

MINDFULNESS COLOURING

WELLBEING ACTIVITIES TO TRY:

- Mindful colouring is paying attention in the present moment. It provides a break and the chance to relax and refocus, lift your mood and decrease anxiety and stress.
- Colouring also helps to develop fine motor skills (building muscles in your fingers, hand and wrist). Essential for writing, but also helps with some sports.

★ OTHER PLACES TO GET IDEAS:

- <https://www.crayola.com/featured/free-coloring-pages/>
- <https://www.gruffalo.com/activities/activities/the-gruffalo-colouring-sheet>
- <https://lol.disney.com/games/coloring-pages>





Picture:

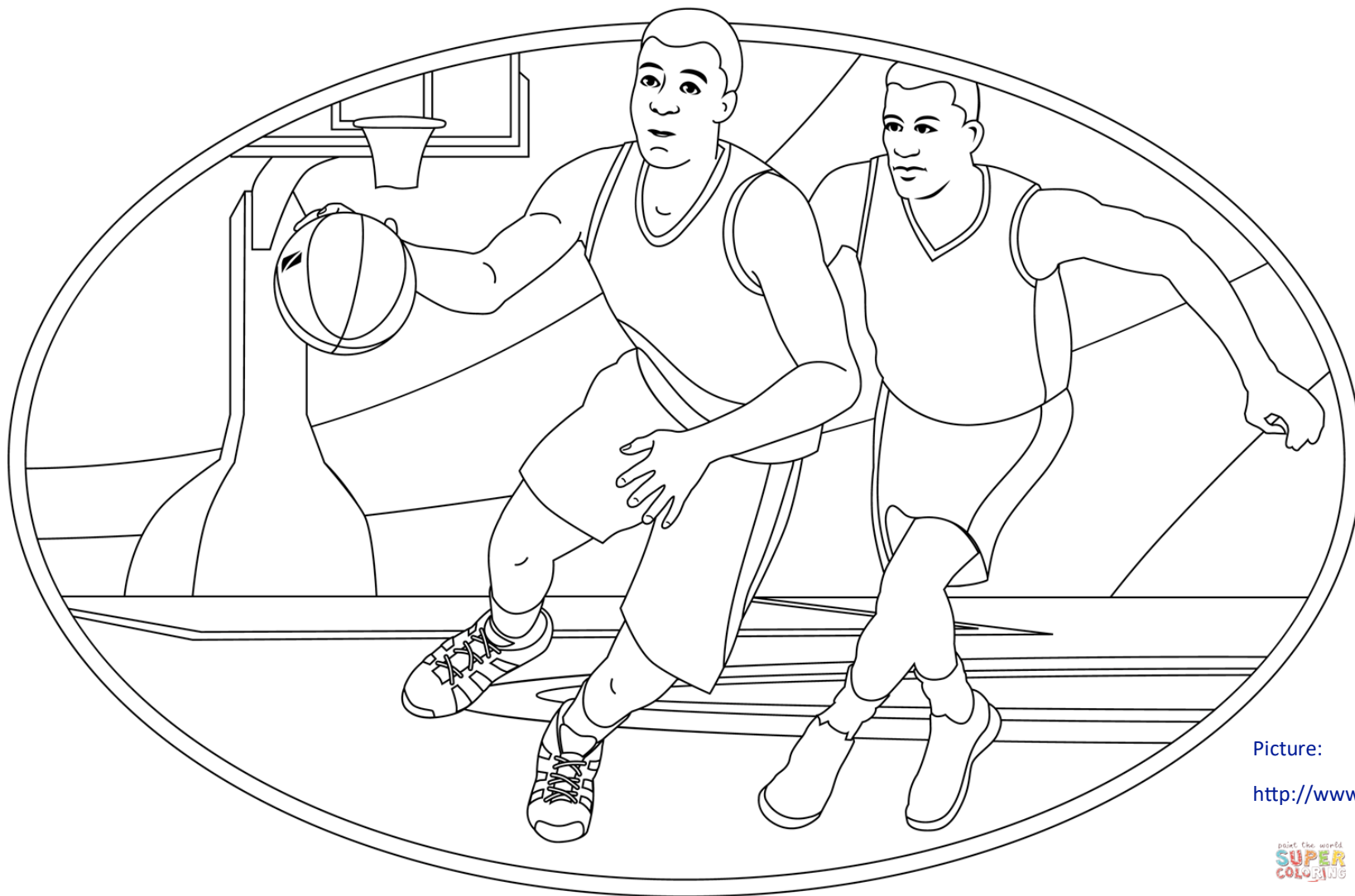
<https://www.crayola.com/free-coloring-pages/print/running-coloring-page/>

