



Coloring Book For Kids: Mandala

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One of the earliest shapes that a child learns is that of a circle. The inherent design of mandalas involve the circle. As the circle is a most familiar shape, children naturally gravitate to the designs of the mandala. Studies have shown that focusing on mandalas boosts alpha wave brain activity thus increasing the brain's ability to more easily learn new concepts. Children who focus on mandala arrangement such as those in a coloring activity book are found to be able to sleep better, be less stressed, have extended periods of attention, lowered blood pressure and greater immune system function.

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