages as well as some tips and tricks on how to truly de-stress while you color.

While many adult coloring books are filled with pages upon pages of complicated sheets, we wanted to offer a book that offered plenty of options. This way no matter how busy of a day you are having, there is a coloring page that you can complete to add some mindful coloring into your schedule. Whether you take 10 minutes out of your day to color one of the 6 Mini Mandalas to Color (pg. 16) or sit down for an evening with a cup of tea and the Washi Tape Coloring Sheet (ph. 26), we're sure you will enjoy the experience.

You can find even more free coloring pages in our collection of [50+ Adult Coloring Pages](#) and even more craft project ideas for adults at [FaveCrafts.com](#).

Our eBooks, like all of our craft projects, are absolutely FREE. Please feel free to share with family and friends and ask them to sign up at our website for [free newsletters from FaveCrafts.com](#).

Happy Coloring!

Sincerely,

*The Editors of FaveCrafts*

[www.FaveCrafts.com](http://www.FaveCrafts.com)

# 15 Printable Free Coloring Pages for Adults

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## How to Print These Coloring Book Pages

By: [Kaylee Pope, Editor, FaveCrafts.com](#)

The coloring book pages available on FaveCrafts.com and across the web are a fantastic way to insert some low-effort creativity in your day. Over the last year or so, the popularity of these paper crafts has soared to new heights. The problem is sometimes figuring out How to Print Coloring Pages can be tough, especially if they come in a strange format. That is why we have created this helpful how-to.

Free coloring book pages are all the rage. You no longer have to head to the store to purchase adult coloring book pages. The internet offers hundreds of free coloring sheets to download. From marvelous mandalas to animal-themed coloring pages, these free printables are an essential crafting experience for creative types these days.

Not only do these free coloring sheets allow you to get creative, shading in these pages is said to have stress-busting capabilities. That means you can have fun and boost your mental health at the same time! Follow the tips below for how to print these coloring cuties to begin your coloring journey.



### What Paper to Use

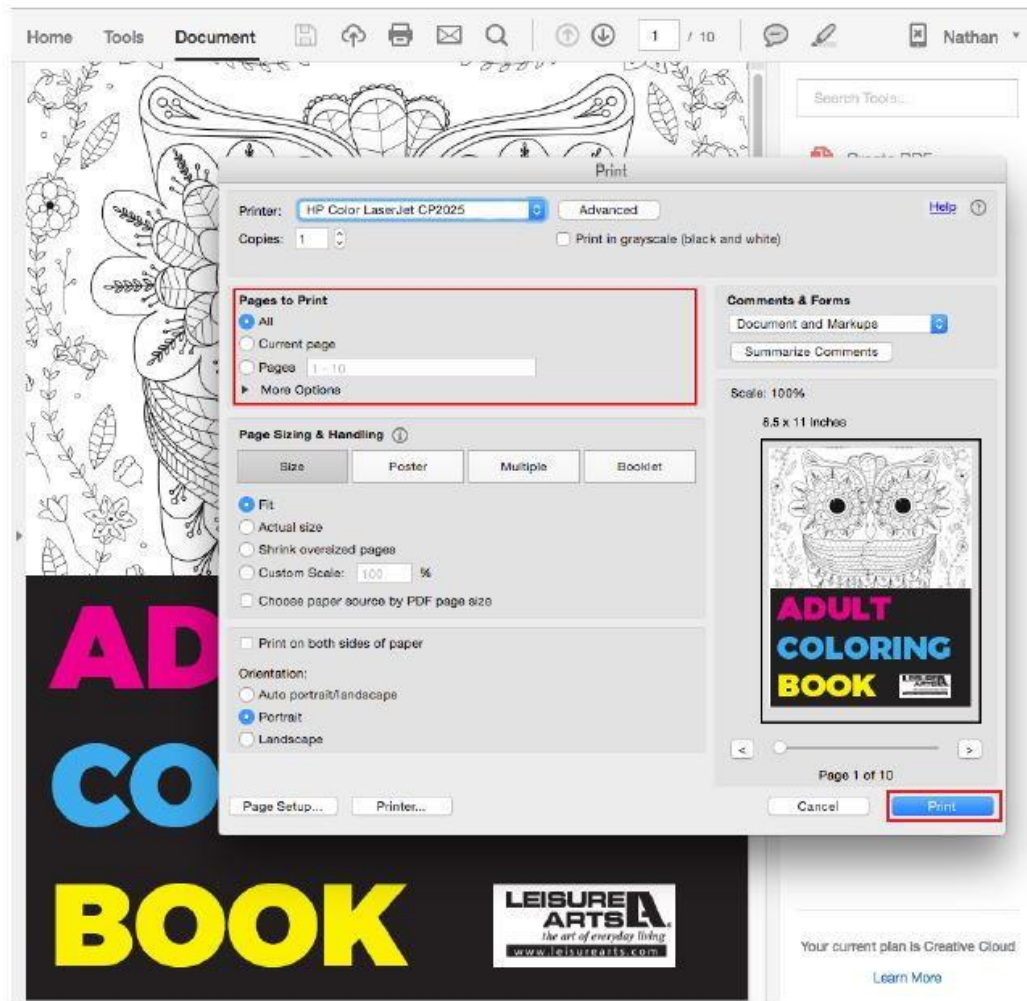
Figuring out how to print coloring book pages is one thing, but one of the hardest parts is knowing what kind of paper to use when printing these pages. Some computer paper, for example, can be far too thin or too slippery for your favorite coloring utensils. Check out these tips on how to print coloring sheets and what paper to use.

1. If you are printing simple coloring pages that you will not be using in another crafting capacity, medium-weight computer paper will work just fine.
2. When it comes to the finish of your paper, you will want to use a matte finish. Glossy paper (used for printing color photos) will be too slippery, especially if you are using markers.
3. If you are looking to create a long-standing DIY craft to add to cards, other paper crafts, or even decoupage craft ideas, use a thicker paper like cardstock.
4. Looking to save money? Consider printing your coloring pages on the blank side of other pages such as printed out recipes, agendas, or other documents that you do not need anymore. Just make sure the paper is thick enough and the info is not confidential.

## How to Print Coloring Book Pages – PDFs

Some of the best coloring book pages are in PDF format. This is especially helpful, because the settings in Adobe make it pretty easy to download and print coloring pages.

1. Click the download button to download the PDF of the eBook (you already did that!).
2. When the dialog box appears, choose “desktop” as the location for the download.
3. After the eBook downloads, double click the icon of it on your desktop.
4. Go to File>Print.
5. The dialog box will ask you which pages you want to print. Select “All” to print out the whole book, or enter a page range to print part of the book (e.g. 3-7).



6. Click print, and then gather your printed pages and have fun!

## Coloring Therapy: Scribble Stress Away

By: [Kaylee Pope, Editor, FaveCrafts.com](#)

At this point, we have all heard about the growing fad of adult coloring books and the supposed stress-busting capabilities of this newly popular activity. While whether or not scribbling away in adult coloring book pages actually reduces the stress in your life is up for debate, the simple act of coloring is meditative enough to let you relax. Recently, the FaveCrafts.com staff explored the cause and effect of some coloring time and found that the amount of relaxation you get from your coloring experience is entirely dependent on your experience, your attitude, and your environment. Coloring therapy only works if you do it right.

A creative endeavor is not enough to de-stress. In addition to coloring (or crafting), you have to create your environment, as well. Without a comfortable environment, too many outside factors can affect whether or not you have a meditative experience. This is exactly why we have looked to the experienced color-enthusiasts on our staff to get the most of out your adult coloring book creative endeavors. Check out the tips below in Coloring Therapy: Scribble Stress away to learn how to make the most out of your coloring therapy attempts.



### Make the Most of Your Coloring Therapy

#### Have a Nice Set Up

In order to de-stress and relax, you need to find the right place to color. Much like choosing your particular brand of exercise or diet, your de-stressing and meditative environment is entirely up to you. Some people find silence relaxing. Some people cannot stand it. Some people will want to multi-task while others might need to focus entirely on the task at hand. Experiment with where and how you color. Create your own coloring therapy regimen and make sure to be honest with yourself if you are actually enjoying yourself and whether or not it is working. Do not stress yourself out about how to de-stress.

**Some great ways to relax while coloring:** make yourself a cup of tea, listen to a favorite album or audiobook, color while marathoning your favorite television show, color first thing in the morning or right before bed.



### Eliminate Stressful Factors

Trying to meditate or practice yoga in a busy environment would be absolutely silly; the same is true for coloring therapy. You need to find a space that is free of those factors. This means tucking away your cellphone, stepping away from the computer, and taking some time alone. Allowing things like phone calls or house guests interrupt you breaks your concentration and will entirely eliminate your down time.

### Connect with Your Intention

If you are coloring to eliminate stress, make sure that you keep that in mind and truly commit to giving yourself this time. It is also important to keep in mind that using adult coloring books as a form of relaxation means that you should be connecting to the activity and not the final product. It can be tempting, especially for creative and crafty people, to get caught up with making your page look as stunning as possible. Stressing yourself out about how your final product looks rather than just relaxing in the moment might distract you, but it will not let your brain settle into a meditative state. Try and connect to your intentions before sitting down to color, relaxing your mind and reminding yourself this is you-time and not a time to prove your creative and artistic prowess.

