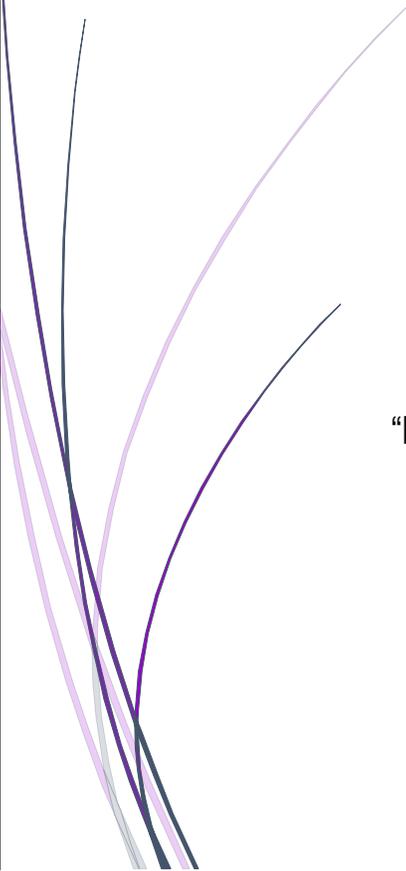




Agnes Scott Athletics Presents:

Scottie Coloring
Therapy



“Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways”.
~Oscar Wilde

The Agnes Scott College Department of Athletics believes that wellness can be achieved in many ways. Some student-athletes have enjoyed coloring during their spare time to reset from the day's work. Coloring can help relax the brain and refocus our minds. Why do you think we loved it so much as children? Coloring has the same effects as meditating. You can shift into quietness and mindfulness as you re-center. ASC Athletics has pulled together some of our favorite coloring pieces, including a few Scottie originals, to share with the ASC community. Feel free to pass these along to your family and friends!



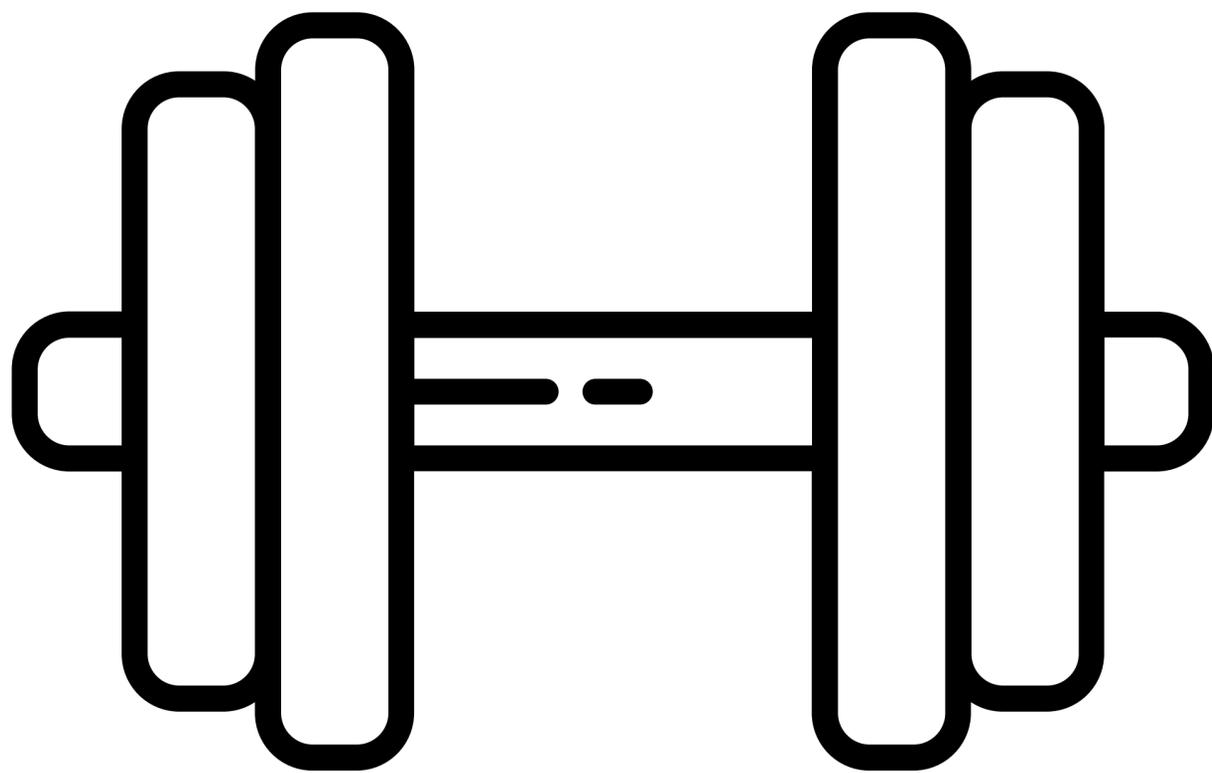
Be Well!

Instructions: Print all at once or print as you go. Use print settings to “fit to page”. If you feel so moved to share your work on social media please tag @ascscotties and @scottiesportsmed on Instagram



