# Mindful Colouring

**Mindfulness**

**Mindful colouring is a form of mindfulness that can help children and young people to focus on the present moment. It can also promote calmness and relaxation, which can support their wellbeing.**

There are many different ways to practise mindful colouring, so it can be tailored to meet the needs of each individual. Some children may prefer to colour in detailed pictures, while others may prefer to colour in large areas. The important thing is to focus on the present moment and to enjoy the process of colouring.

Mindful colouring can be a great way for children and young people to relax and de-stress after a busy day. It can also help them to focus and concentrate better in school.
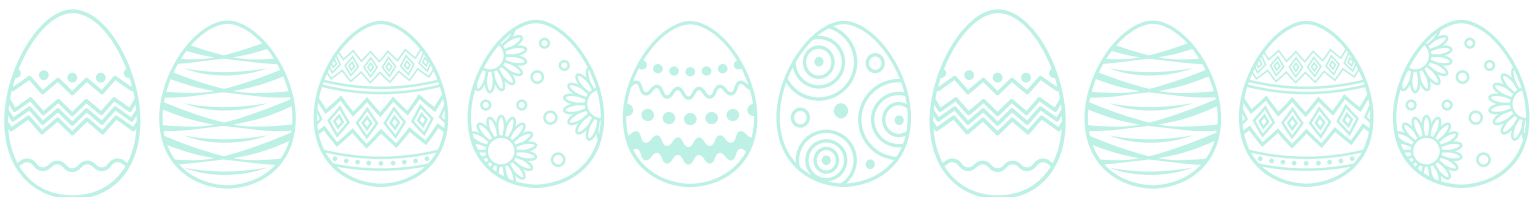
# Tips for practising mindful colouring

1. Choose a picture to colour in. It can be something simple and calming, such as a nature scene or a geometric pattern. Included within this pack are 3 Easter Egg designs.

2. Sit in a comfortable position, and take a few deep breaths to relax your mind and body.

3. Look at the picture, and focus on the colours and the shapes.

4. Allow your mind to wander, and take in all the different colours and textures.

5. When you're ready, start colouring in the picture. Take your time and enjoy the process.

6. If you get distracted, simply bring your attention back to the picture and the colours.

7. When you're finished, take a few more deep breaths and relax for a few minutes. Enjoy looking at your finished work!