### Give Yourself a Time Limit

Adult coloring book pages are gorgeous and intricate. They are designed to force you to concentrate on the task at hand rather than any outside factors or stresses buzzing in your brain. These itty bitty details also mean that coloring a full printable coloring page or coloring book page will take a long time. These pages were not designed for you to fill in during one sitting. So, before getting started, decide how long you will be coloring and stick to it. This method will allow you to chill out rather than rush to finish shading a page. You could even set an alarm and just dive in until your time is done.

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**7 ADULT  
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## Coloring Book Therapy: Fad or Fact?

By: [Kaylee Pope, Editor, FaveCrafts.com](#)

No one is more familiar with the growing fad of adult coloring books and downloadable coloring book pages than the editors here at FaveCrafts.com. We have coloring books coming in and out of our office constantly. Our readers have become increasingly hungry for these types of crafts over the past year. Coloring is said to relieve stress in the participant's everyday life, allowing them to scribble their way to a moment of Zen. Articles upon articles have been written about the stress-relieving nature of these grown-up coloring pages. It can hard to determine, however, if there is truly something therapeutic and stress-busting about coloring or if this de-stressing fad is simply a smart way to sell coloring books.



Logically, it makes sense! Arts and crafts have a long history of giving your mental health a colorful boost. But are adult coloring books really a form of therapy? Can they truly reduce the amount of stress in your life? We decided to explore this phenomenon. Continue reading below to find out what we discovered in Coloring Book Therapy: Fad or Fact?

### Trying out Adult Coloring Book Pages

To test out the stress-relieving ability of adult coloring books, the editors from Prime Publishing LLC had a coloring book party. For a short break one morning, we decked out our conference room with treats, coloring pencils, and printable coloring pages for our editors to explore at their leisure. After getting a chance to be creative in the office, we polled our editors on how they felt before, during, and after coloring. We received the following answers:

- 57% of participants said they were stressed before coloring
- 40% participants said that they found the activity stress-reducing
- 86% of participants said that they found the experience relaxing

### Coloring Book Therapy: Relaxing Activity

While this little experiment was by no means perfect - the participants were at work which is naturally a more stressful environment, they colored in a group setting that could lead to social anxiety, and there was a small time limit on the activity, the results still point to some interesting conclusions. Adult coloring books are, our participants found, a relaxing activity. Sitting down and coloring can temporarily calm you down. One editor said the following of the experience:

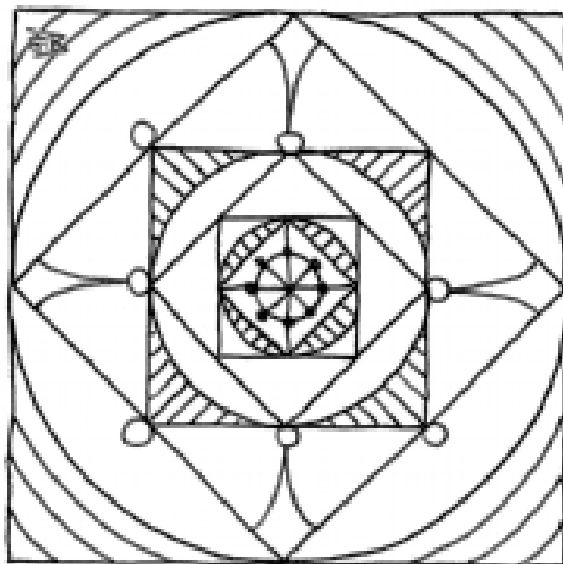
*"Unlike other creative forms like drawing or painting, there's no pressure to perform. It's a relief to be in control of something that really won't affect my life. If I choose the 'wrong' color, there are no repercussions. I can turn the page and color something else whenever I want. You can't be bad at coloring. It's a way to let go of time and pressure, and just sink into the comfort of repetitive motion."*

Shading in coloring book pages can allow a person to, for lack of a better word, chill out. The repetitive and simple motion allows the colorer to zone out and tune into a repetitive task. In the end, however, editors did not find that the activity relieved stress in their lives to the same degree. It was a momentary fix that faded shortly after they had finished. Much like other stress-busting activities like exercise, listening to music, meditation, and yoga, coloring is temporary and the effectiveness depends wholly on your method and timing. Adult coloring books cannot relieve stress in a stressful environment.

Doing yoga in a crowded room, for example, would not be relaxing, and adult coloring books are much the same. Another editor noted, "I think it could have been a stress reducing activity if I didn't have to work right afterwards." Coloring is not an inherently stress-busting activity, but instead allows one to relax. These moments of quiet can, in turn, lead to a temporary reduction of stress. Whether that moment happens to have a long-standing impact on the overall levels of stress in a person's life varies.

#### **Adult Coloring Books: Just Another Excuse for Me Time**

In the end, our editors discovered that coloring is a relaxing activity temporarily. In the right environment, adult coloring books serve as a form of therapy because they are a form of meditation. In order to have a stress-reducing adult coloring book experience, the environment and timing needs to be right. They are not a cure-all for stress, but they can certainly help. Much like certain people find joy and relaxation in specific forms of exercise, adult coloring books are another option. What it comes down to is taking some time to allow yourself to relax, deciding that you want to take a few moments for self-care. Coloring books are just one of those options.

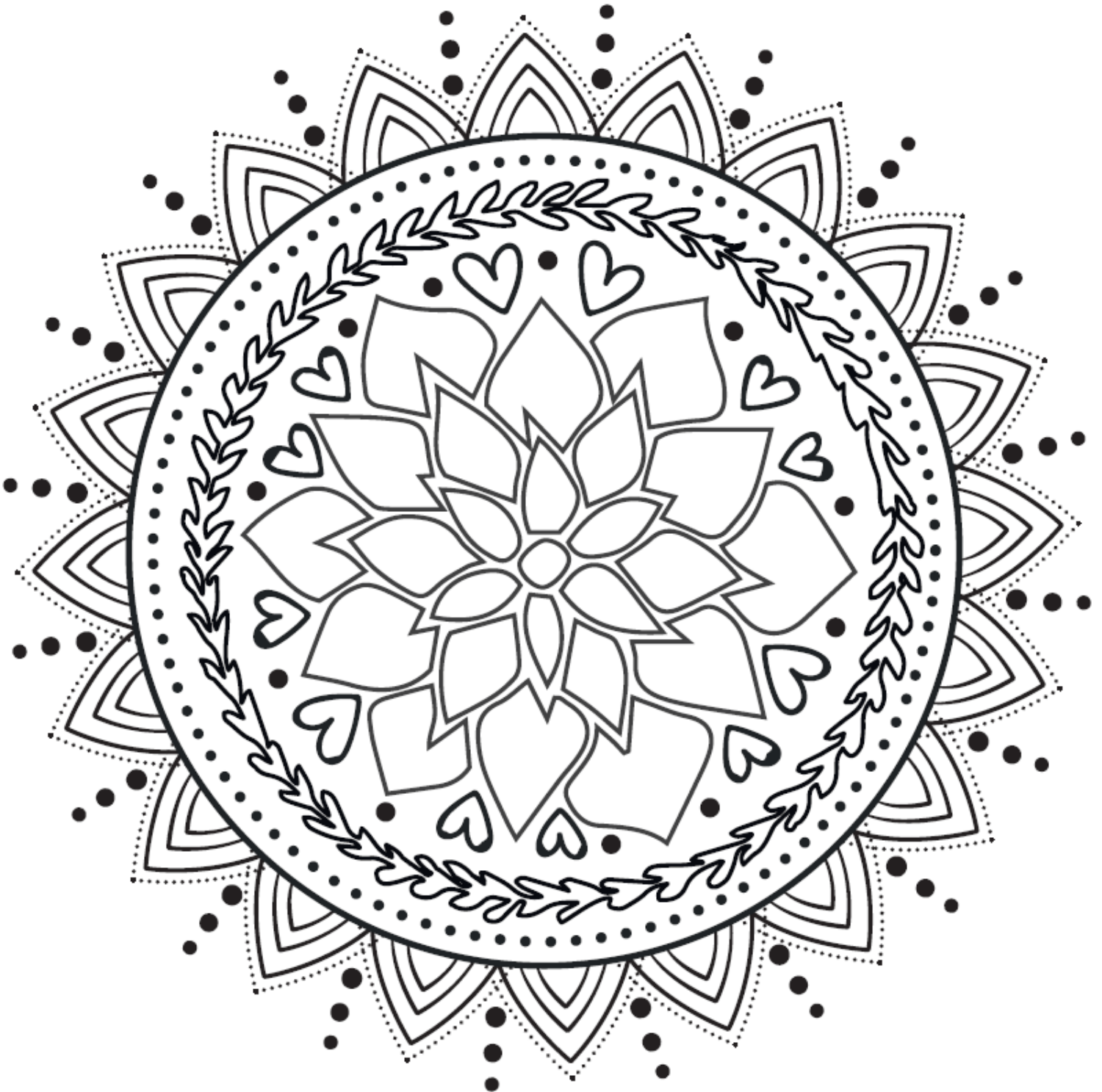


By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)