WE RISE
BY

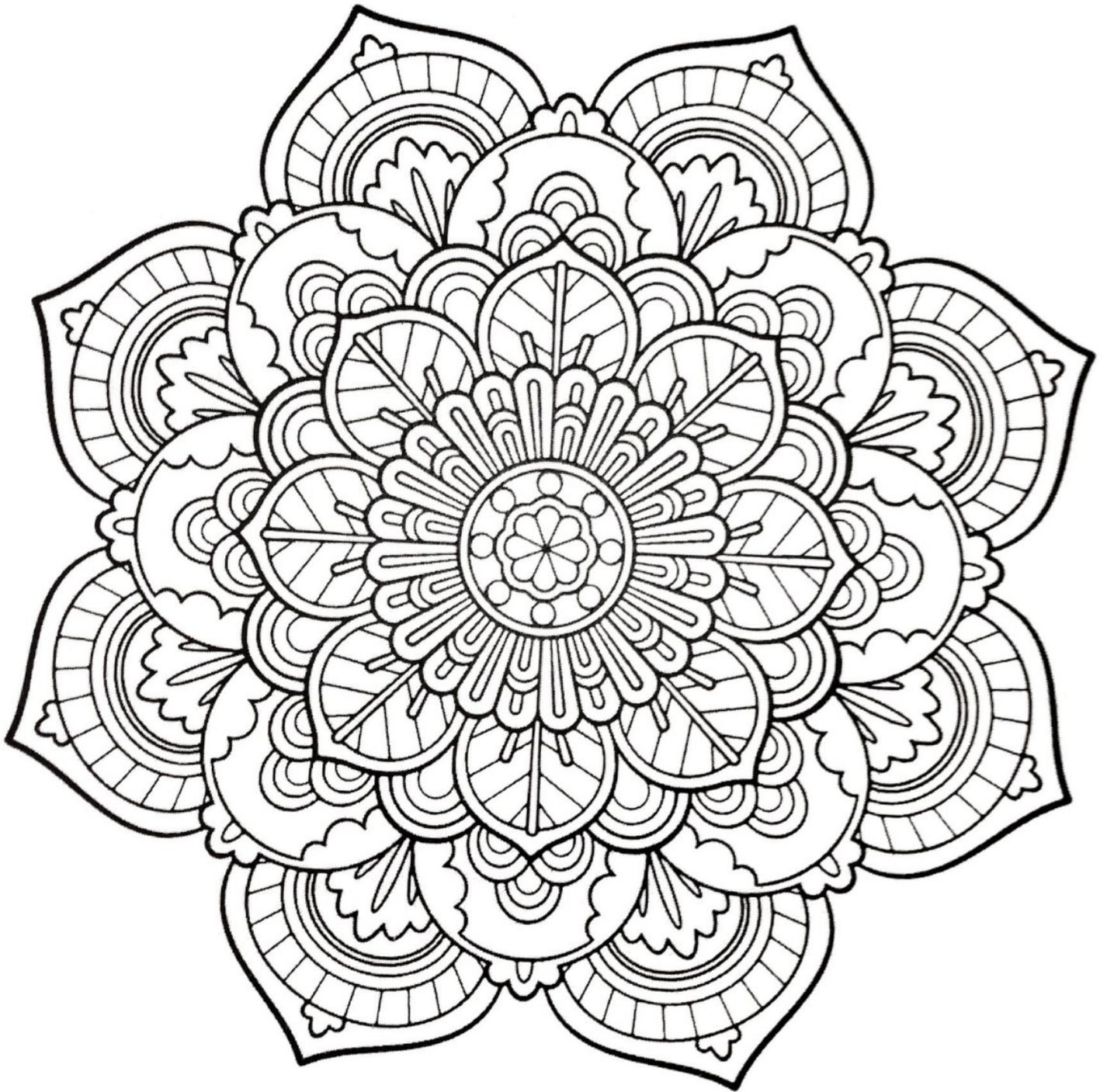
LIFTING
OTHERS



Be

SCOTTIE

STRONG



Artist unknown



Artist: Taylor Yates, Softball



**DREAM BIG,
STAY FOCUSED,**

make it