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Picture:

<http://www.supercoloring.com/>

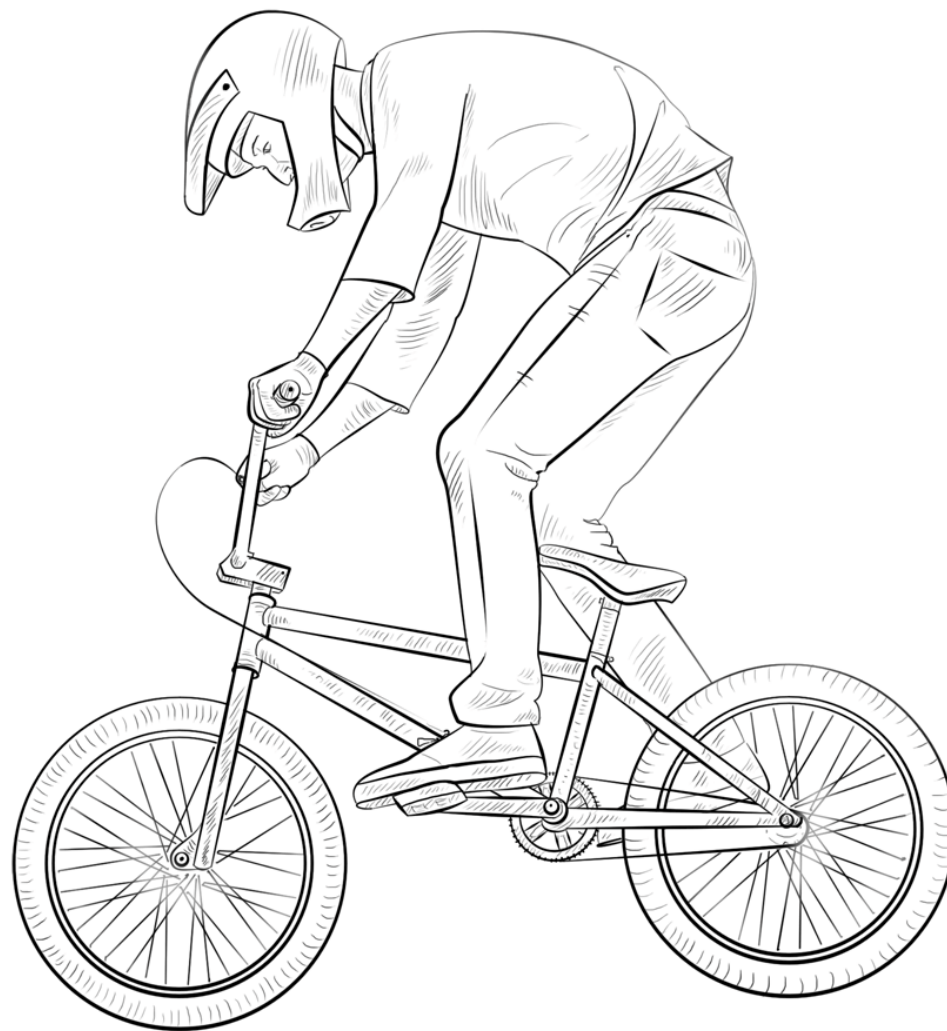


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Picture:

[http://www.supercoloring.com/
coloring-pages/bmx-biker](http://www.supercoloring.com/coloring-pages/bmx-biker)

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