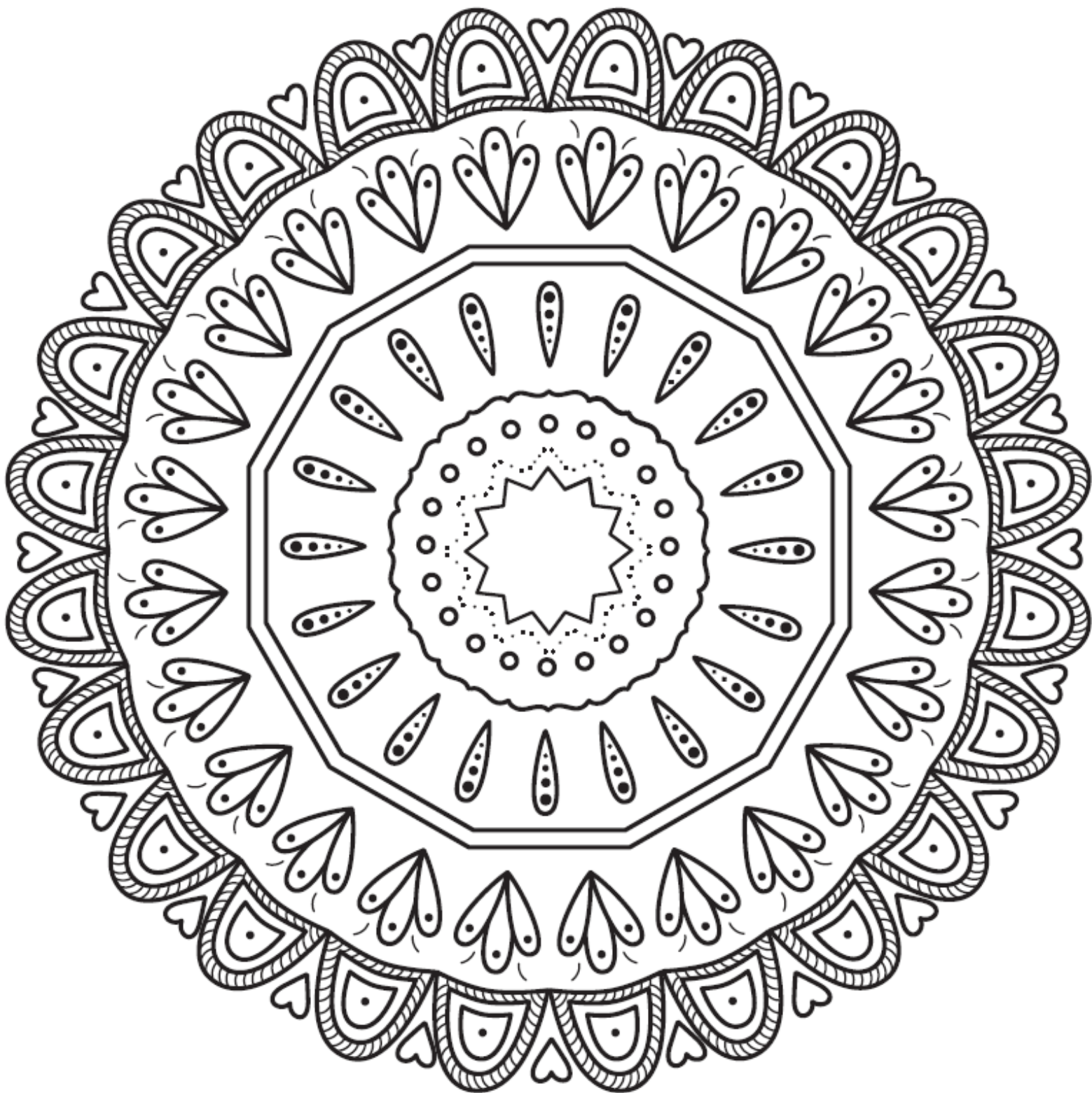
## Mandala Coloring Pages

### Relaxing Mandala Coloring Pages

By: [Carmia Cronjé from clementinecreative.co.za](http://clementinecreative.co.za)