happen



Artist: Taylor Yates, Softball

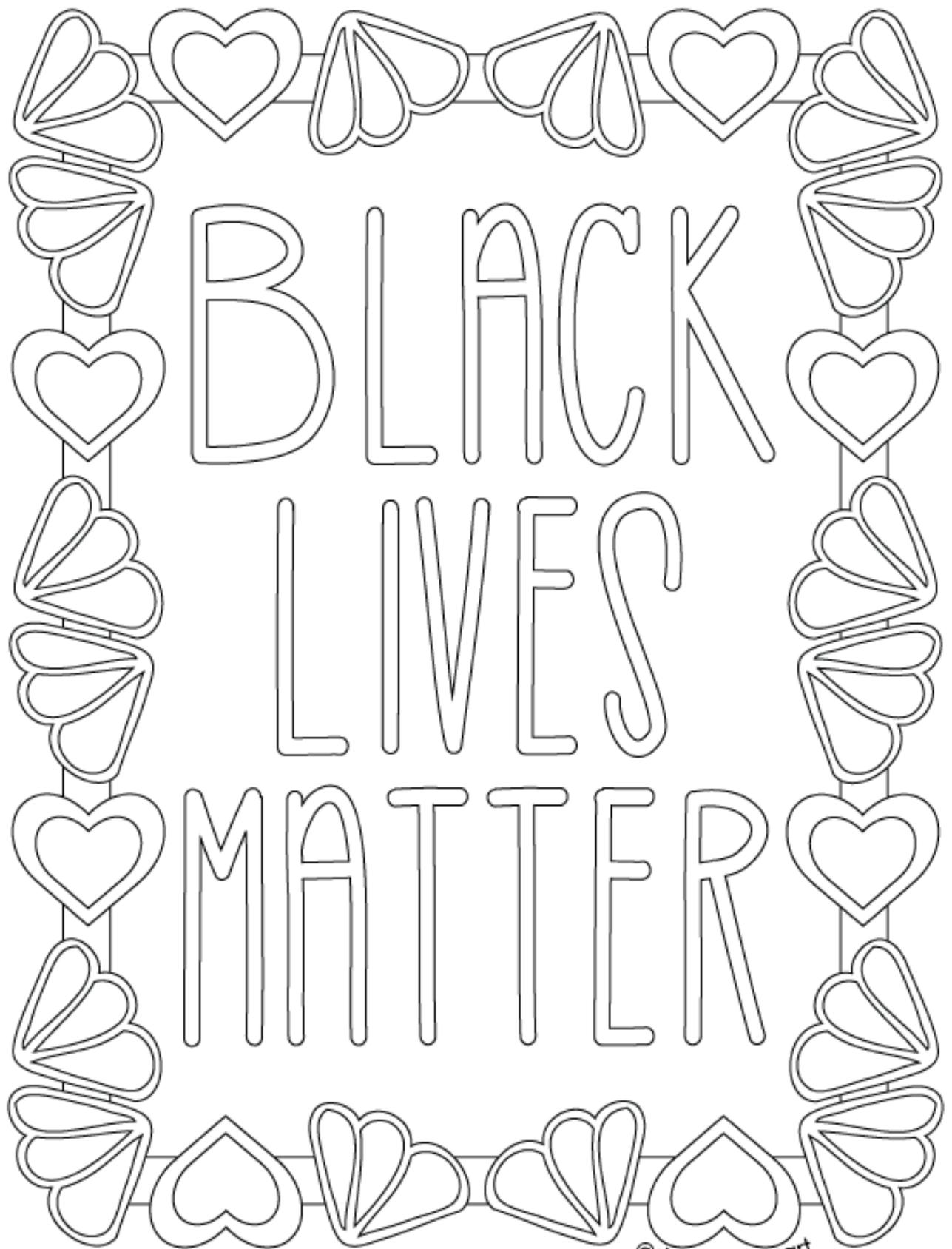




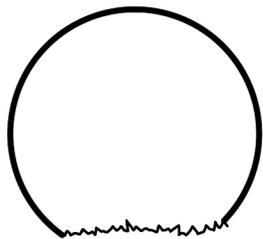


Artist unknown





@sheteachesart



Artist: Taylor Yates, Softball



