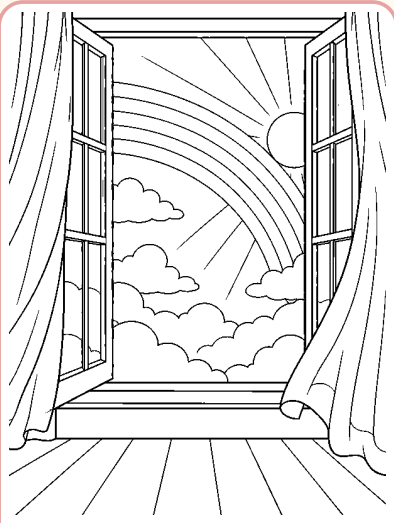


# MY RAINBOW COLOURING & CALM WORKBOOK

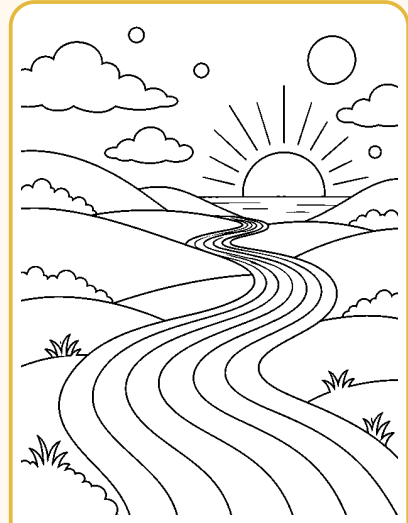
A gentle creative reset for busy minds



OPEN WINDOW



LAYER BY LAYER



MY OWN PACE

## PAUSE. COLOUR. NOTICE. BREATHE.

Choose a page, choose a colour, and take things at your own pace. You can write, draw, leave a space blank, or simply enjoy the pictures.

# ARRIVING IN THIS MOMENT

There is no right place to begin. You can colour before you write.

You do not need to feel completely calm to use this page. Notice what is here, without judging it or trying to change it. You can skip any prompt, pause, or come back another time.

## A small check-in

### MY ENERGY

Low / steady / high / hard to tell

What do I notice in my body?

---

### MY THOUGHTS

Busy / quiet / mixed / hard to name

What might help me feel present?

---

### MY FEELINGS

Name one, several, or none

What feels important right now?

---

## Choose a gentle intention

- ☐ I will go slowly.
- ☐ I will be curious, without judging myself.
- ☐ I can pause or stop whenever I need to.
- ☐ My own intention: 

---

## A reminder before you continue

There is no test to pass and no perfect way to use a colouring page. You can choose a familiar colour, make a pattern, scribble, or leave the page untouched. Any of those choices is okay.

What might help this moment feel a little easier?

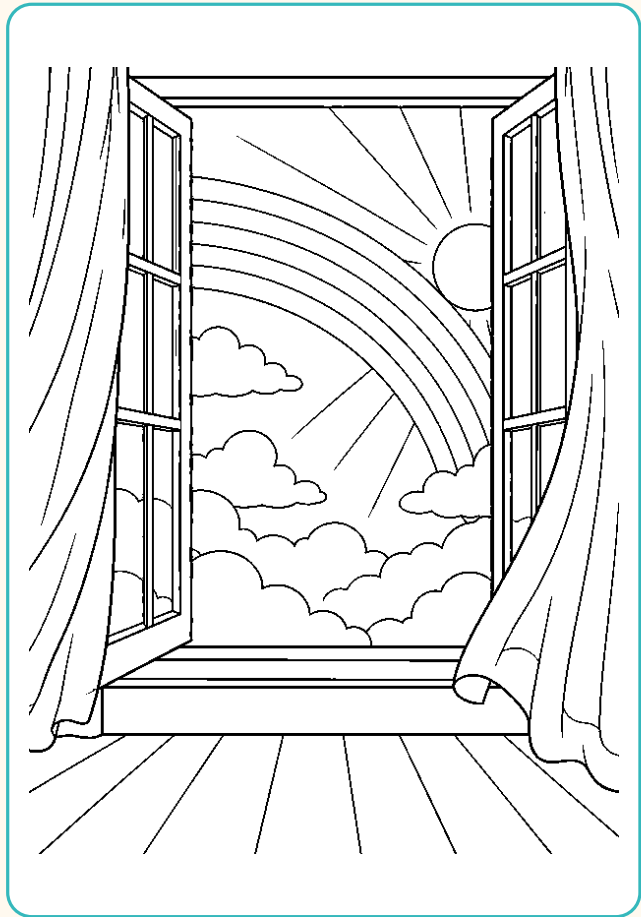
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# OPEN WINDOW, QUIET RAINBOW

Let the colours and open space be enough for now.