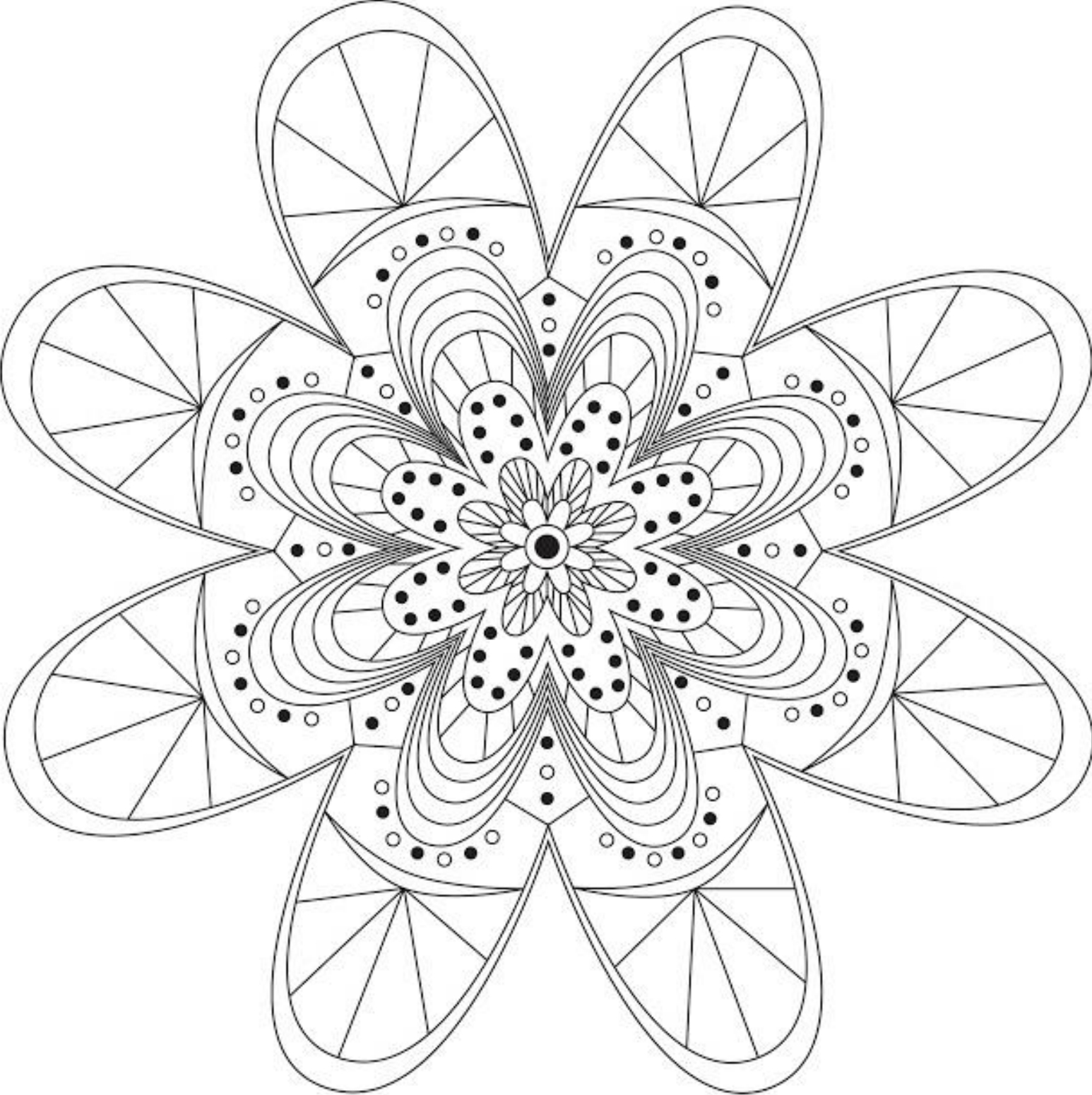






**Darling Daisy Printable Mandala**

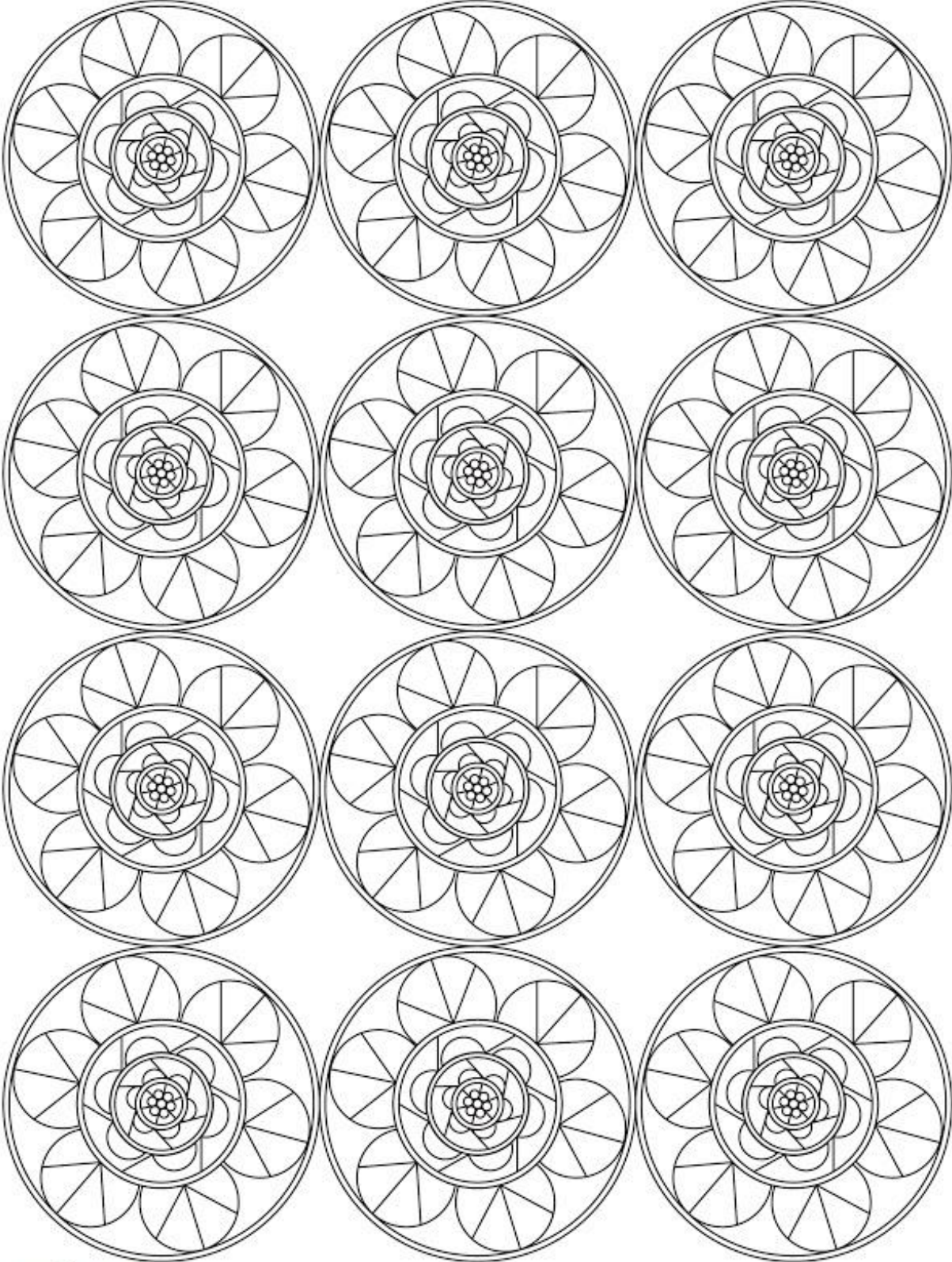
By: [Emily Sterneman for FaveCrafts.com](http://FaveCrafts.com)





# Mandala Printable Coloring Sheet

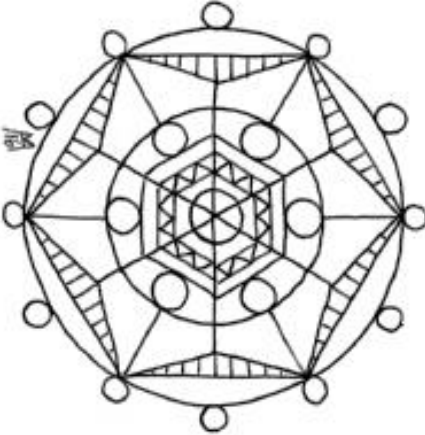
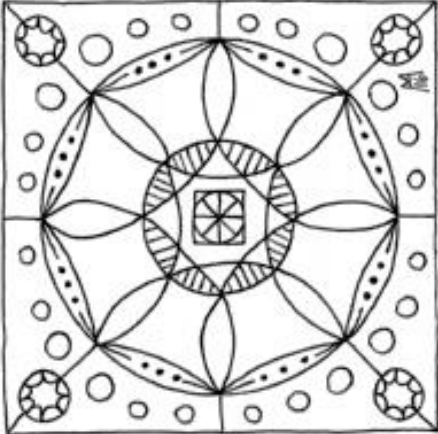
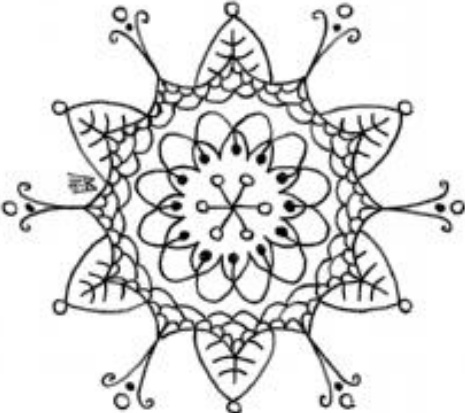
By: [Emily Sterneman for FaveCrafts.com](http://FaveCrafts.com)





6 Mini Mandalas to Color

By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)



## Energizing Mandala Printables

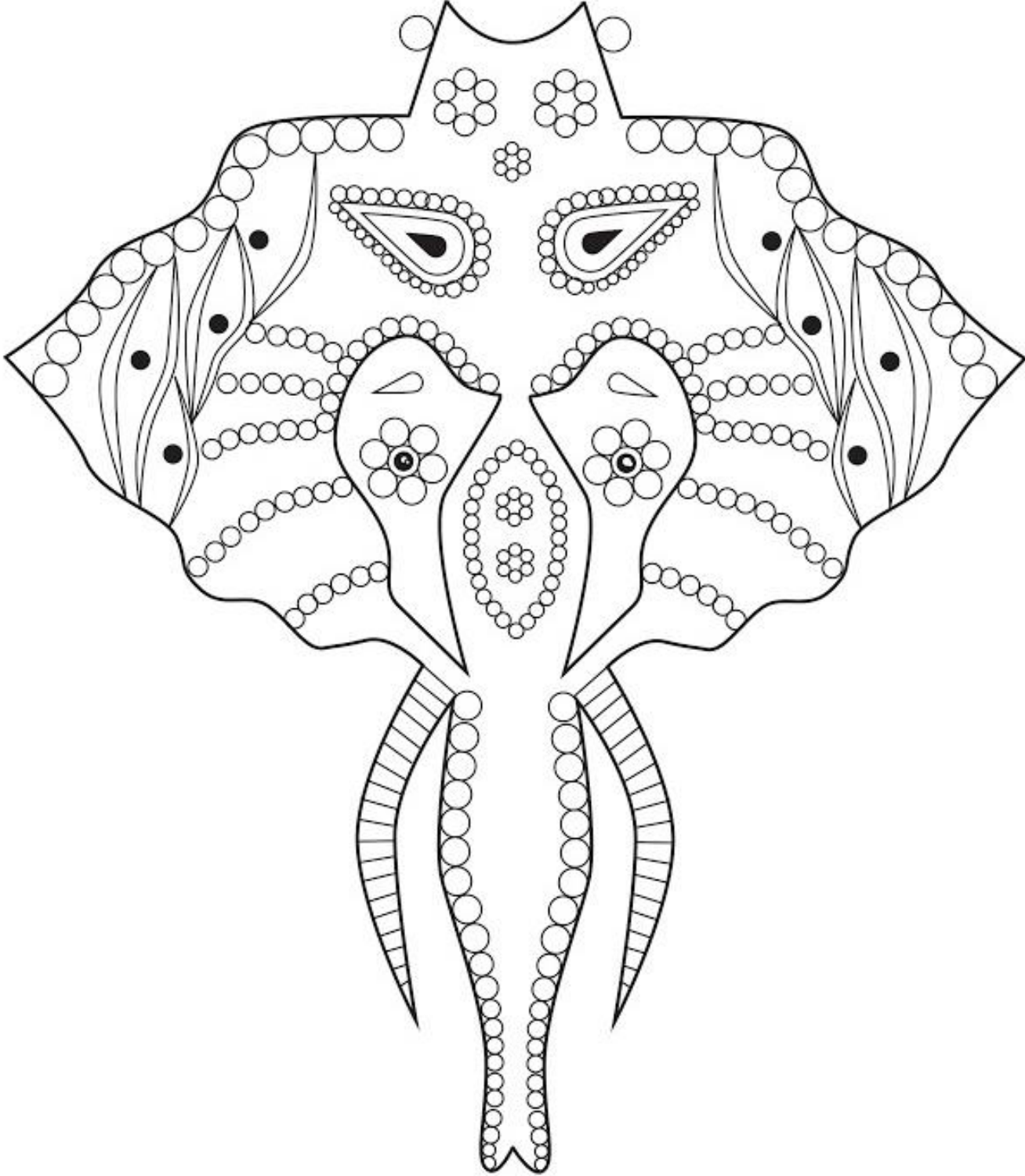
By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)