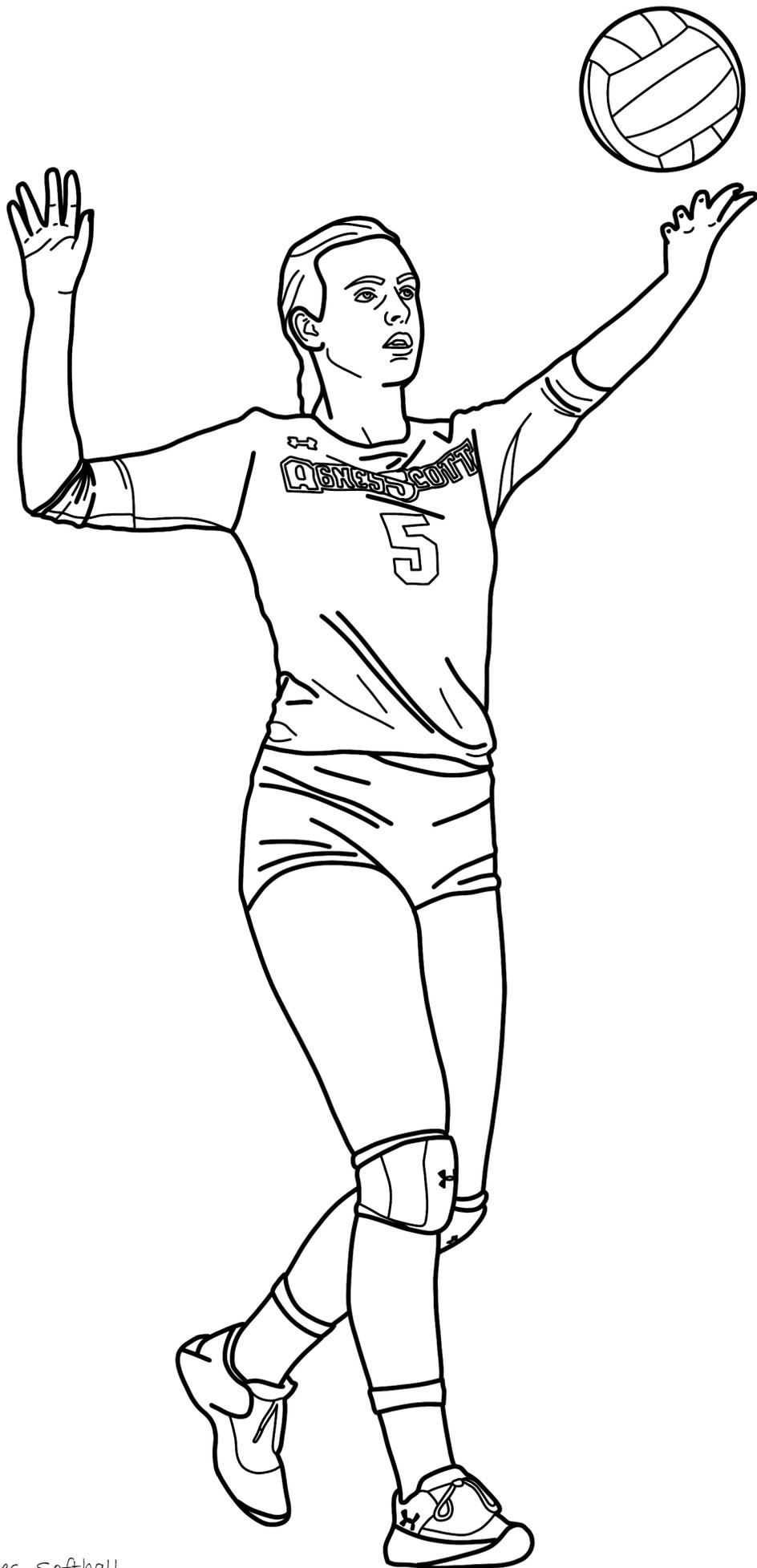
**BRAVE
BEAUTIFUL
STRONG**



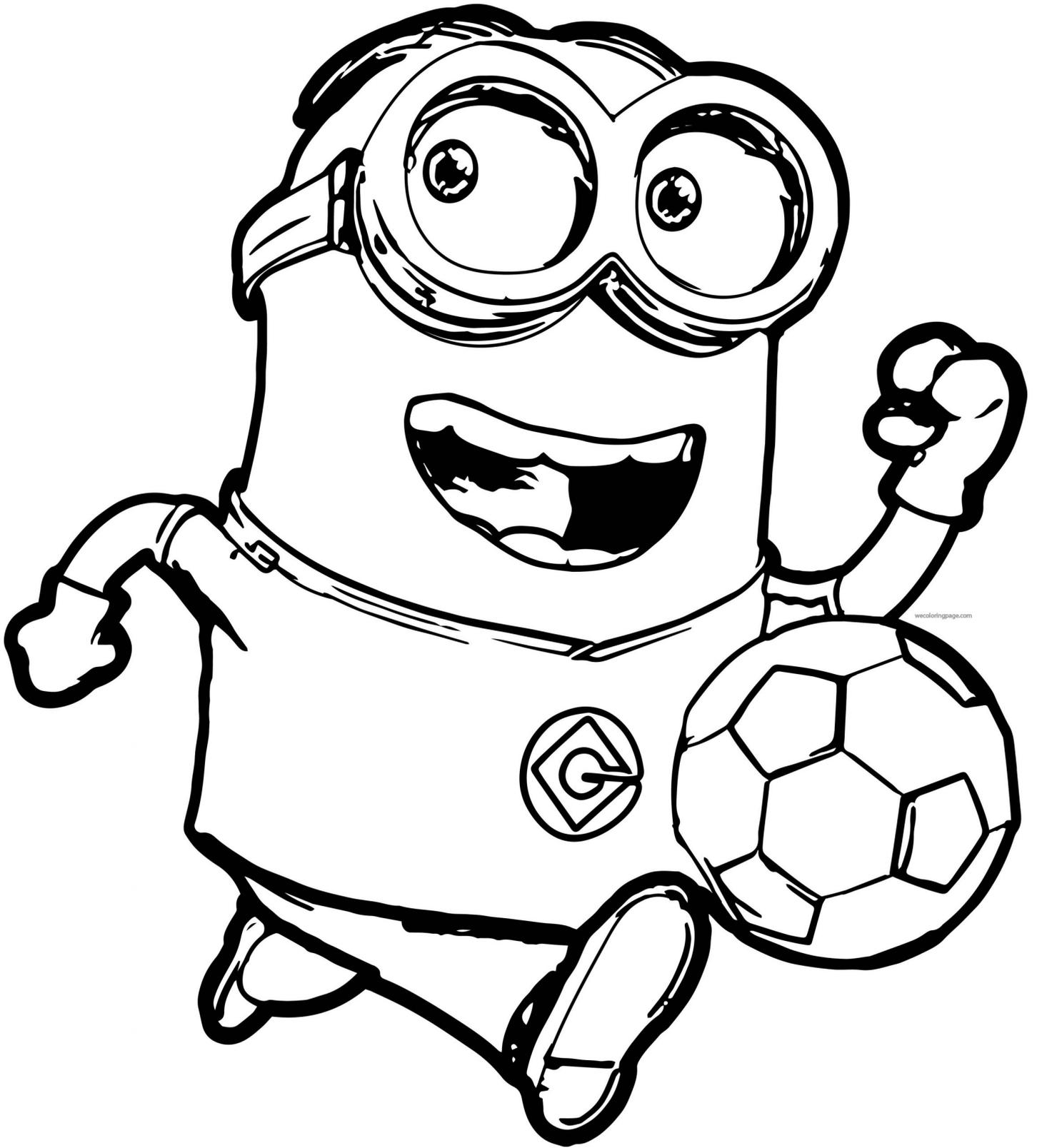
Artist: Taylor Yates, Softball



Artist unknown



