HandsOn at Home

DIY Coloring Book Instructions

Due to efforts to prevent the spread of COVID-19, to protect one of our most vulnerable populations visitation at assisted living facilities is no longer permitted. These efforts can mean that they will experience minimal human contact in the days and weeks that lie ahead. Our HandsOn Pen-pals program will provide seniors with necessary social interaction, but they do need activities to participate in to pass the time. Coloring books for seniors are a great way to practice fine motor control for seniors!

Here's what you'll need to make a difference for someone who needs a smile:

Supply List
- Paper, Construction Paper, Cardstock
- Pen, Gel Pens, Sharpies, Markers
- Printer(optional)
- Single Hole punch
- Ribbon
- Manila Envelope
- Postage Stamp

(Click here to purchase stamps from Stamps.com or Amazon)

Project Instructions
1. **Gather or purchase all the necessary supplies.**
2. **Create your coloring book(s).** You can print pages of designs from the internet or create your own designs using white paper and a black marker and bind them together. Each coloring book turned in will earn 1 service hour, for a maximum of 6 hours.
3. **Place coloring book in the envelope and seal it.** Seal the envelope with a glue stick, tape or moisten a cotton swab/ Q-tip, sponge, or cloth with a small amount of water and seal the envelope.

DO NOT LICK THE ENVELOPE
4. **Stamp your envelope.** Place the stamp on the top right corner of the envelope.

Create a Coloring Book

1. Select a theme for your coloring book, topics such as kindness and tranquility are a great place to start.
2. Determine Size and Alignment. You can make it any size you want, but it's easiest to keep it 8.5"x11" so you can easily scan and print the pages from home.
3. Create a cover for your coloring book using a sturdy sheet of construction paper or cardstock, decorate in the theme of your book.
4. Write a handwritten letter to serve as the first page for your coloring book, share a little bit about yourself and sentiments to help the senior receiving your gift feel less lonely during this isolating time.
5. Either print multiple pages or create your own designs using white paper & a black marker. Please make sure your book has at least 20 designs to color in (print double sided to save paper). You can choose to use these handmade pages or scan them to print with cleaner lines. Turn a picture into line art perfect for a coloring book here.
See our HandsOn at Home volunteer coloring book example
6. Bind the pages. This doesn't have to be high-tech. In fact, it's easy to bind your book using a single hole punch & ribbon just make sure you tie it securely. Alternative methods include using a needle & thread.

What's next?

☐ Email photo/video proof of your completed project. Send all information to Cindy Ariza, cindy@handsonmiami.org or 305-504-4510

☐ **Coordinate a day/time to return your projects.** When it is safe to do so, HandsOn Miami will coordinate the steps to delivering or mailing the project to the HandsOn Miami office.

PLEASE, DO NOT MAIL ITEMS OR STOP BY THE OFFICE UNTIL AUTHORIZED TO DO SO.

<mark>Mail in your items to:</mark>
HandsOn Miami
2103 Coral Way#202
Miami, FL 33145

☐ Share with HandsOn Miami, family, and friends by posting a picture and/or comment about your experience on our **Facebook** page, your **Instagram** account and tag @handsonmiami, or by **Tweeting** us @handsonmiami with hashtag **#HandsOnOurCommunity**.

Participants will receive a maximum of 6 volunteer service hours for completing this project.
Volunteers are responsible for purchase/collection of the materials needed for this project