Other Free Coloring Pages

Intricate Elephant Coloring Page

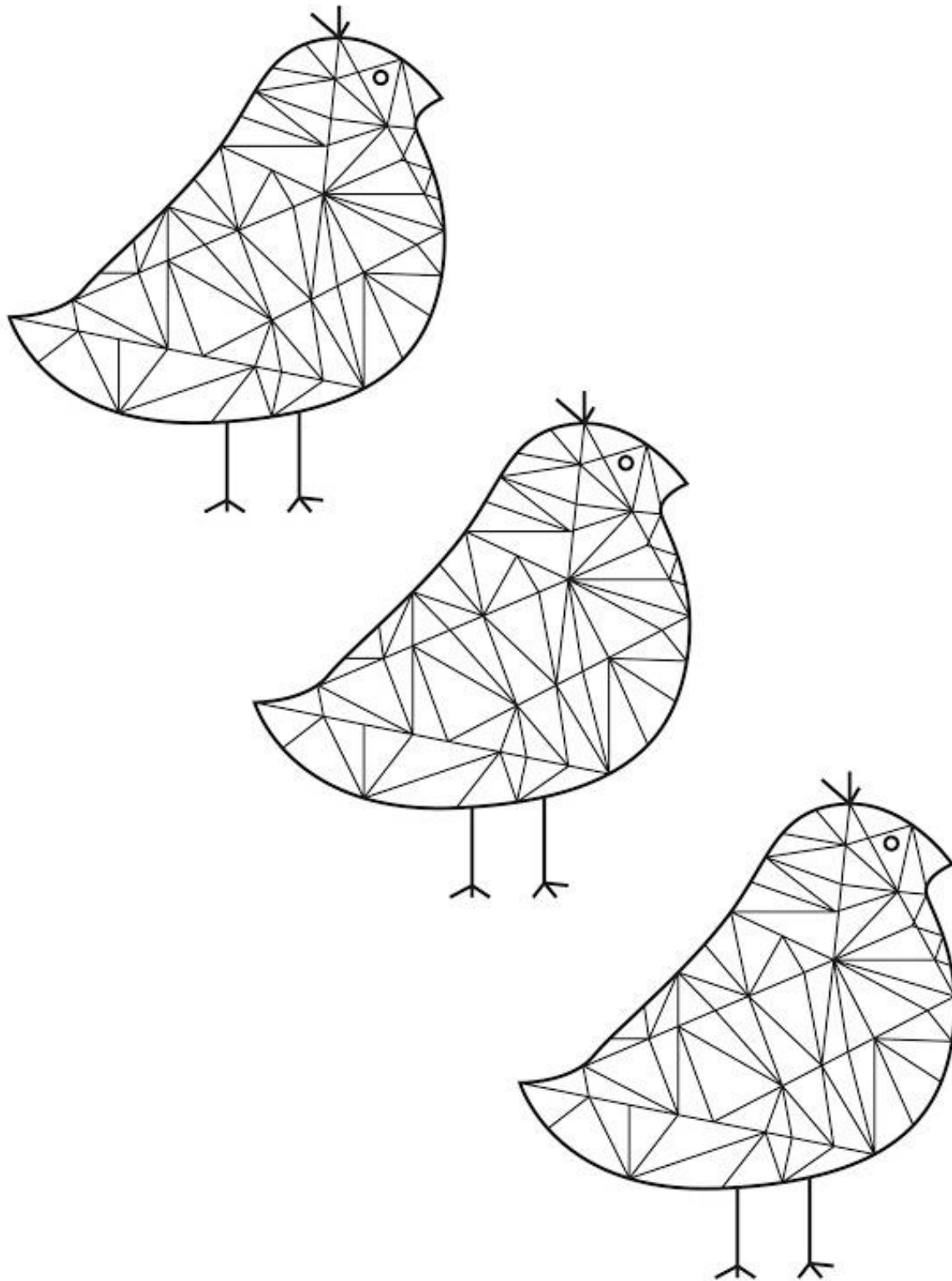
By: [Emily Sterneman for FaveCrafts.com](http://FaveCrafts.com)





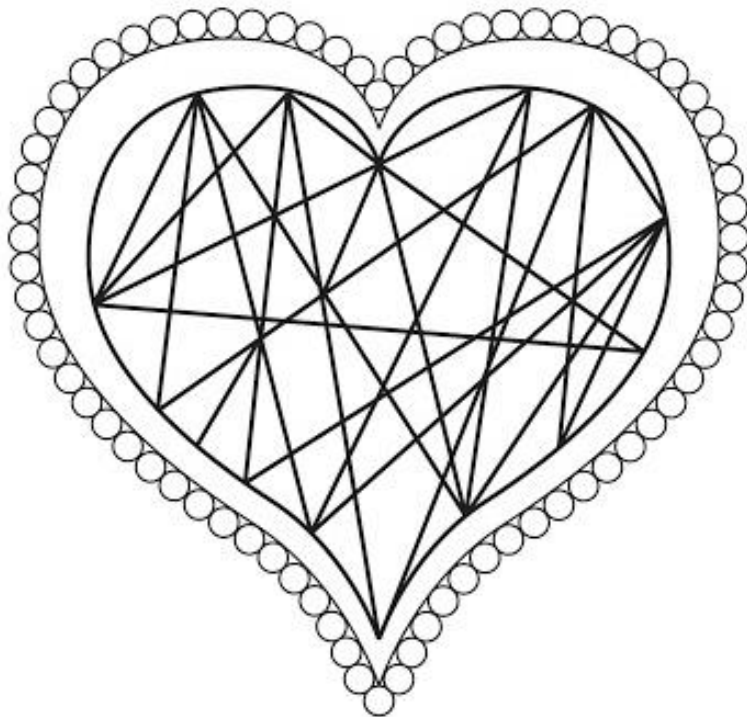
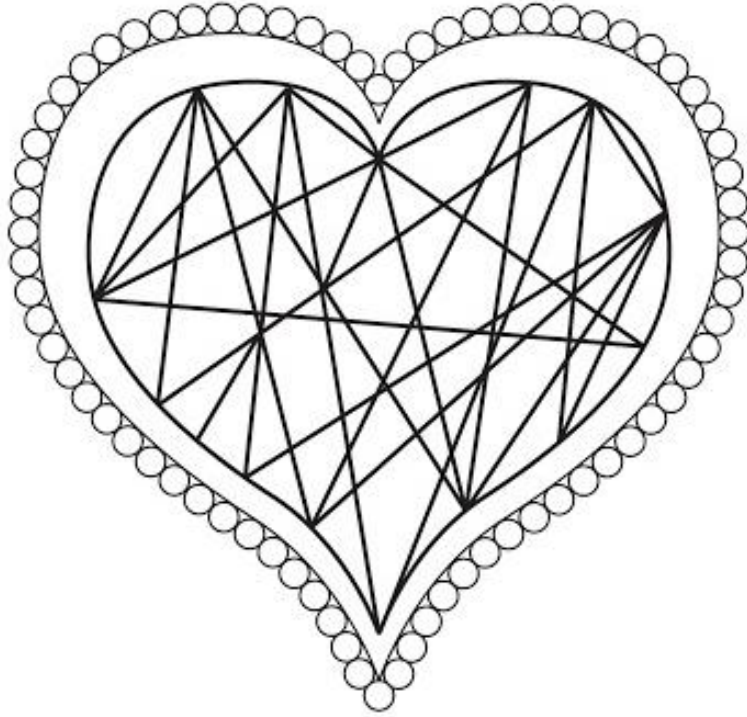
## Geometric Sparrows Coloring Page

By: [Emily Sterneman for FaveCrafts.com](https://www.favecrafts.com)



