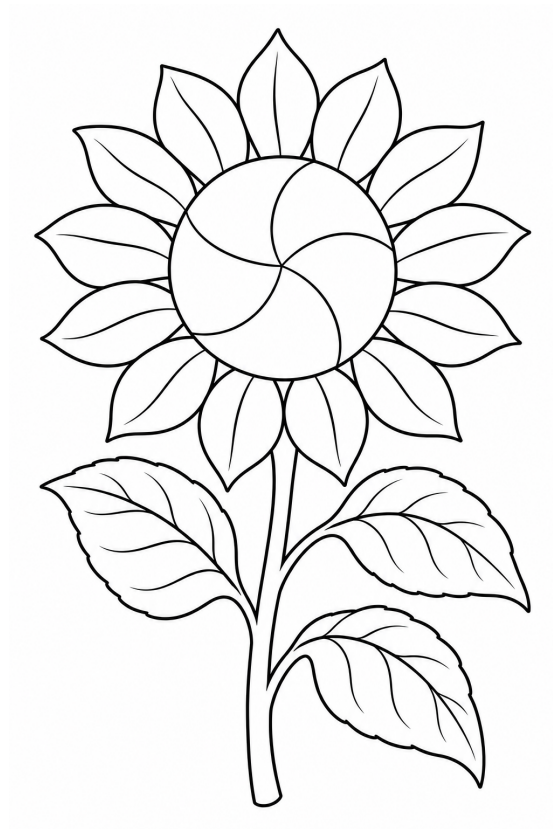


Garden Table

A free coloring & conversation kit for adult groups

Six garden themes. Two levels of detail. Choose a page, set out a few colors, and make room for conversation or quiet coloring.



Inside

12 coloring pages (pages 5-16), a facilitator guide, optional conversation prompts and three simple color palettes.

AI-generated artwork, selected and visually reviewed under editorial direction. This pilot has not yet been tested in a live group or on a physical printer.

A session ready to start

Set the table

Offer both detail levels without assigning them by age or ability. Let each person choose. Set out colored pencils or washable markers, a sharpener, scrap paper and a protective sheet. Use good light and a comfortable table.

20-minute option

3 minutes: welcome and choose a page. 2 minutes: choose colors. 12 minutes: color, chat or work quietly. 3 minutes: optional sharing and tidy up. A partly colored page is welcome.

40-minute option

5 minutes: welcome and page choice. 5 minutes: explore colors on scrap paper. 20 minutes: color at your own pace; offer a break. 5 minutes: optional conversation or sharing. 5 minutes: tidy up and choose whether to keep the page.

Follow the person

Participation, conversation and showing finished work are optional. Offer a different page, a pause or a shorter session. Ask before helping with a page. These are recreational materials, not a clinical program.

Colors & conversation

Four colors are enough to begin. Substitute any shades already on your table; these are suggestions, not rules.

Sunny garden



Golden yellow



Leaf green



Sky blue



Warm brown

Soft herbs



Sage green



Olive green



Terracotta



Lavender

Harvest table



Tomato red



Pumpkin orange



Deep green



Golden yellow

Optional prompts

Which colors would you choose for a garden?

Would you add flowers, herbs or vegetables?

What might you hear beside this garden chair?

Which plant would you put by a sunny window?

What would you add to the harvest basket?

Would you like to talk about your page, or keep coloring quietly?

Screen and printed colors may differ. The coloring pages themselves use black outlines on white.

Printing & group use

Print the pages you need

Use the file matching your paper: US Letter or A4. Print pages 5-16 for the coloring sheets only. Choose Actual size / 100% and print single-sided. The page margins are intended for ordinary home and office printers. Check one sheet first; printer settings vary.

Free group-use permission

CBA permits free downloading and repeated printing of this kit for personal use and adult group activities, including at libraries, community centers, day programs and paid residential facilities. No purchase, subscription or email signup is required.

Sharing and distribution

Staff may share the PDF internally to run these activities. Participants may keep their printed pages. Link to ColoringBooksAdults.com when sharing outside your team. Do not resell the blank files or sheets, upload the PDFs publicly, or include the artwork in products for sale.

Creation and scope

The illustrations were generated with AI for this CBA project and selected through editorial review. They are not represented as hand-drawn. These use terms describe CBA permission; they do not promise exclusive rights in AI-generated artwork. No medical, therapeutic or accessibility certification is claimed.

Pilot feedback

After a session, note which pages were chosen, any printing problems, whether the detail levels were meaningfully different and whether the facilitator guide saved preparation time. Collect staff observations without participant names or health details.