A pause can be useful even if nothing changes. You can colour the window, notice the light, or let your attention rest on one small detail.



What helps me feel a little more present?  
\_\_\_\_\_  
\_\_\_\_\_

Where do I find breathing space in my day?  
\_\_\_\_\_  
\_\_\_\_\_

Which colours feel comfortable to me today?  
\_\_\_\_\_  
\_\_\_\_\_

**My colour-and-calm notes**

Words, colours, patterns and unfinished thoughts are welcome here.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# RAINBOW LIGHT, LAYER BY LAYER

Different thoughts and feelings can share the page.

You do not have to choose one feeling or make a difficult feeling positive. Notice what is here, if that feels okay, and let each colour have its own space.



What feelings are here for me right now?

---

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What would kindness toward myself look like?

---

---

What do I want to give myself permission to do?

---

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**My colour-and-calm notes**

Words, colours, patterns and unfinished thoughts are welcome here.

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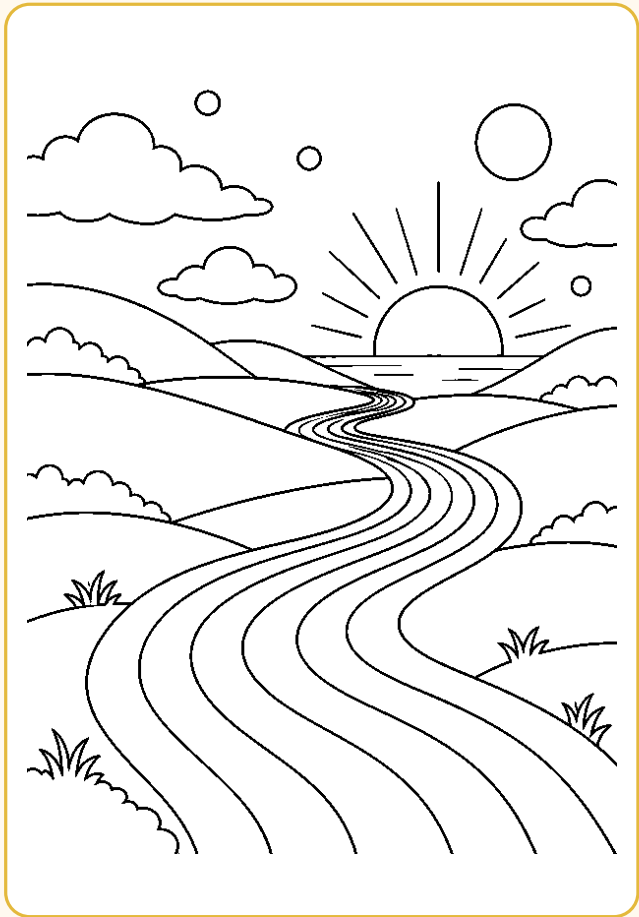
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# A GENTLE PATH, MY OWN PACE

There is no deadline for finding your next step.

Your pace matters. You can move forward, pause, turn around, or ask for support. This path belongs to you.



What helps me take things at my own pace?

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What support can I reach for when I need it?

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What is one small thing that could help today?

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**My colour-and-calm notes**

Words, colours, patterns and unfinished thoughts are welcome here.

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# MY GENTLE RESET PLAN

Keep the parts that helped. Leave the rest.

After colouring, pause if you want to. You do not have to feel completely calm for this activity to have been worthwhile. A tiny shift, a new thought, or no change at all are all okay.

## What I noticed

My body feels...

---

My thoughts feel...

---

My feelings feel...

---

## My personal calm menu

### When I have 2 minutes

Colour one small shape • notice my feet on the floor • take a quiet pause

### When I have 10 minutes

Choose a familiar page • lower noise or demands • stretch or find a comfortable space

### When things feel like too much

Put the pencil down • take a quiet break • connect with someone I trust

### A gentle reminder

You do not have to finish a page, answer every question, or feel different. A pause is still worthwhile.