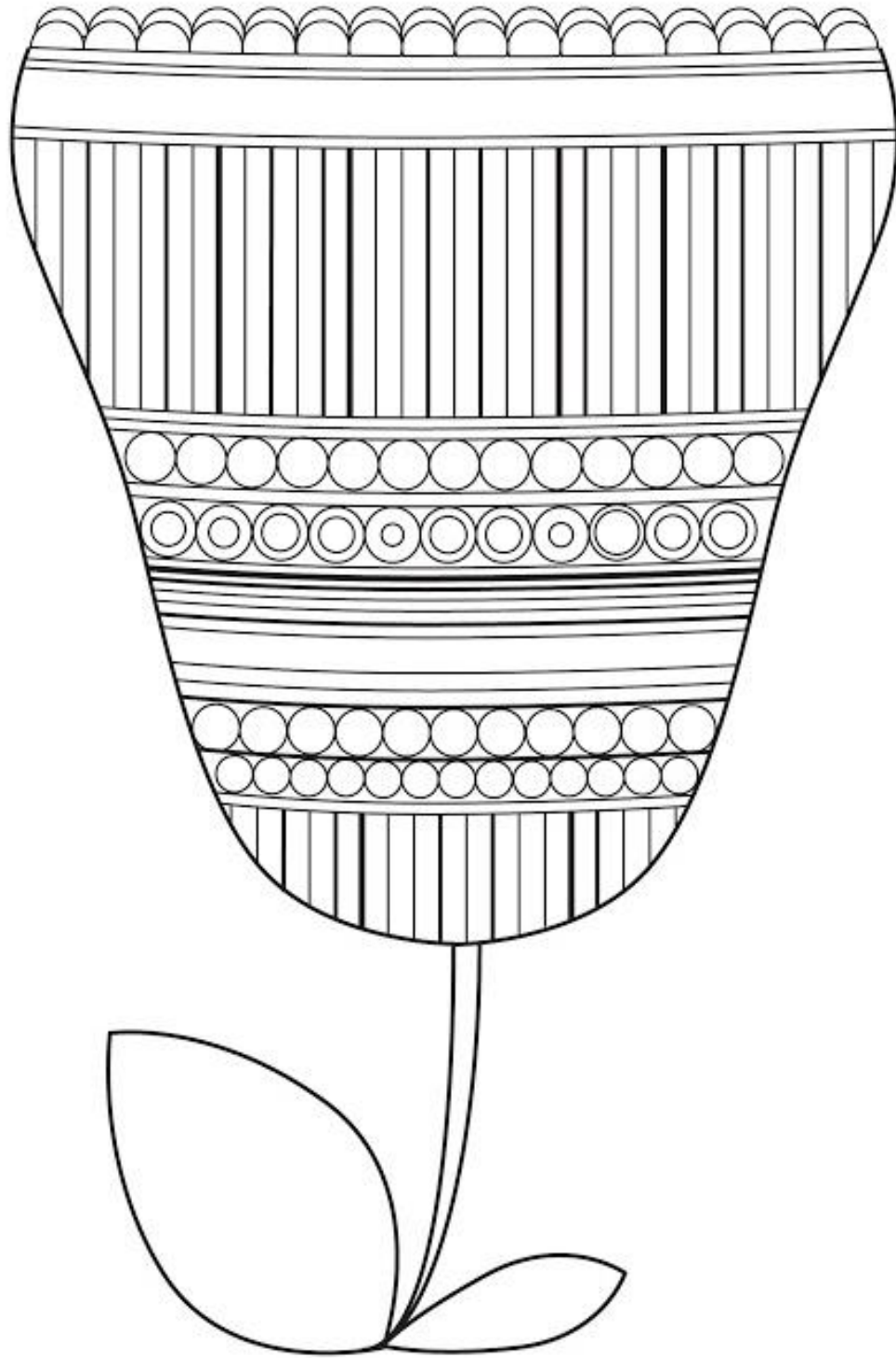
## Hip Hearts Coloring Page

By: [Emily Sterneman for FaveCrafts.com](https://www.favecrafts.com)



# Jumbo Tulip Adult Coloring Page

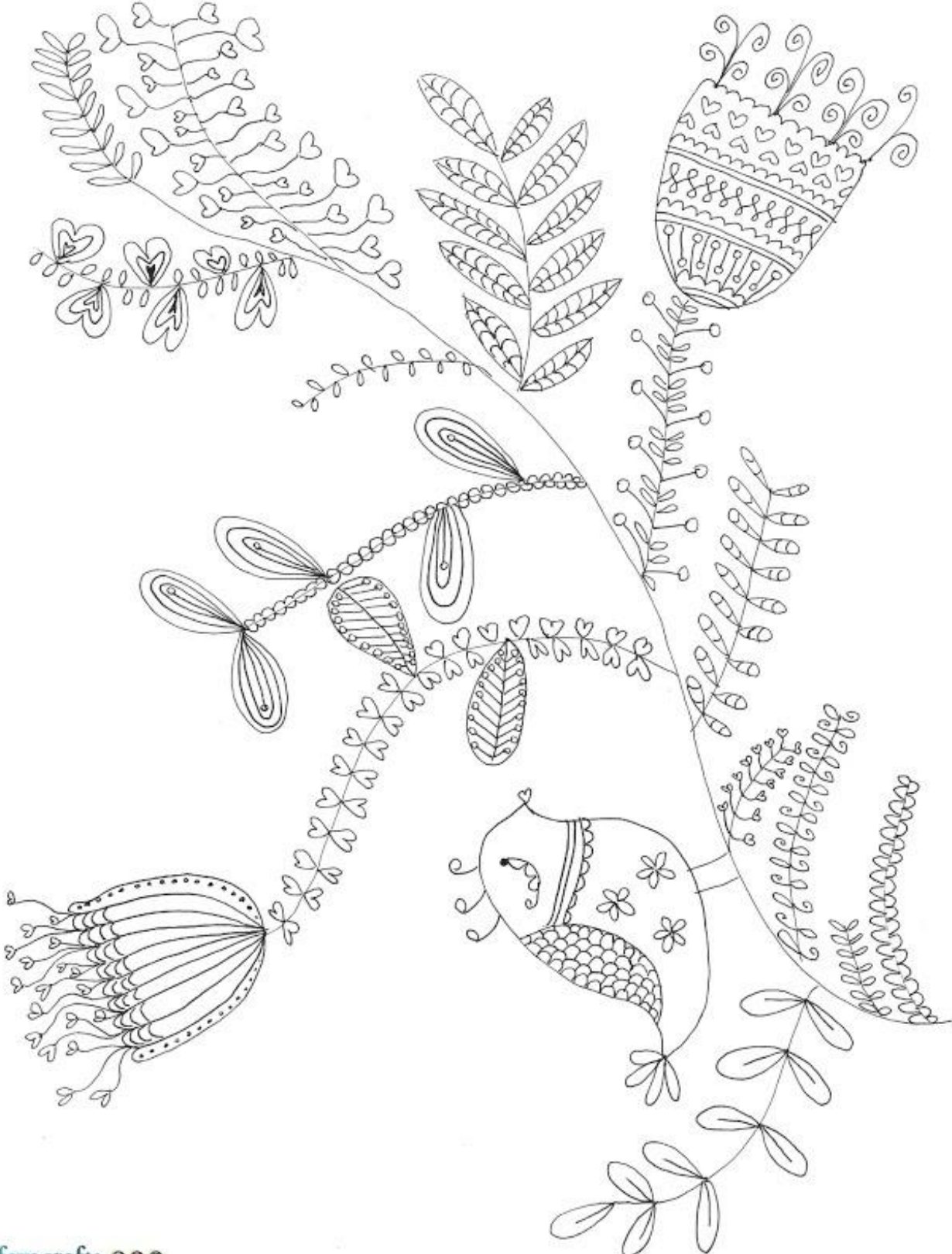
By: [Emily Sterneman for FaveCrafts.com](https://www.favecrafts.com)





Whimsical Bird Coloring Sheet

By: [Emily Sterneman for FaveCrafts.com](http://EmilySternemanforFaveCrafts.com)



Floral Shark Coloring Page

By: [Emily Sterneman for FaveCrafts.com](https://www.favecrafts.com)





Peacock Printable Coloring Page

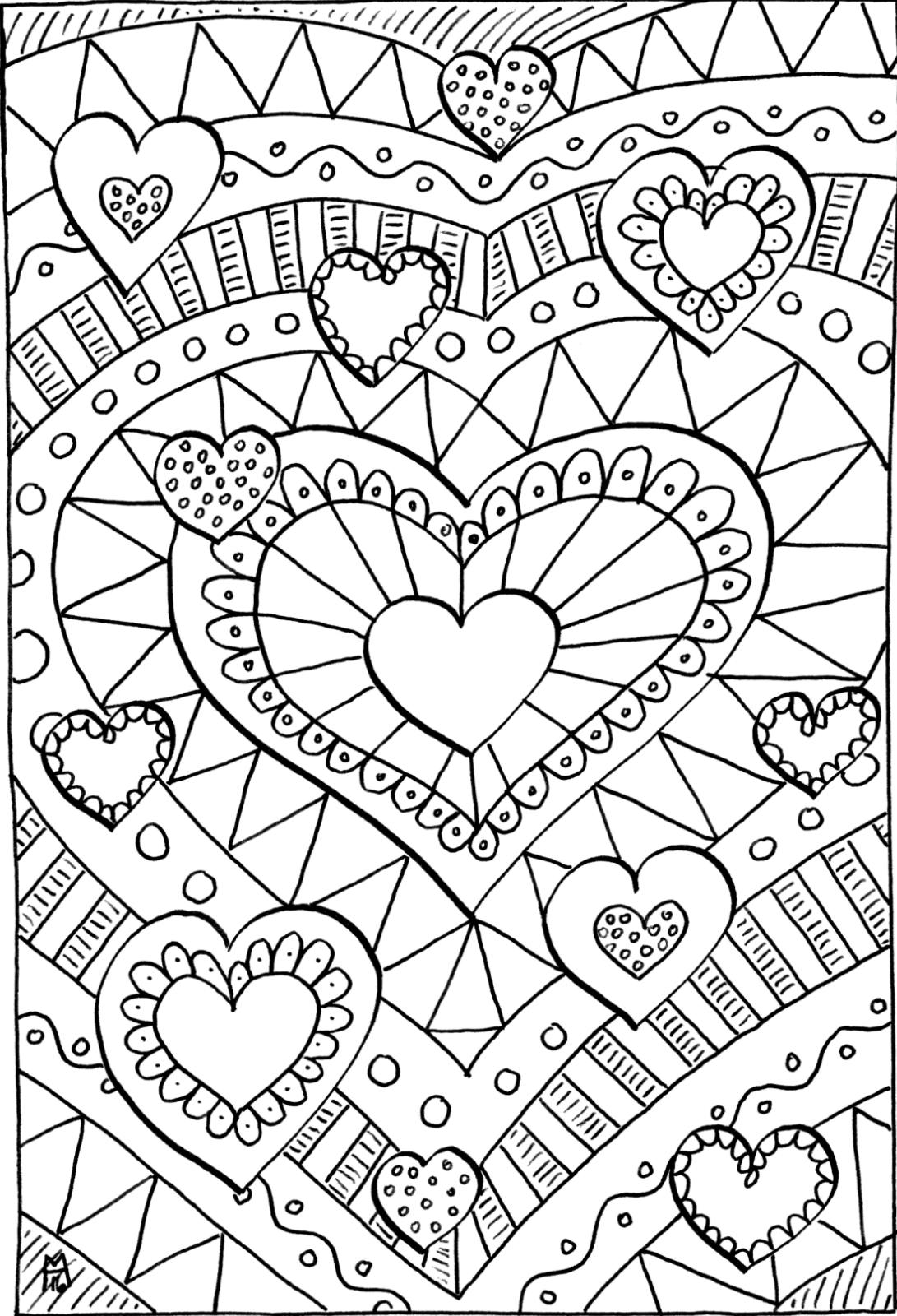
BY: [Benetta Strydom for FaveCrafts.com](http://BenettaStrydomforFaveCrafts.com)





