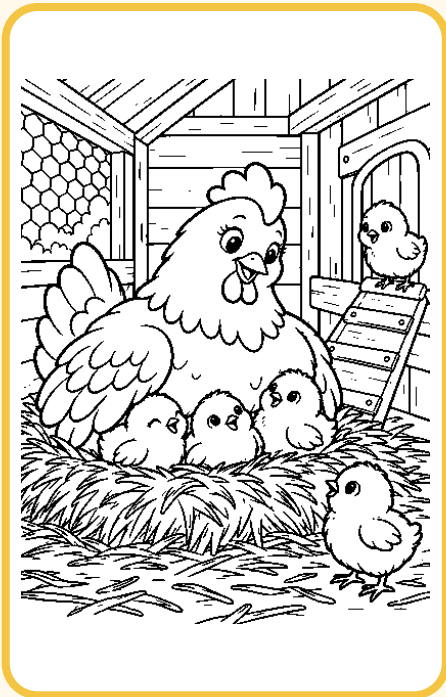


MY COLOURING & CALM WORKBOOK

A gentle creative reset for busy minds



Pause. Colour. Notice. Breathe.

There is no perfect way to use this workbook. Choose a page, follow what feels comfortable, and let colour become a small moment of rest.

Name: _____

ARRIVING IN THIS MOMENT

A two-minute check-in before you begin

Colouring can offer the brain one clear, repetitive task. You do not need to force calm. Simply notice what changes as your eyes, hands and attention settle.

Right now...

My energy feels

low steady restless very high

My mind feels

quiet busy foggy pulled in many directions

My body most needs

movement stillness comfort space something else

Choose a gentle intention

- ☐ I will go slowly.
- ☐ I will enjoy the colours.
- ☐ I will stop when I have had enough.
- ☐ My own: _____

THE COSY CHICKEN COOP

Warmth, comfort and letting “good enough” be enough



As you look at the warm yellows and soft greys, notice which details make the scene feel safe or cosy. Let your eyes rest on one small part at a time.

What helps me feel cosy, settled or protected?

Something I can allow to be “good enough” today:

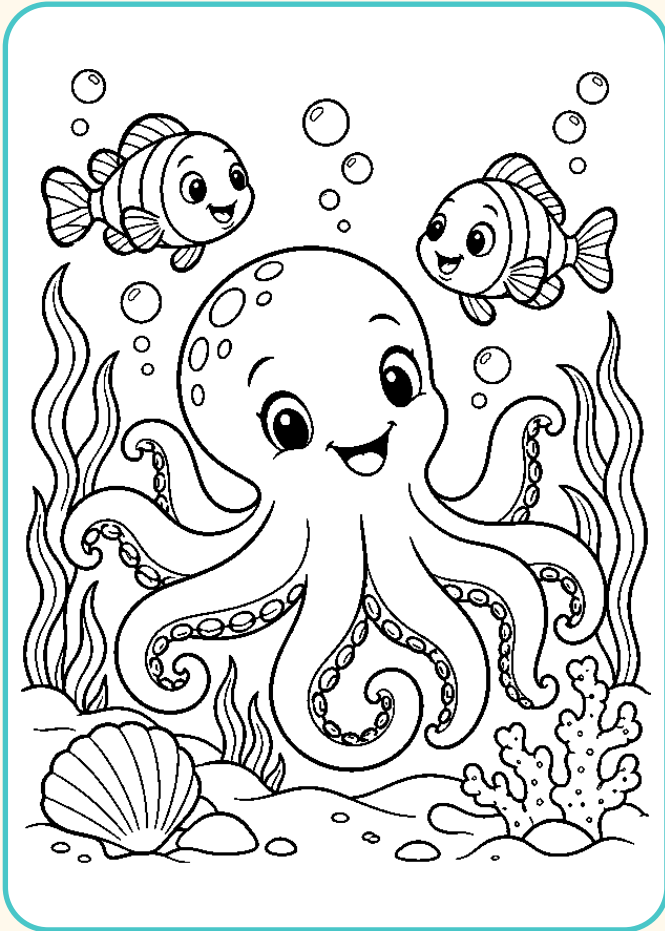
One warm, kind sentence I need to hear:

My colour-and-calm notes

Words, doodles, patterns and unfinished thoughts are all welcome here.

UNDER THE SEA

Let your attention drift gently, then return



Follow the shapes, bubbles and bright colours. If your thoughts swim away, that is okay. Gently bring your attention back to one creature, line or colour.

Which colour feels most regulating to me?

What would help my busy brain slow down today?

If I could float one worry away, it would be:

My colour-and-calm notes

Words, doodles, patterns and unfinished thoughts are all welcome here.

SPA-DAY PUPS

Softness, care and a mini holiday for the mind



This page is a reminder that rest can be small. A warm drink, a soft blanket, quieter light or a few unhurried breaths can all count as care.

What feels soft, soothing or comforting to me?

A five-minute rest I could give myself:

One thing I can put down for now:

My colour-and-calm notes

Words, doodles, patterns and unfinished thoughts are all welcome here.

MY GENTLE RESET PLAN

Keep the parts that helped and leave the rest

After colouring, pause before moving on. There is no need to feel completely calm for the activity to have helped. Even a tiny shift counts.

What I noticed

My breathing feels... _____

My body feels... _____

My thoughts feel... _____

My personal calm menu

When I have 2 minutes

look at one image • choose one colour • take three easy breaths

When I have 10 minutes

colour one small area • add music or quiet • notice body signals

When I need comfort

choose a familiar page • reduce demands • ask for support if needed

A reminder for difficult days

I do not have to finish. I do not have to be perfect. A pause is still worthwhile.