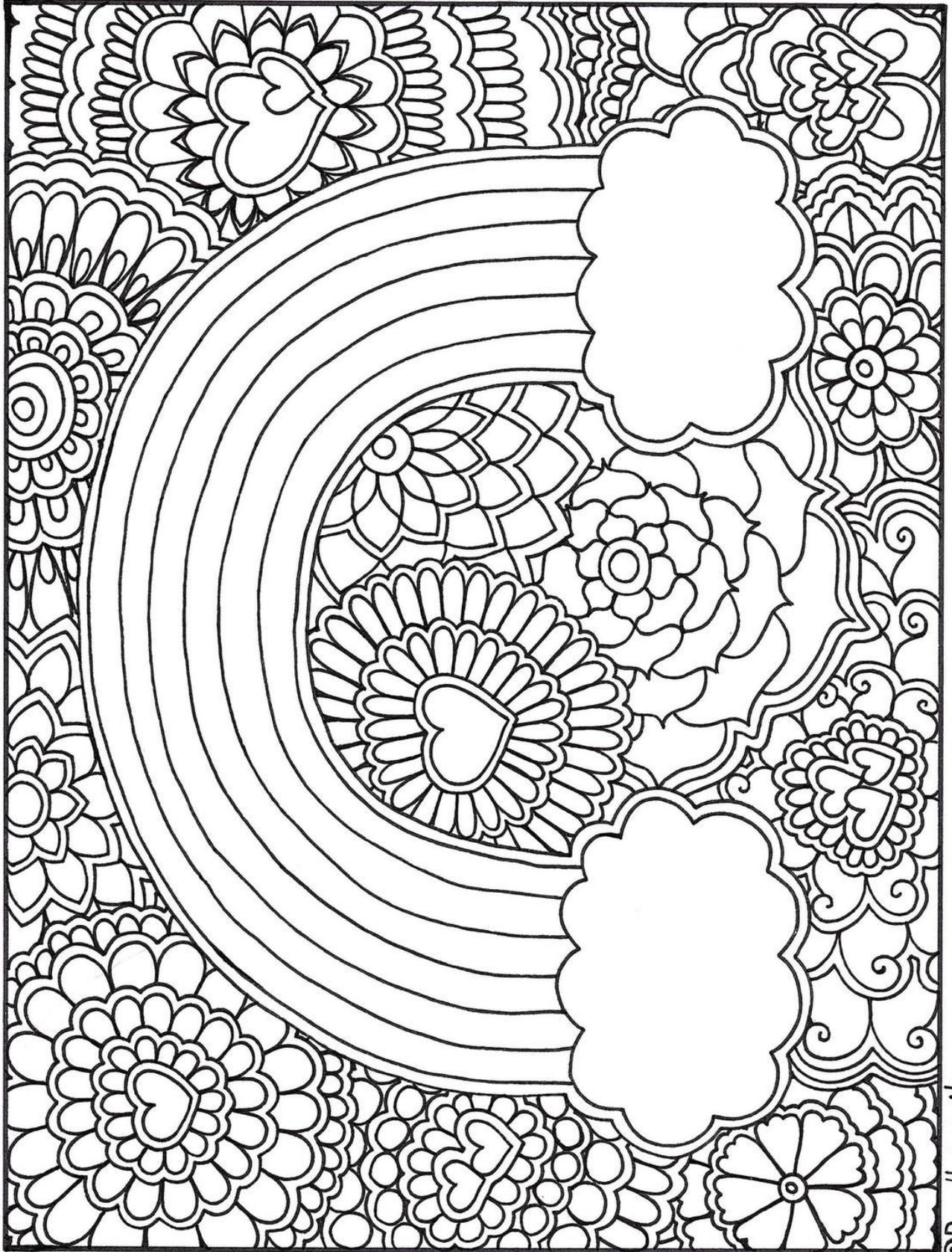
Artist: Taylor Yates, Softball



www.coloringpage.com

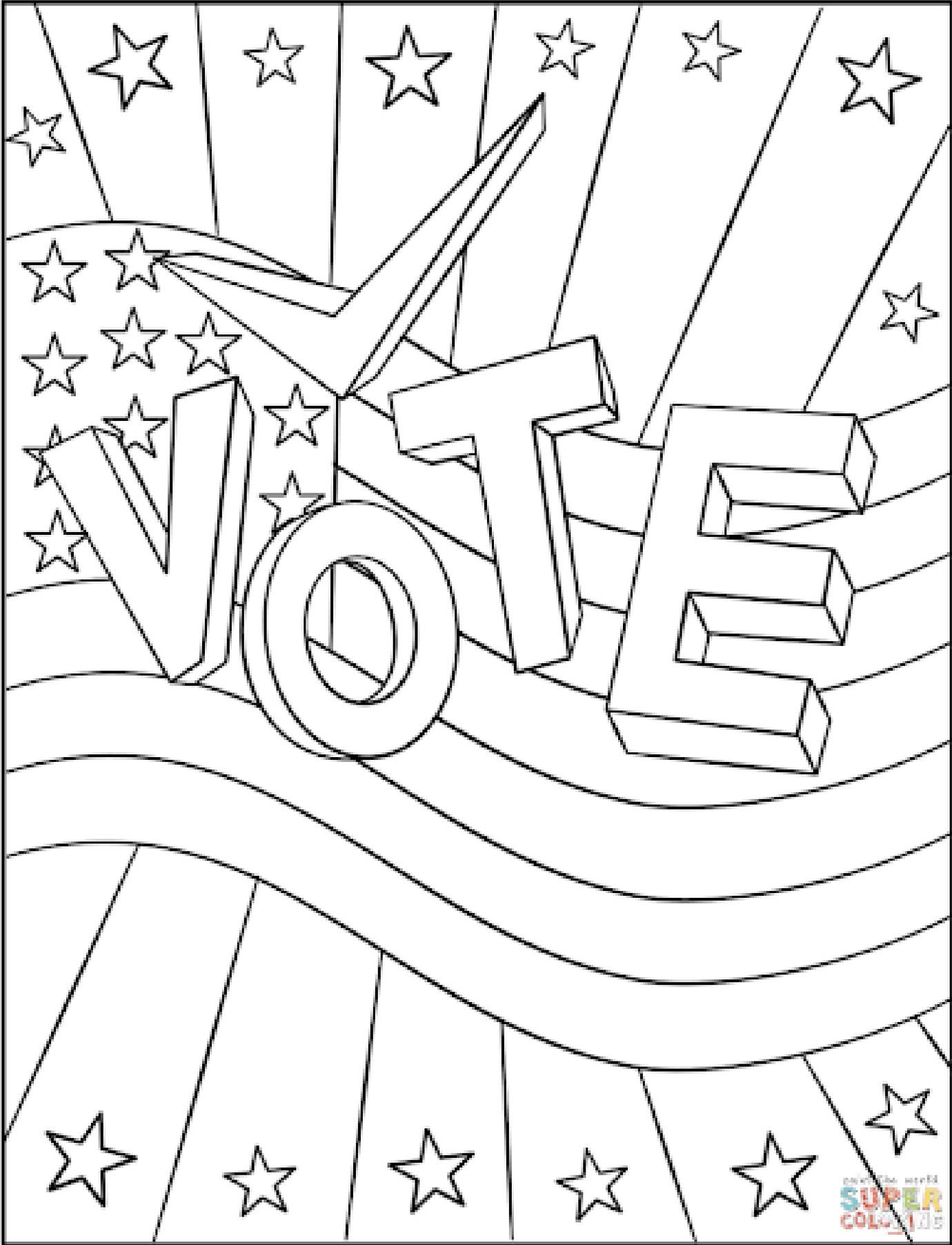
Artist unknown

Submitted by: Sam Powell, Head Athletic Trainer



