



DRAW your OWN COLOURING PAGES

Design and draw your own colouring pages with a black felt tip pen.

This graphic style is very bold and free. See some of the ideas on the next pages.

Objects don't have to look realistic. Lines can be abstract and free flowing.

You can then combine the black and white outlines with bold colour choices in texta or pen.

Mindful colouring can be very beneficial. It can help us to slow down, stay in the moment and reduce our anxiety levels. It's a form of creative meditation. So get creating and get colouring.

If you would like to share your creation, you can upload a photo to the [Kids Club Online Gallery](#).



DRAW YOUR OWN DESIGN OR PRINT OUT AND COLOUR