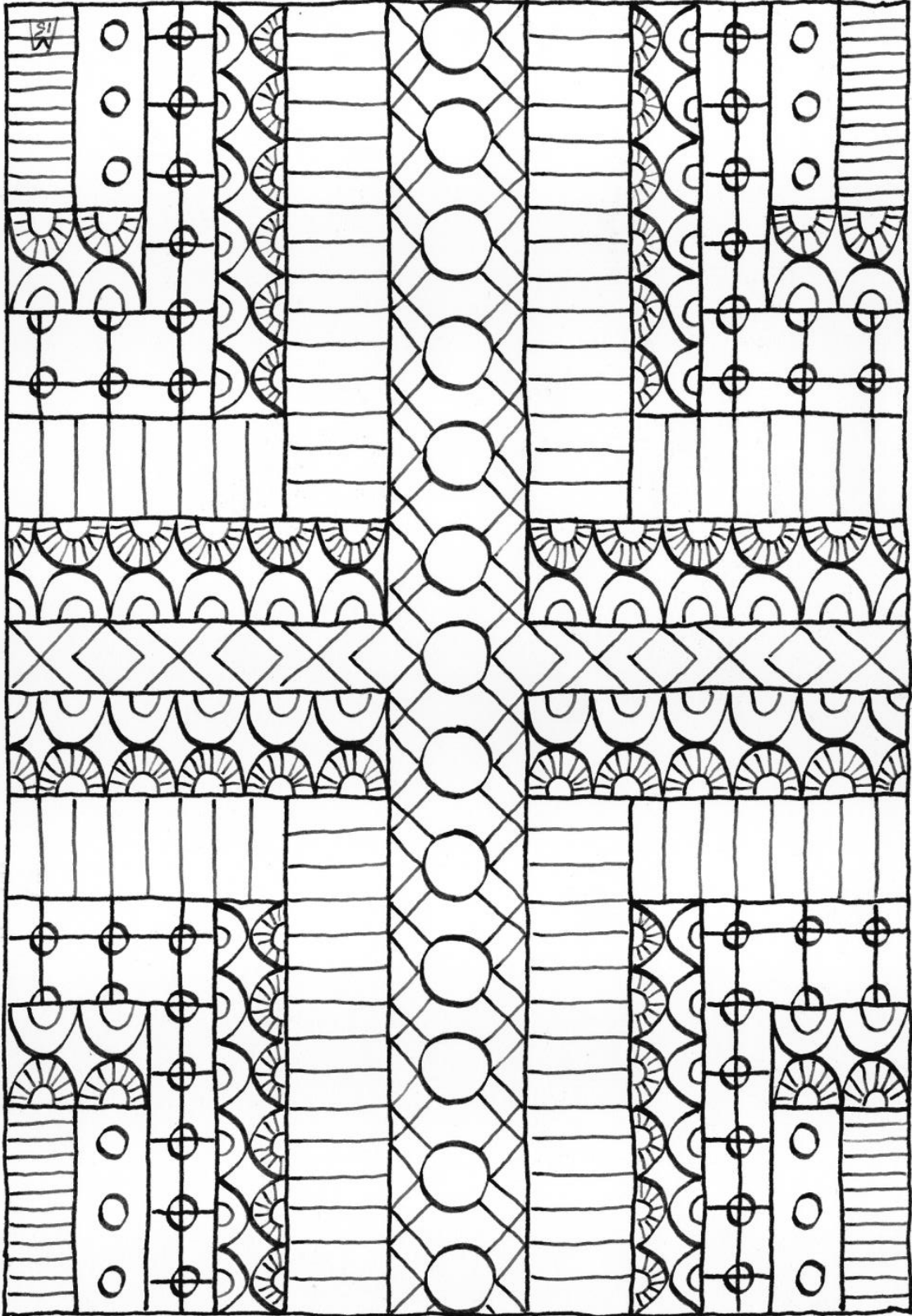
Healing Hearts Coloring Page

By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)



Washi Tape Coloring Sheet

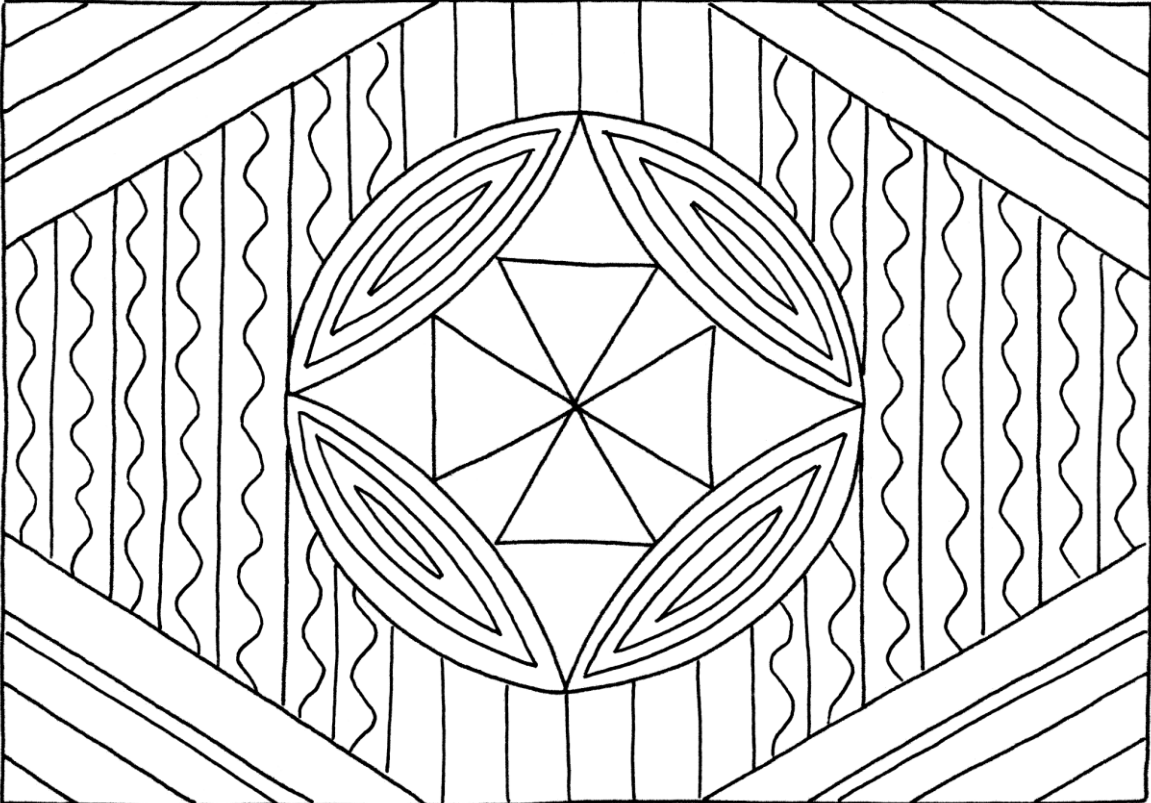
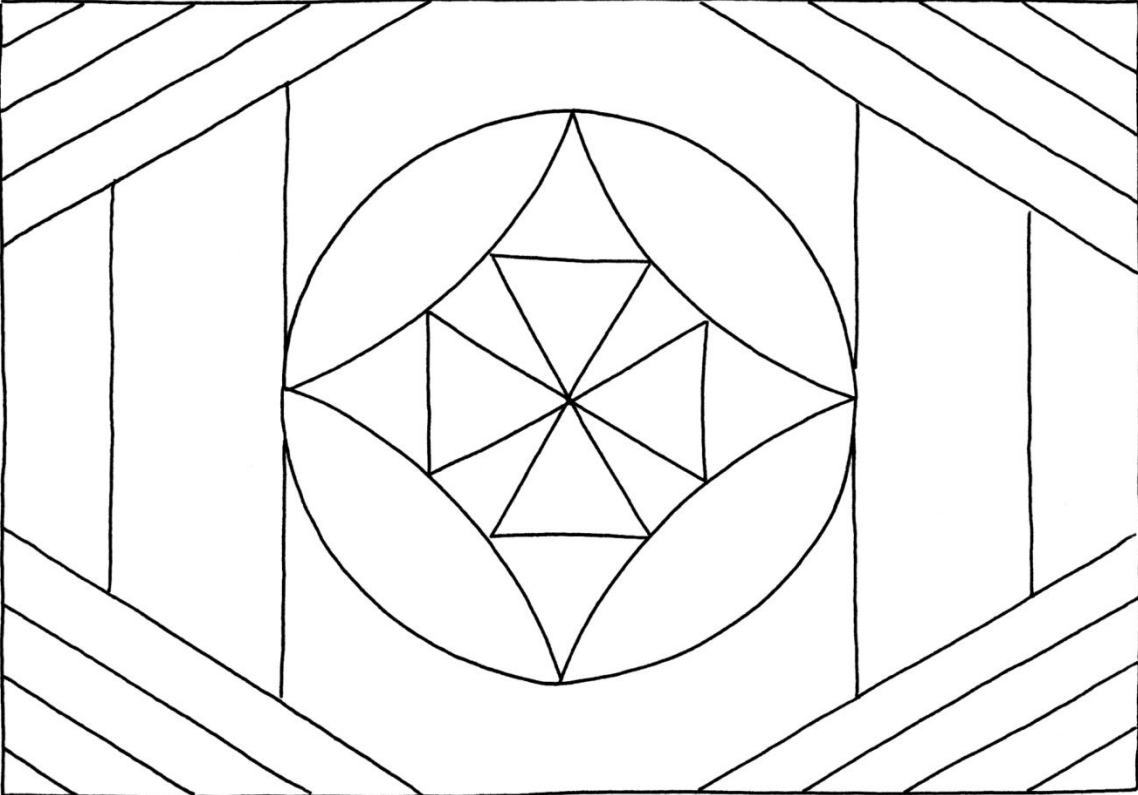
By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)