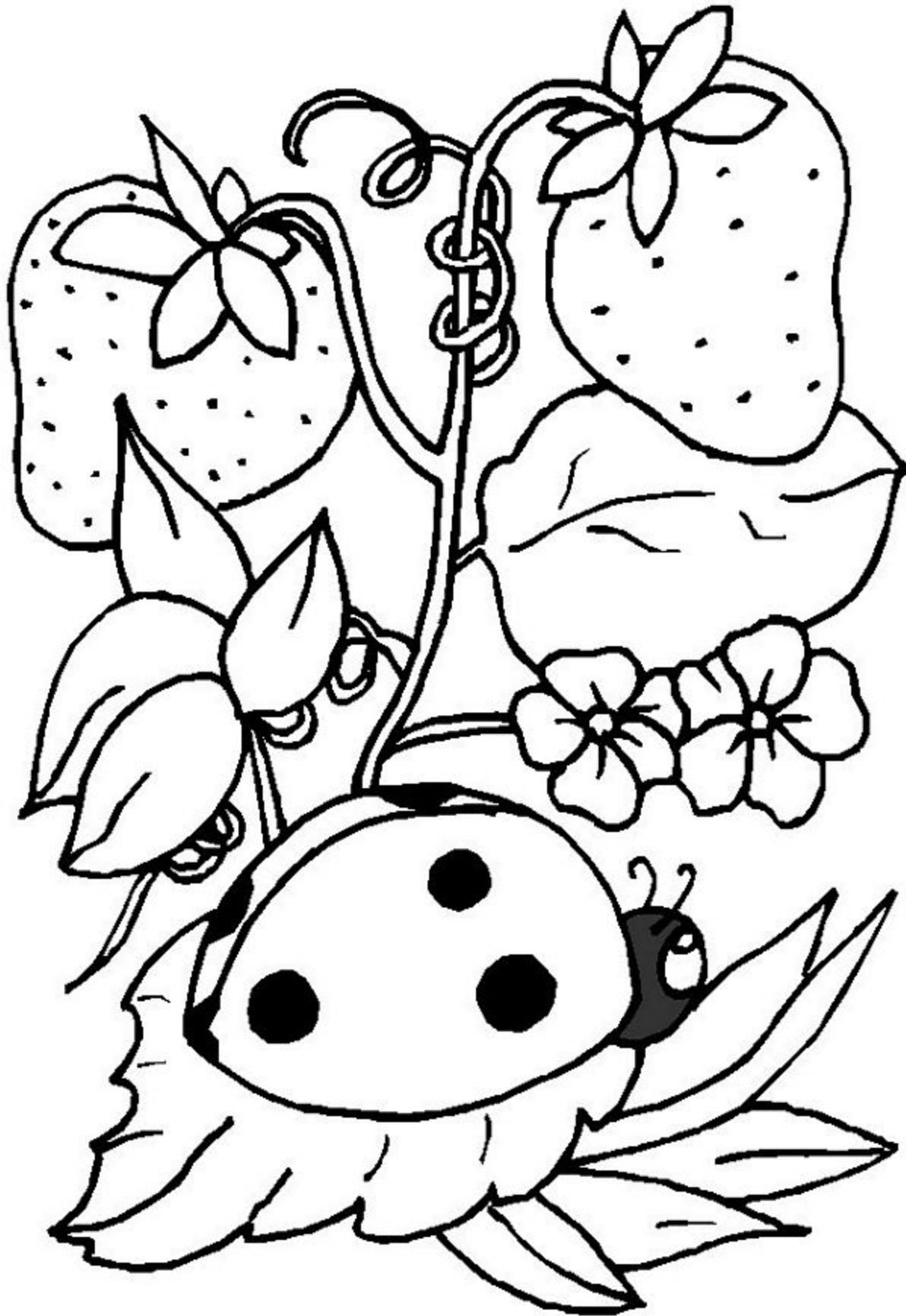
@Doodlepoppit







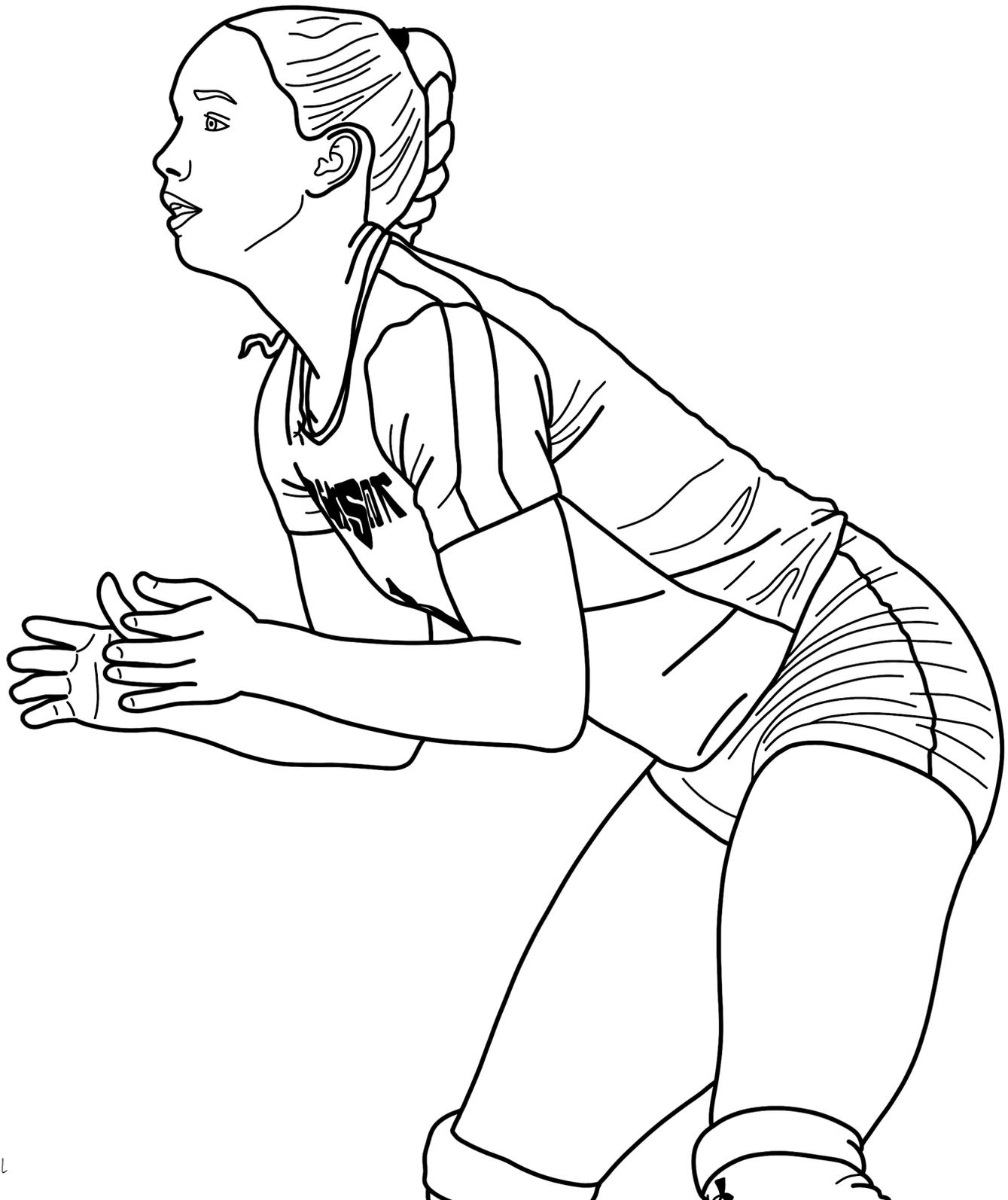
Artist: Taylor Yates, Softball





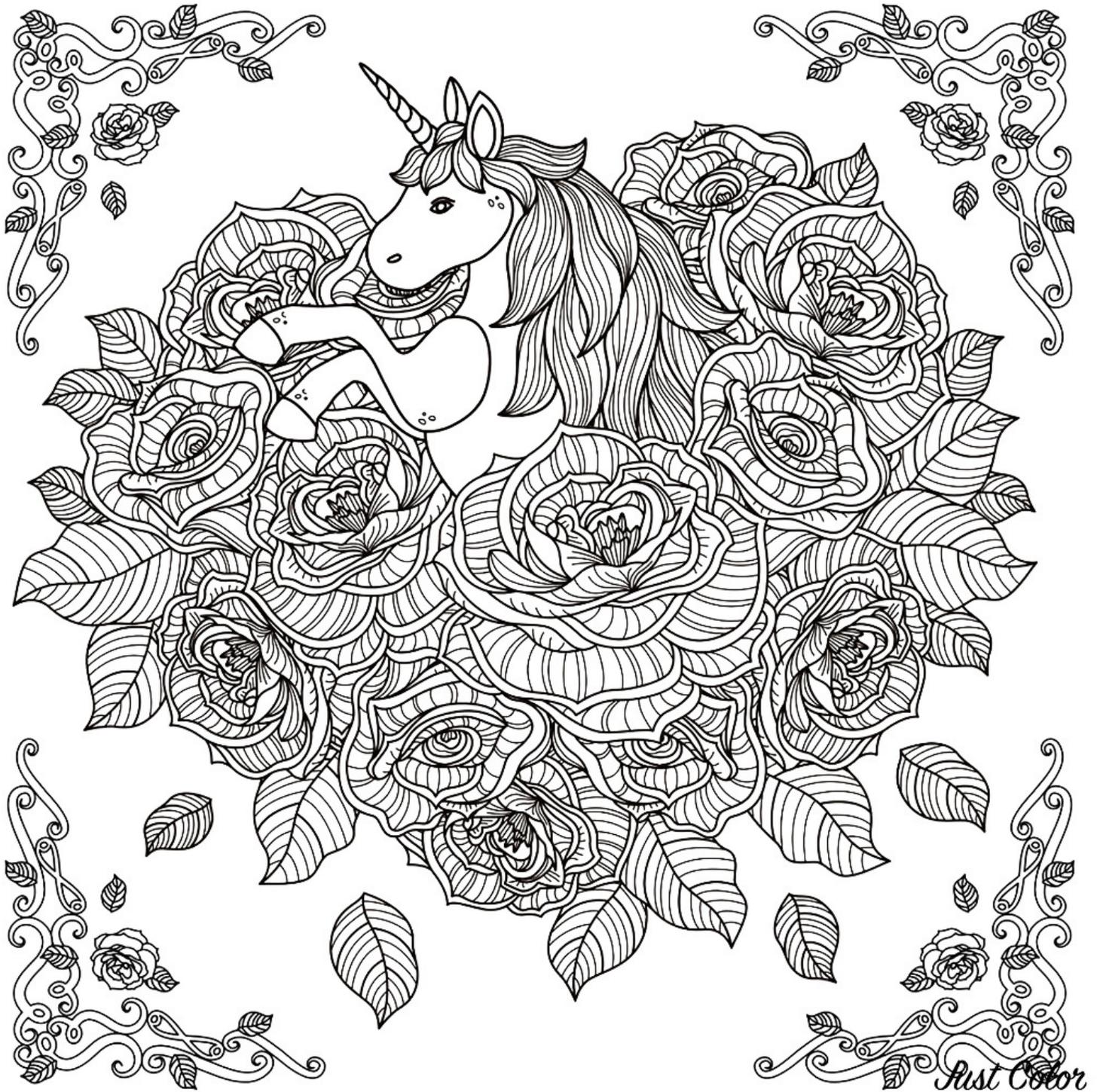
