

# Mindful Colouring

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.

You can explore light and shade, as you decorate these pages with different colour combinations.

Print pages as required or you might like to draw your own.

So get creating and get colouring.

If you would like to share your creation, you can upload a photo at the

[Kids Club Online Gallery](#)





