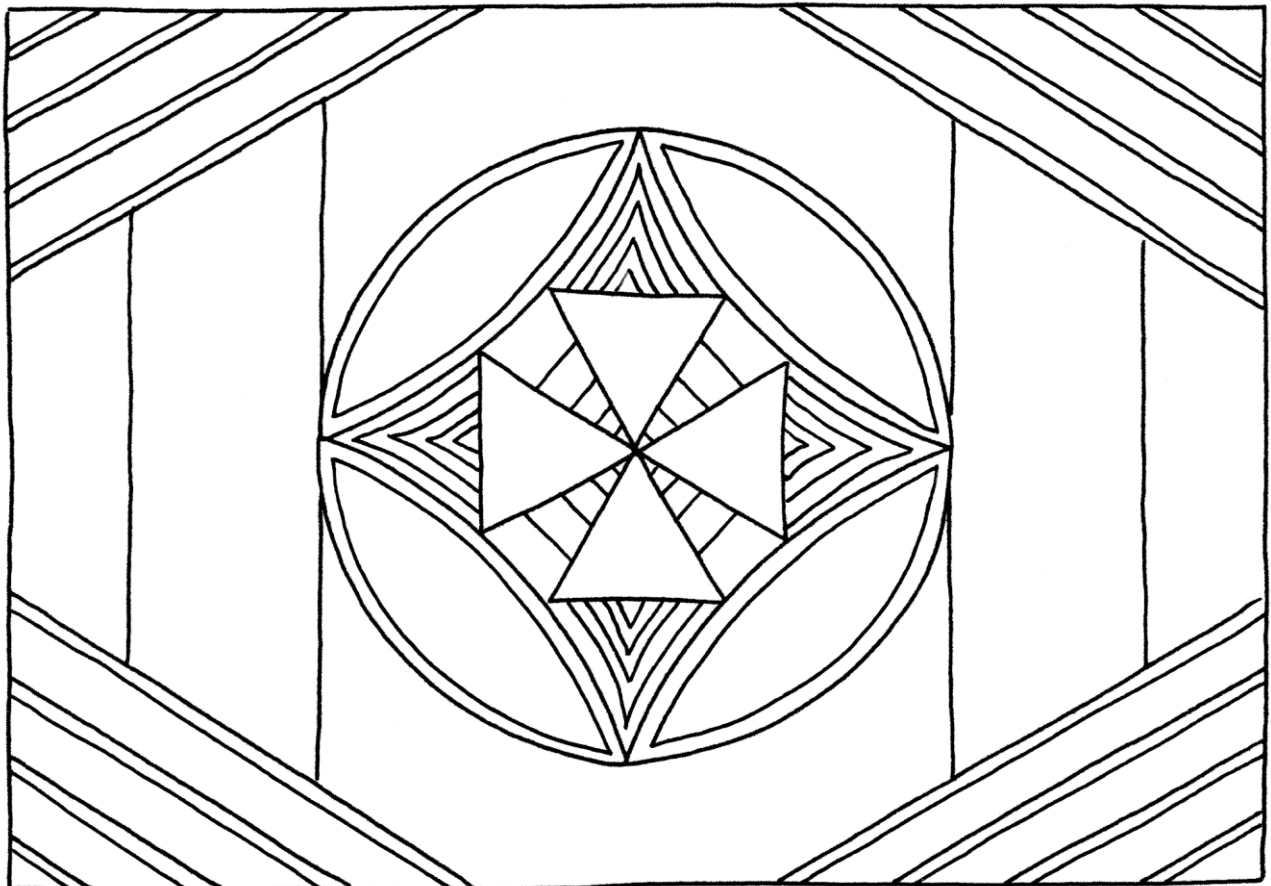
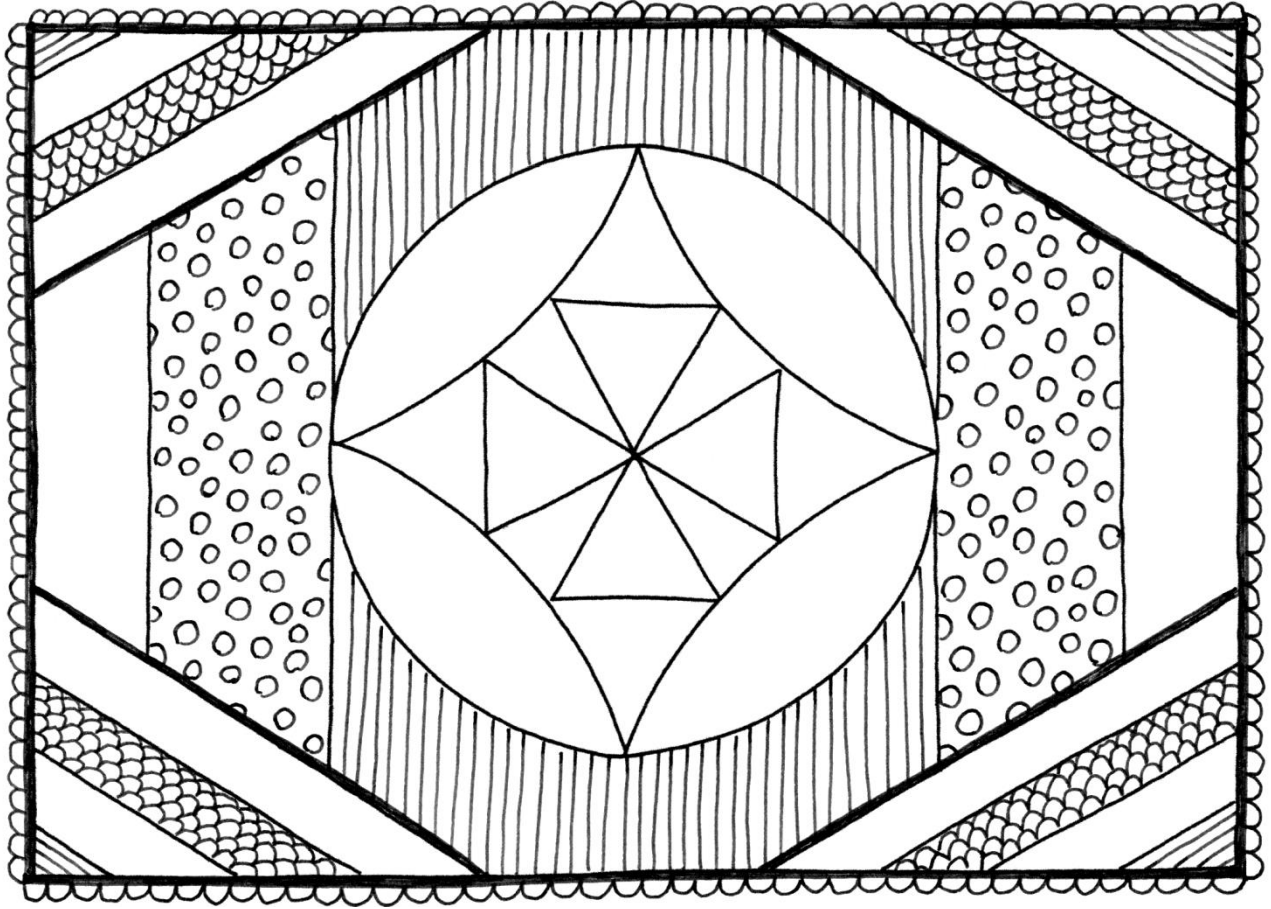


**Balance Focus DIY Postcards**

By: [Maria from worldofmagnifica.eu](http://worldofmagnifica.eu)









Special Thanks To:

[Carmia Cronjé from clementinecreative.co.za](http://clementinecreative.co.za)

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