Artist unknown











Just Color



Artist unknown

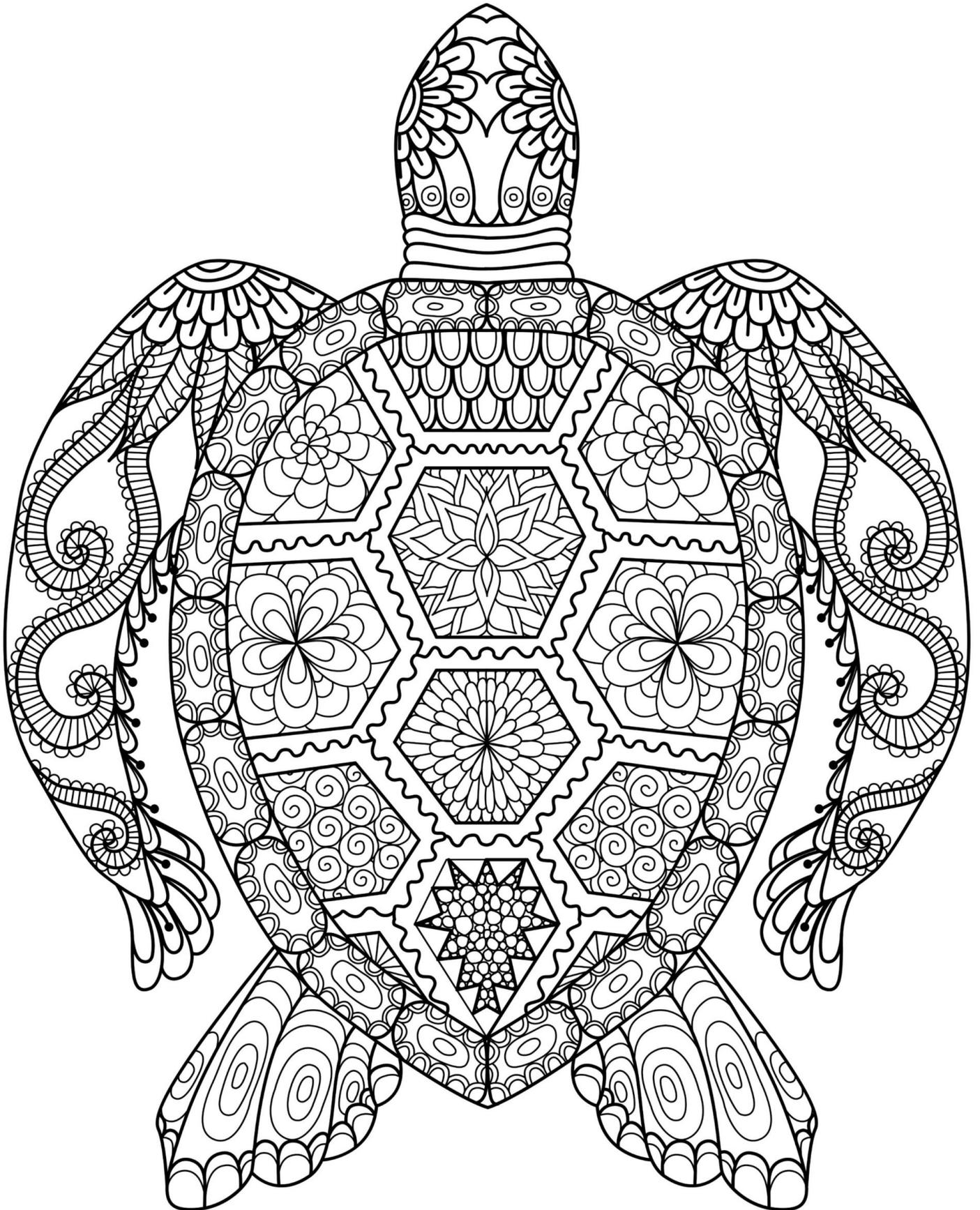
Submitted by Carmen Ross, Volleyball



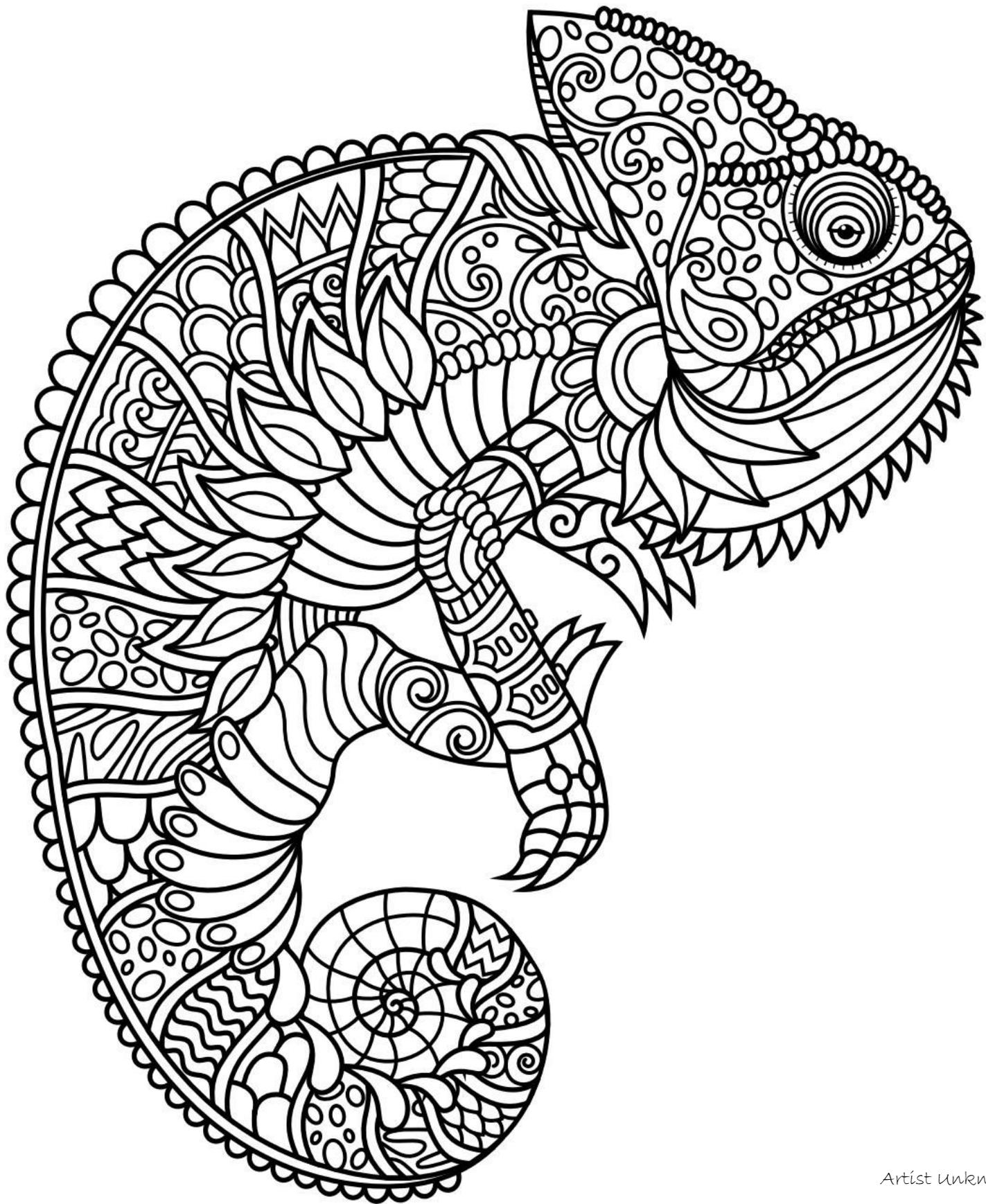


Artist unknown

Artist unknown



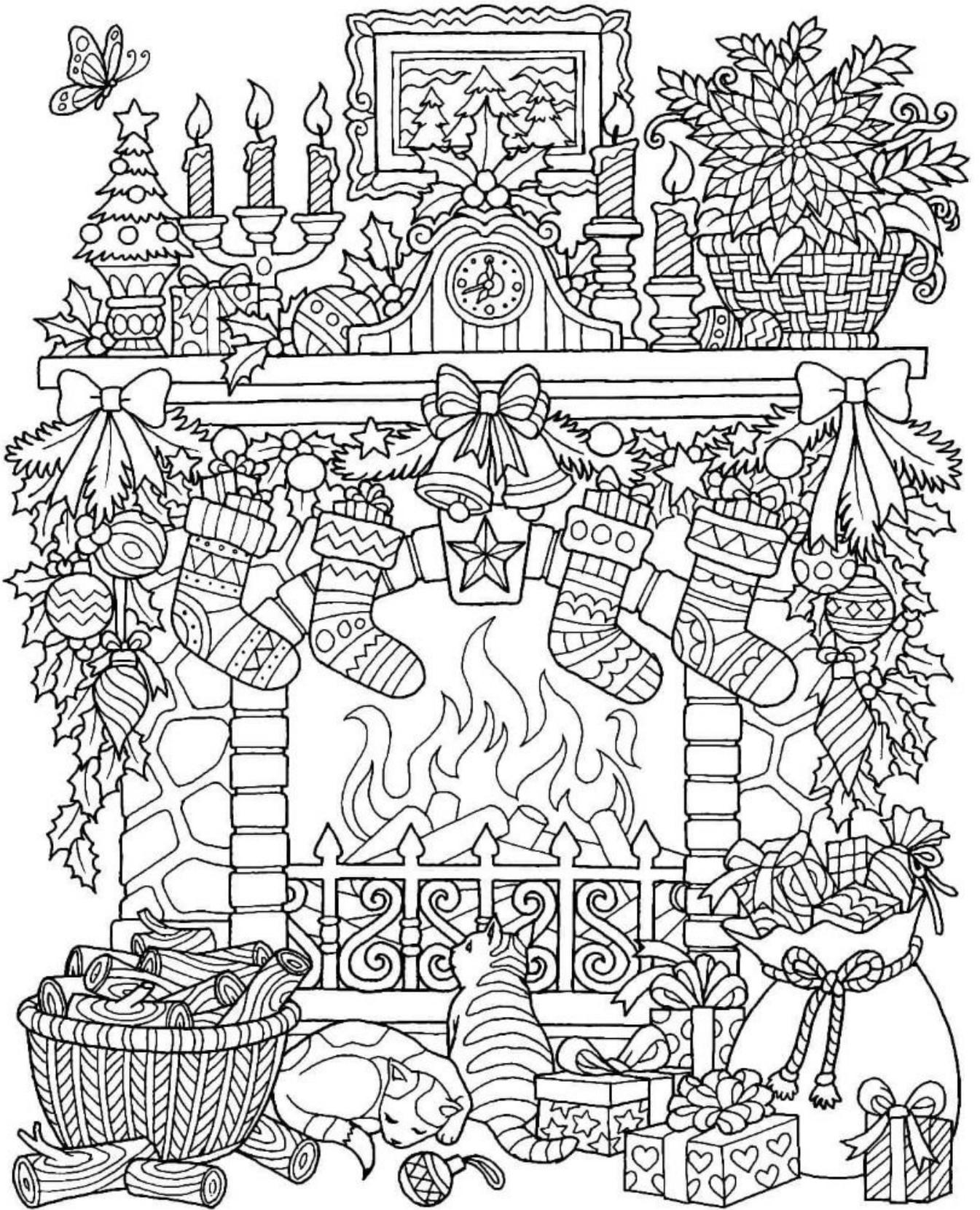


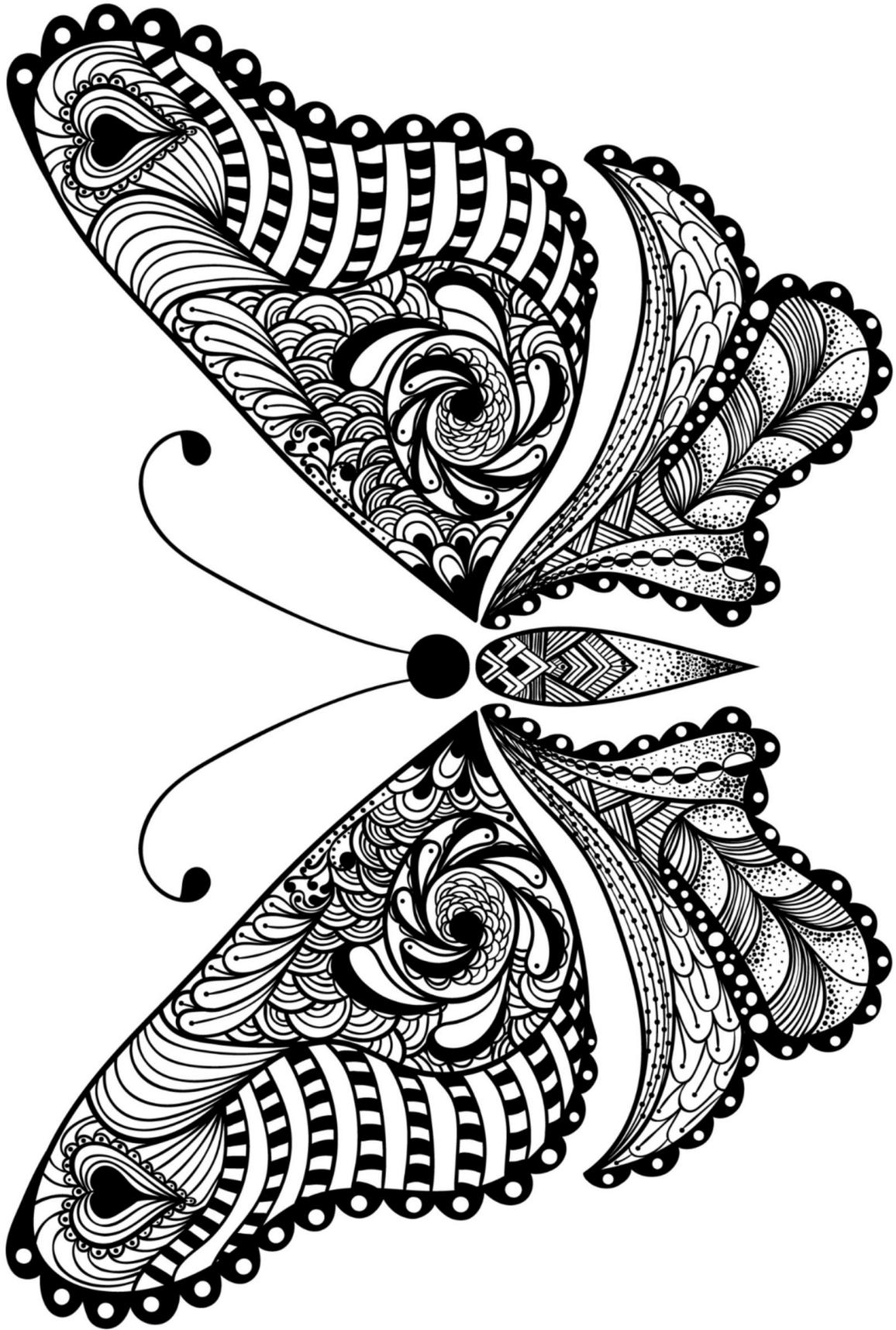


Artist unknown



Artist unknown







You are capable of

amazing

things

